

SHOOTING DEVELOPMENT – WEEK 3

Drill 1: 2 Hand Form Shooting

- a. Make perfect set shots
- b. Guide hand doesn't interfere with shot
- d. 5 shots from 10 feet on the right baseline, top, and left baseline (15 total shots)

Drill 2: Progressive Range Shooting

- a. Begin 7 feet from the hoop
- b. Make 3 shots at a spot before stepping back 3 feet and repeating
- c. Maintain perfect form on every jumper, no matter the range
- d. Go until you miss three in a row!
- f. Once you miss three in a row at a spot, stop the drill

*** Shoot 5 Free Throws For Rest ***

Drill 3: Balance 180s

- a. Dribble from baseline to alternate elbows. Finish with a jump stop at elbows.
- b. Perform a 180 degree jump before rising into your jumper
- c. Focus on maintaining your balance on landing
- d. Rise into your shot as soon as your feet hit the ground
- e. 5 shots from 15 feet on both wings, and the top (15 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 4: Chair Jumpers

- a. Begin seated in a chair
- b. Without rocking back for momentum, explode into your shot
- c. 10 shots from 15-25 feet on both wings and top (30 total shots)
- d. Place the chair at a distance you can comfortably make shots from

*** Shoot 5 Free Throws For Rest ***

Drill 5: High Ball Catch & Shoots

- a. Pound the ball three times before releasing it as high as you can on the 4th dribble
- b. Slide to the opposite cone and slide back as quickly as possible before catching the ball and rising into your jump shot
- d. 10 shots from 15-20 feet on each wing (20 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 6: Quick Jab Jumpers

- a. Place 2 chairs at both extended on 3 point line
- b. Run and jump stop in front of chair
- c. Reverse pivot with high foot towards the baseline.
- d. Reverse pivot to create space
- e. Use a quick jab step to fake the drive before rising into your jumper
- f. 10 shots from 15-20 feet on each wing (20 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 7: Leg Wrap Jumpers

- a. Begin in a split stance with one leg forwards
- b. 5 ball wraps around your forward leg before stepping your back foot forwards and rising into your shot
- c. Alternate wrapping the ball around your left leg, then right leg for each shot
- d. 6 shots from 15-20 feet on both baselines, both wings, and top (30 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 8: Sharp Starts

- a. Place chairs on extended elbow on 3 point line.
- b. Begin under the rim in a stationary, flat-footed position
- c. From that position explode as fast as you can to the wing
- d. Catch the ball and quickly rise into your shot
- e. 10 shots from 15-20 feet on both wings (20 total makes)

*** Shoot 5 Free Throws For Rest ***

Drill 9: No Feet Jumpers

- a. Rise quickly into your jumper immediately off the catch without any steps
- * Use a self-pass if no partner is available
- b. Be ready to fire before you catch the ball
- c. 5 shots from 15-20 feet on both baselines, both wings, and top (25 total shots)

*** Shoot 5 Free Throws For Rest ***

Drill 10: 5 x 16 Shooting

- a. Shoot 2 spot-up jumpers from 15 feet
- b. Shoot 2 one-step jumpers from 15 feet
- c. Shoot 2 180-jumpers from 15 feet
- c. Shoot 2 one-dribble jumpers from 15 feet
- d. Shoot 2 spot-up 3's
- e. Shoot 2 one-step 3's
- f. Shoot 2 one-dribble 3's
- h. Shoot 2 floaters

*** Shoot 25 Free Throws to Finish ***