



Iowa Prep Shot Club



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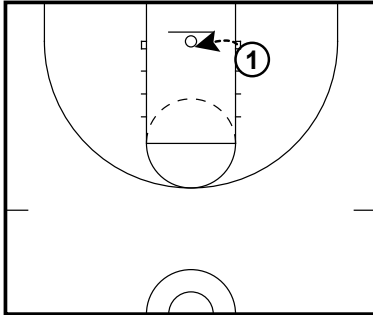
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Warm-Up Shots

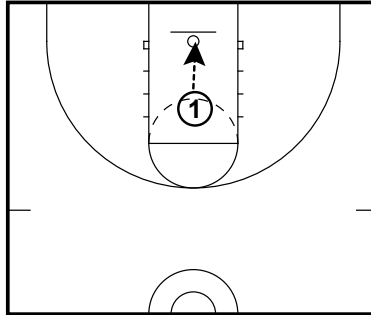
Shooting Drills

Form Shooting



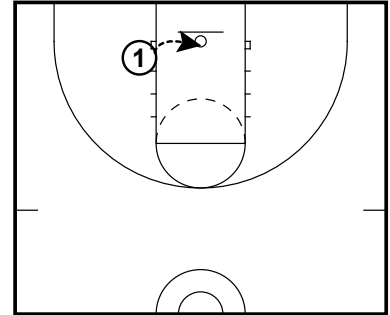
- Be on the FT lane line or inside the lane.
- Feet shoulder width apart.
- Bend knees and lower your hips in to athletic stance.
- Ball will be held out on upward turned palm.
- Bring ball into shot pocket (like a waiter holding a tray)
- Use your legs for power and shoot the ball up and out (your armpit should be next to your cheek on the finish).
- Frame your follow through (like you're taking a picture).

Form Shooting



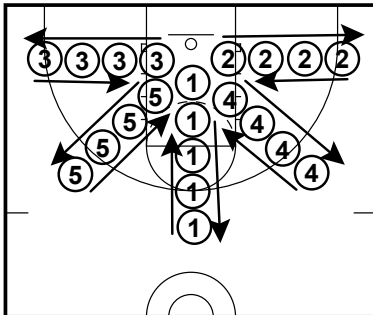
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- Frame your follow through (like you're taking a picture).

Form Shooting



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- Ball will be held out on upward turned palm.
- Bring ball into shot pocket (like a waiter holding a tray)
- Use your legs for power and shoot the ball up and out (your armpit should be next to your cheek on the finish).
- Frame your follow through (like you're taking a picture).

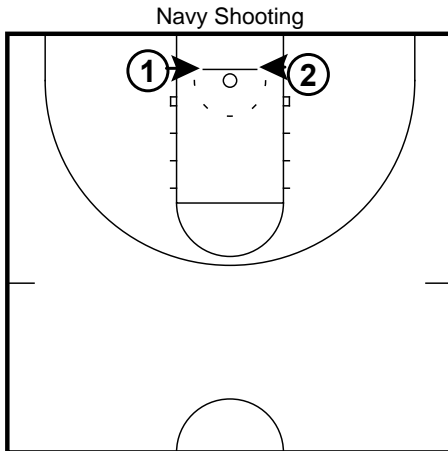
Groove Out, Groove In



- You start within 5 feet of the rim.
- With each make, take one step back.
- Form shoot, only using your off hand/guide hand as a stabilizer for the ball.
- Feet shoulder width apart, knees bent, hips low in athletic stance.
- Keep grooving out until you lose correct form.
- When you begin to lose correct form and push the ball, groove it back in. Make or miss, you take one step in until you are back to the start.

Warm-Up Shots

Shooting Drills



Players line up on the baseline with perfect alignment in reference to the backboard.

If right-handed, players will align their right foot, knee, hip, elbow and follow through with the thin portion of the backboard.

Players shoot "on their toes" and accentuate their follow through to work on their mechanics.

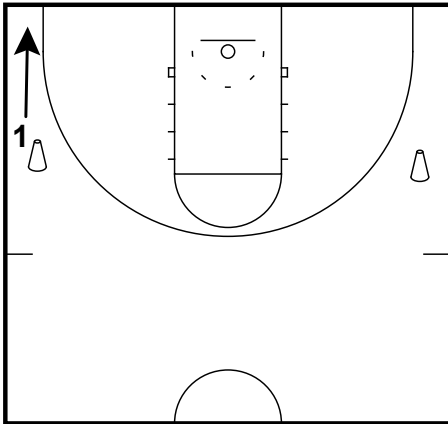
Players will shoot 25-50 makes (straight bounce back to shooter) on each side.

"Makes" will bounce straight backs, while misses will graze, miss or move to the side.

Individual Shooting Drills

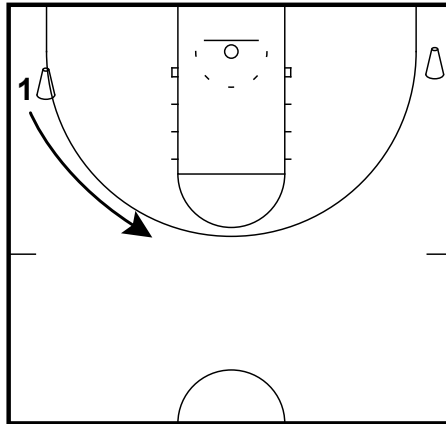
Shooting Drills

Kyle Korver Shooting Series



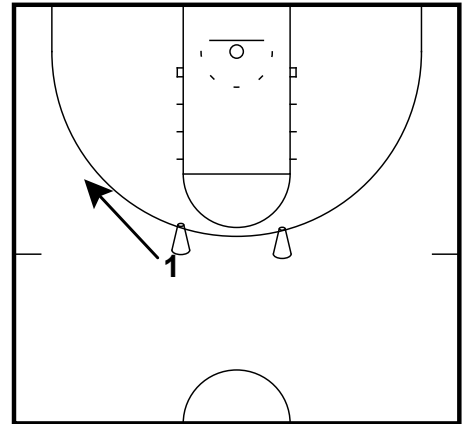
During the Kyle Korver Series you will be practicing 3 point shooting on the move. Start at the cone, throw the ball to the corner and sprint to the corner. Catch the ball and take the shot. Do the same on the opposite side.

Kyle Korver Shooting Series



Start at the cone. Throw the ball out near the slot. Sprint online the arc. Catch the ball and take the shot. Do the same on the opposite side.

Kyle Korver Shooting Series

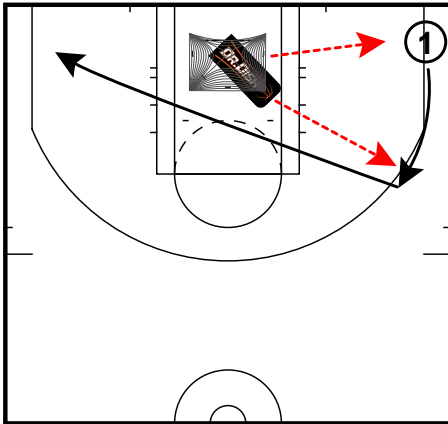


Start at the cone. Throw the ball out near the wing. Sprint towards the wing. Catch the ball and take the shot. Do the same on the opposite side.

Individual Shooting Drills

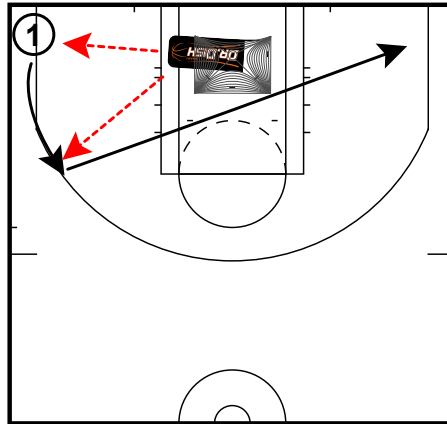
Dr. Dish

Lift Shooting



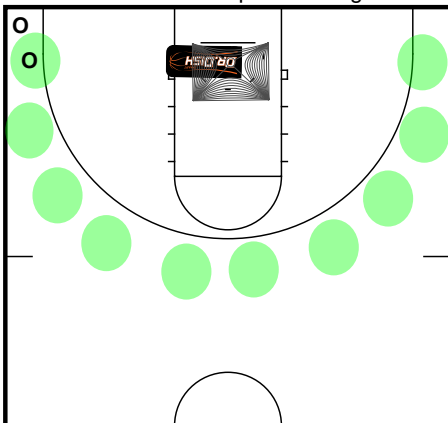
Player will receive the first pass from the Dish in the corner for the shot. The player will then lift to the wing as the Dish is making the pass for the second shot. After shooting the player will sprint across the court to the opposite corner.

Lift Shooting



Once again the player will receive the pass in the corner for the shot and then lift to the wing for the second shot. It's important to move as the Dish is getting ready to make the pass. Repeat until the shooting goal is reached.

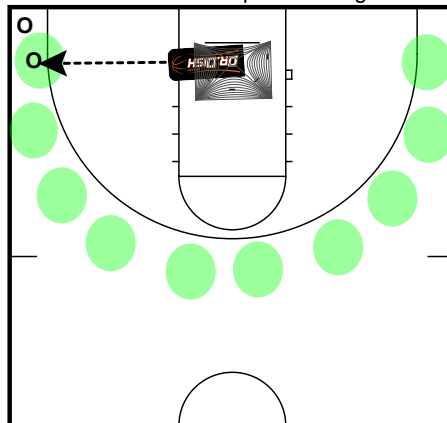
Dr. Dish - 10 spot shooting



Settings: Location (19), Tempo (3)

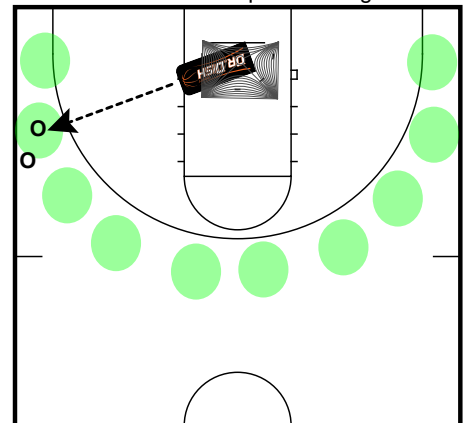
Setup: 10 spots - Odd #s

Dr. Dish - 10 spot shooting



The first shooter steps to the first spot and receives the pass, shoots, moves to the next spot

Dr. Dish - 10 spot shooting

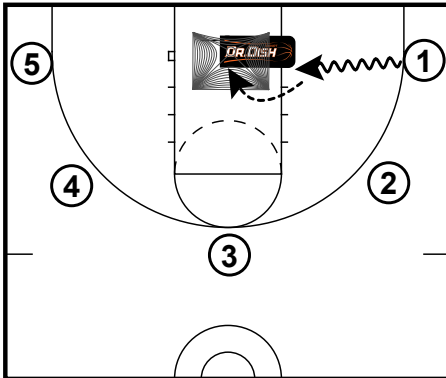


Players get shots from all 10 spots around the perimeter

Individual Shooting Drills

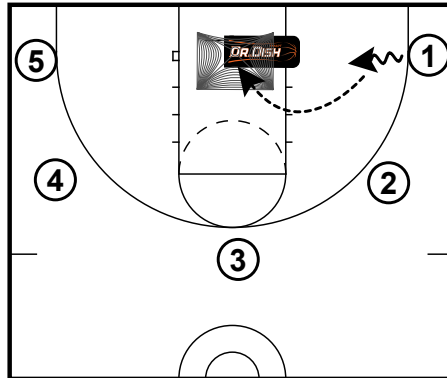
Dr. Dish

Dr. Dish 32 Shooting



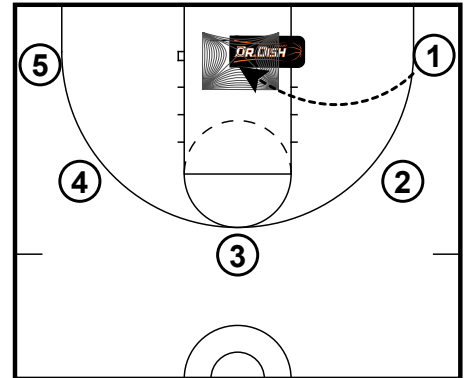
Floater

Dr. Dish 32 Shooting



Pull Up

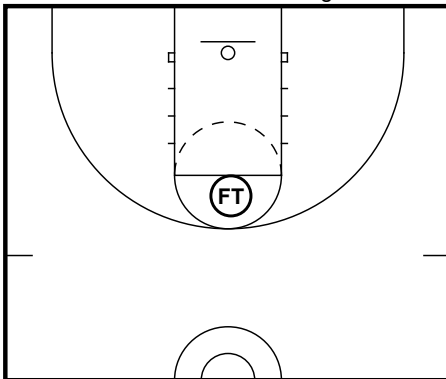
Dr. Dish 32 Shooting



3 Pointer.

Continue at each of the 5 spots.

Dr. Dish 32 Shooting

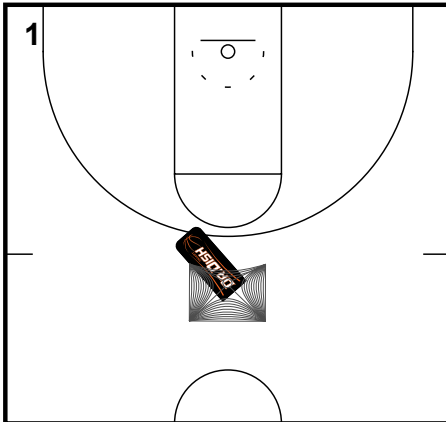


Shoot 2 free throws to end.

Individual Shooting Drills

Dr. Dish

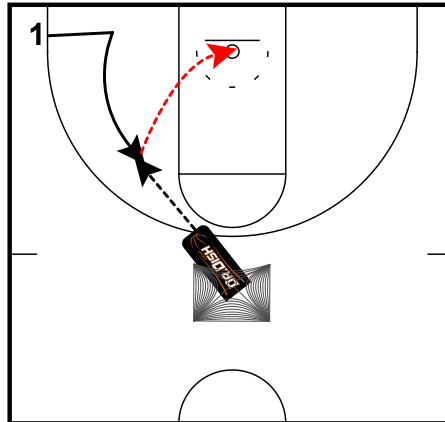
Dr. Dish - Pin Down Shooting



Settings: Location (5, 15), Tempo (Coach's Remote or 7), Pass Distance (2)

Setup: Dr. Dish setup at the top of the key. Players start in the deep corner.

Dr. Dish - Pin Down Shooting

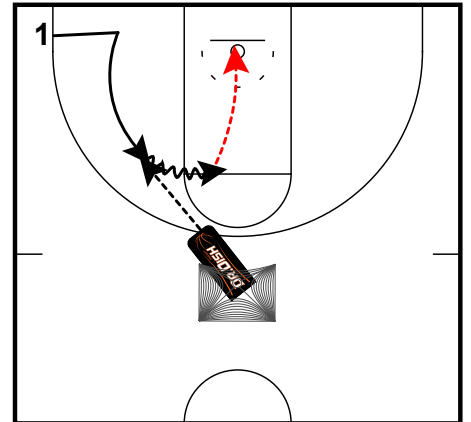


Catch & Shoot Option

Player comes off the screen hard and has created enough space to catch, shoot and score.

- Run from opposite corner next

Dr. Dish - Pin Down Shooting

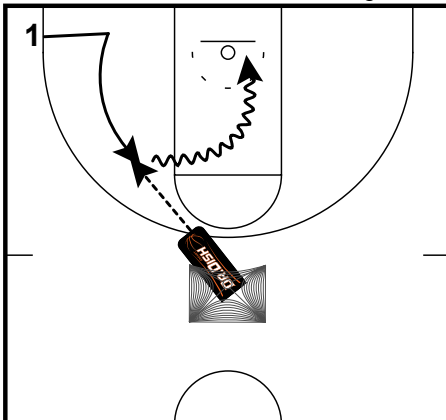


1 Dribble Pull-Up

Player comes off the screen hard and needs 1 dribble to create space for pull-up jump shot.

- Run from opposite corner next

Dr. Dish - Pin Down Shooting



Rim Attack

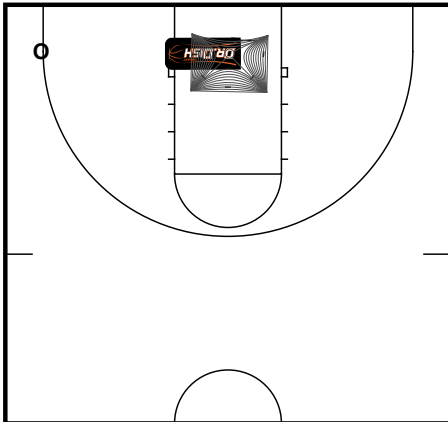
Player comes off the screen hard and has a clear path to the rim.

- Run from opposite corner next

Individual Shooting Drills

Dr. Dish

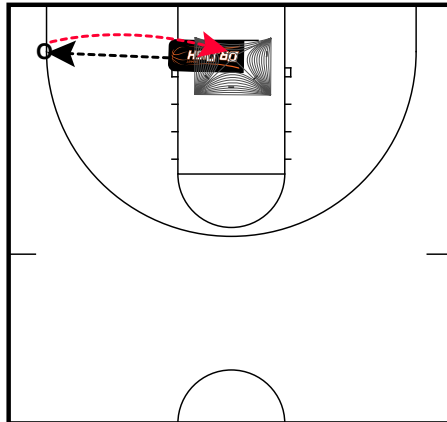
Dr. Dish - 60 Second Shooting



Settings: Location (18, 16), Tempo (3)

Setup: Shooter ready on perimeter

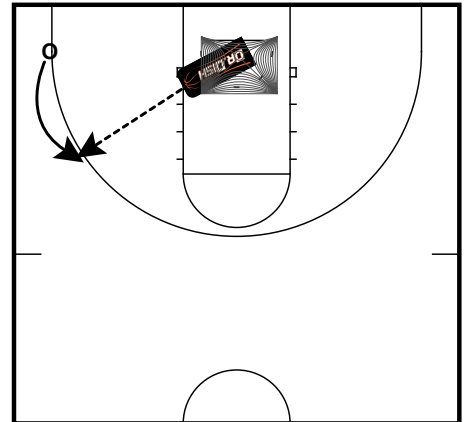
Dr. Dish - 60 Second Shooting



60 second clock starts.

Player receives the pass and shoots

Dr. Dish - 60 Second Shooting

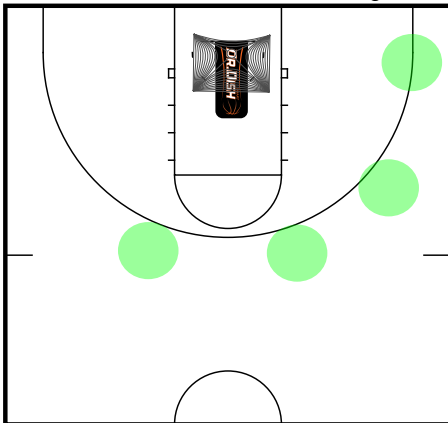


Player cuts to next spot, receives pass and shoots.

Player cuts back to previous spot.

Action continues for 60 seconds.

Dr. Dish - 60 Second Shooting

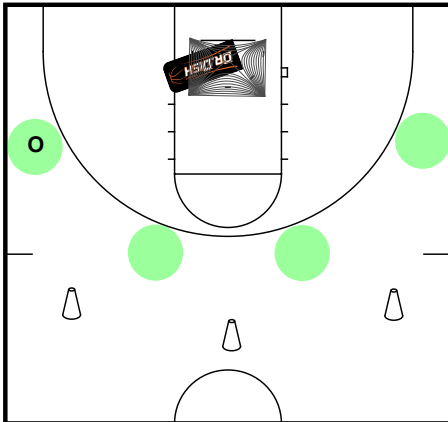


Drill can be run at any two spots around the perimeter.

Individual Shooting Drills

Dr. Dish

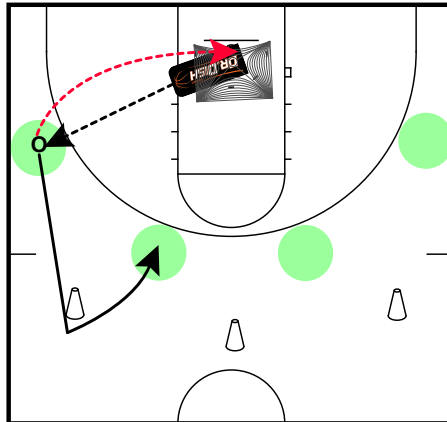
Dr. Dish - 4 spot Shooting



Settings: Location (16, 12, 8, 4), Tempo (5)

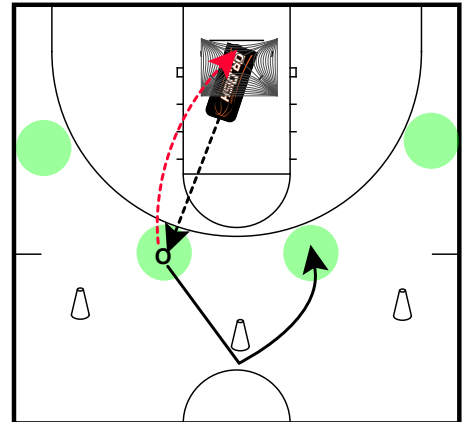
Setup: Player starting on the wing. 3 cones setup between 3pt line and half court.

Dr. Dish - 4 spot Shooting



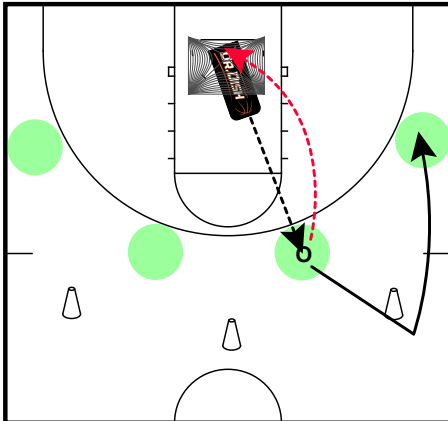
Player receives the pass and shoots.

Dr. Dish - 4 spot Shooting



Action continues

Dr. Dish - 4 spot Shooting

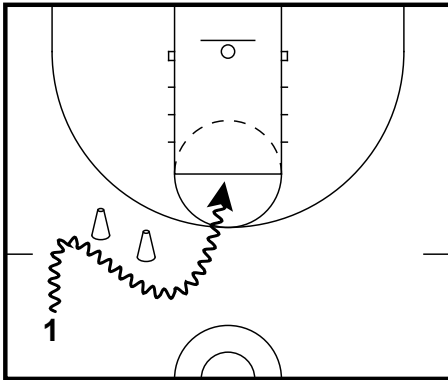


Action continues

Individual Shooting Drills

Combo Drills

Hesitation on Drive to Attack

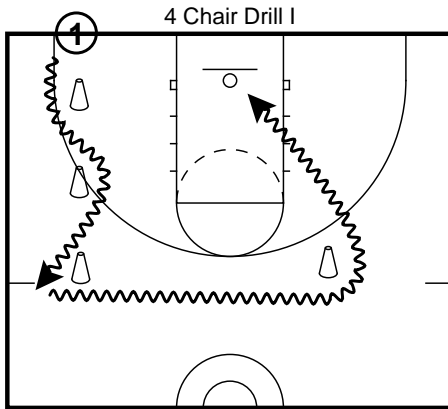


After beating the initial defender 1 will hesitate at the free throw line to assess the help defenders reactions. From there 1 will either attack the basket, shoot a runner in the lane or make a pull up jump shot.

Drill. Attack cone with a change of direction and get to the free throw line with explosiveness. Hesitate and make 15 layups, runners and jump shots. Do on both sides of the court.

Individual Shooting Drills

Combo Drills



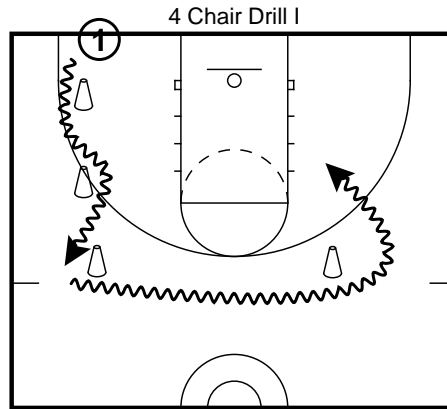
#1 starts in triple attack positions makes a move before dribbling (sweep, rip, jab, combination, etc.)

#1 makes a dribbling move at each chair (hesitation, in/out, cross over, between the legs, behind the back, spin move)

Once he clears the final chair, he dribbles to the chair on the opposite side of the floor (you can have them speed dribble, lateral dribble, power dribble, crab walk, etc. there)

Once at the final chair, #1 makes a move before attacking the basket for a shot (change of direction, hesitation, retreat dribble, etc.)

Note: Mix up your dribble move combinations and finishes. For example, the first part of the drill you have the player start with a sweep and a rip, go through the chairs making cross overs, speed dribble to the last chair, go between their legs, and finish with a floater. The second time you do the drill you may change up each part of it to work on different moves and finishes.



#1 starts in triple attack positions makes a move before dribbling (sweep, rip, jab, combination, etc.)

#1 makes a dribbling move at each chair (hesitation, in/out, cross over, between the legs, behind the back, spin move)

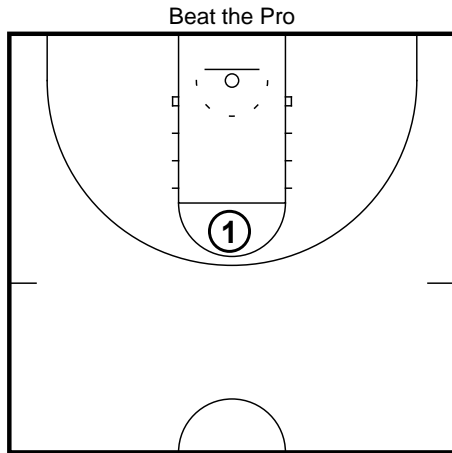
Once he clears the final chair, he dribbles to the chair on the opposite side of the floor (you can have them speed dribble, lateral dribble, power dribble, crab walk, etc. there)

Once at the final chair, #1 makes a move before attacking the basket for a shot (change of direction, hesitation, retreat dribble, etc.)

Note: Mix up your dribble move combinations and finishes. Add pull-up jumpers to the drill. Work on both sides of the floor.

Individual Shooting Drills

Shooting Drills



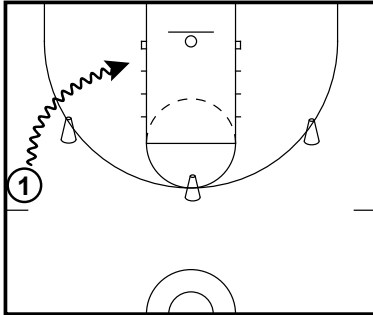
Start anywhere you want. You cannot shoot the same shot from the same spot consecutively.

Every make that you get is +1. Every miss is +2 for the pro. Play until you or the pro reaches 15.

Individual Shooting Drills

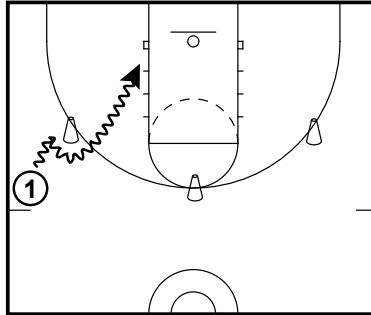
Shooting Drills

Ball Screen Shooting Series



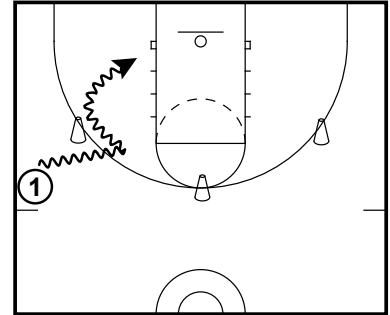
- You will perform the same move at all three cones.
- Use the middle cone twice, once coming from the L, and once coming from the R.
- Make 8 shots of each move.
- Approach the cone & simulate setting up ball screen. Pound the ball & hesitate as if you're using the screen. Last second, change hands and refuse screen. Shoot a pull-up J outside the lane.

Ball Screen Shooting Series



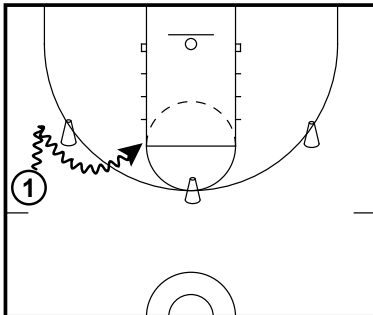
- You will perform the same move at all three cones.
- Use the middle cone twice, once coming from the L, and once coming from the R.
- Make 8 shots of each move.
- Approach the cone & simulate setting up ball screen. As you begin to come off screen, change direction/hands simulating a split. Shoot a high/soft floater.

Ball Screen Shooting Series



- You will perform the same move at all three cones.
- Use the middle cone twice, once coming from the L, and once coming from the R.
- Make 8 shots of each move.
- Approach the cone & simulate setting up a ball screen. As you come off the screen, perform a snake dribble by crossing the ball over to the opposite hand & wrapping around the screen. Shoot a dribble pull-up outside the key.

Ball Screen Shooting Series

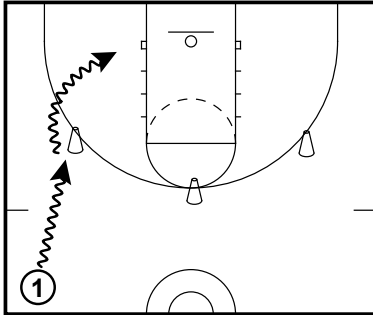


- You will perform the same move at all three cones.
- Use the middle cone twice, once coming from the L, and once coming from the R.
- Make 8 shots of each move.
- Approach the cone and simulate setting up a ball screen. Use the screen, attacking with two dribbles. Shoot a pull-up at the elbows.

Individual Shooting Drills

Transition Shooting & Finishing

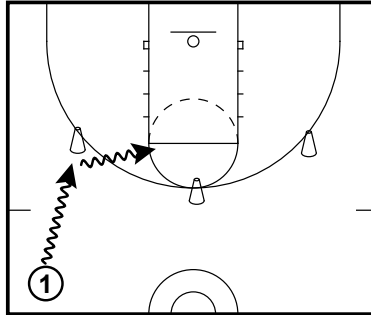
Transition Shooting Series



- You will perform the same move at all three cones. Use the middle cone twice, once coming from the right, and once coming from the left. Make 8 shots of each move (2 total trips).

- Attack out of transition and hesitate at the cone. After hesitating, blow by for a 1 dribble pull-up in the same direction.

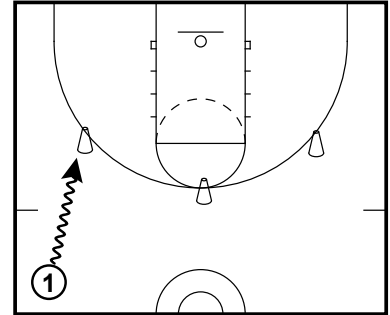
Transition Shooting Series



- You will perform the same move at all three cones. Use the middle cone twice, once coming from the right, and once coming from the left. Make 8 shots of each move (2 total trips).

- Attack out of transition and hesitate at the cone. After hesitating, cross over and blow by for a 1 dribble pull-up.

Transition Shooting Series



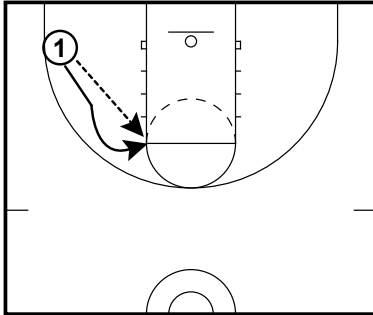
- You will perform the same move at all three cones. Use the middle cone twice, once coming from the right, and once coming from the left. Make 8 shots of each move (2 total trips).

- Attack out of transition and hesitate at the cone. After hesitating, drop and shoot the ball.

Individual Shooting Drills

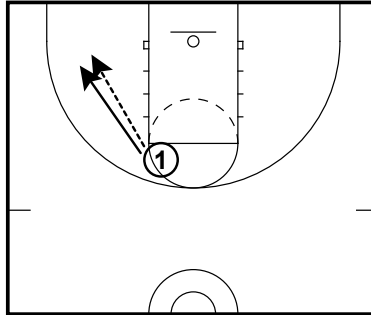
Shooting Drills

Drift and Lift Series



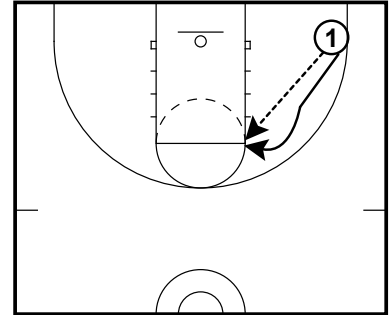
- Begin in the corner at the distance of your choosing.
- Toss the ball to the elbow and sprint to chase after the toss.
- When catching the ball, pivot left-right and shoot the ball.
- Rebound the ball and return to the spot where you shot from.

Drift and Lift Series



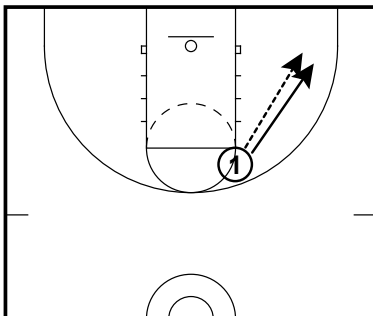
- Self toss the ball to the corner from the elbow.
- D slide to catch up with tossed ball.
- Hop into your catch and shoot the ball.
- Get your rebound and jog to other corner.

Drift and Lift Series



- Begin in the corner at the distance of your choosing.
- Toss the ball to the elbow and sprint to chase after the toss.
- When catching the ball, pivot right-left and shoot the ball.
- Rebound the ball and return to the spot where you shot from.

Drift and Lift Series

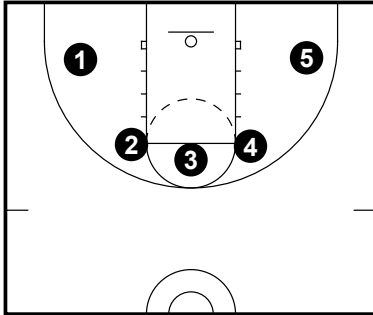


- Self toss the ball to the corner from the elbow.
- D slide to catch up with tossed ball.
- Hop into your catch and shoot the ball.
- Get your rebound and jog to other corner.

Individual Shooting Drills

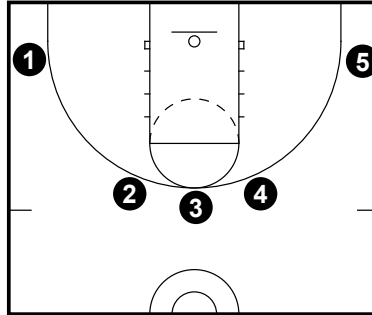
Shooting Drills

Spot Up Series



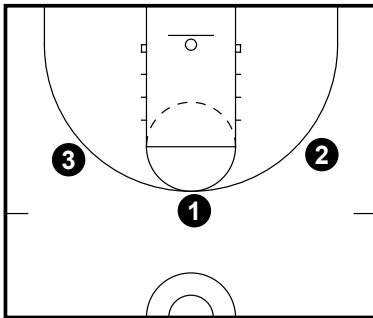
- These are the 5 spots you'll shoot from.
- You shoot the following shots at each spot:
 - Catch and shoot
 - R hand dribble pull up
 - L hand dribble pull up
 - Catch and shoot
- Make all four shots before moving to the next spot.

Spot Up Series



- These are the 5 spots you'll shoot from.
- You shoot the following shots at each spot:
 - Catch and shoot
 - R hand dribble pull up
 - L hand dribble pull up
 - Catch and shoot
- Make all four shots before moving to the next spot.

Money Ball

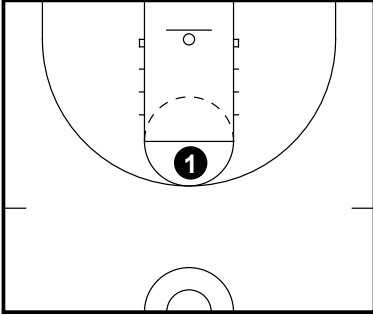


- Start at the top of the key and perform the following series of shots.
- Shot 1: Three pointer (Money ball and is worth 3)
- Shot 2: Three pointer (worth 1)
- Shot 3: 1 dribble pull-up (worth 1)
- Shot 4: Three pointer (worth 1)
- After those 4 shots are taken, go to the next spot. Play until you score 21 points. Compete for time.

Individual Shooting Drills

Shooting Drills

Free Throw Golf



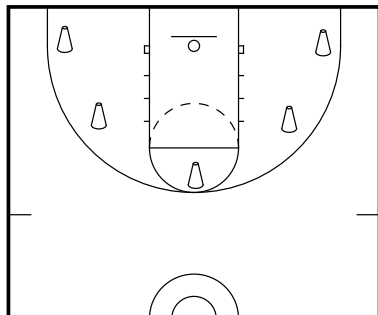
- Shoot 18 free throws and try to get the lowest score possible. The scoring is as follows:

- Make = 0
- Miss = + 1
- Swish = - 1

Partner Shooting Drills

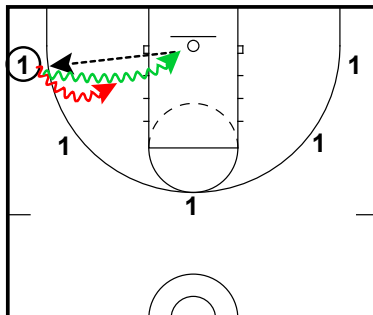
Shooting Drills

32



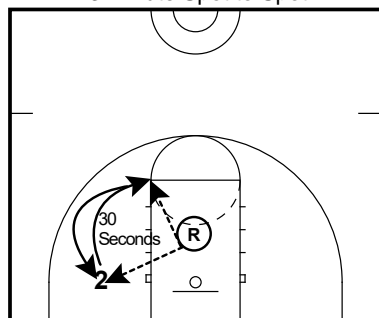
- Shoot from the five spots by the cones
- 1 three, 1 pull-up, 1 lay-up

32



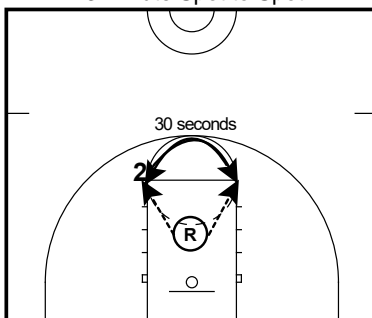
- Catch & shoot 3
- Catch & 1 dribble pull-up (red)
- Catch & finish at rim (green)

3 Minute Spot to Spot



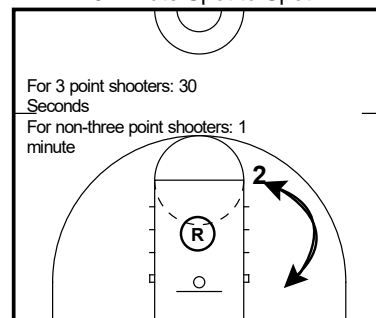
Short corner and elbow for 30 seconds. Alternate locations, rebounder should be hustling after the ball.

3 Minute Spot to Spot



Elbow to elbow around the top of the key for 30 seconds.

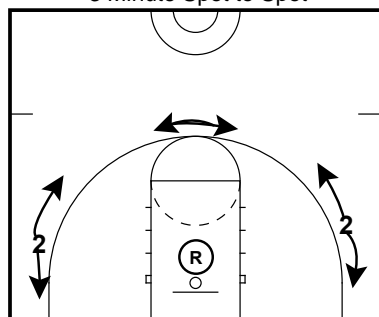
3 Minute Spot to Spot



Elbow to short corner for 30 seconds, alternating spots.

Stay at these locations for 1 minute if you are not a three point shooter. After that, work your way back to the original elbow/short corner side.

3 Minute Spot to Spot



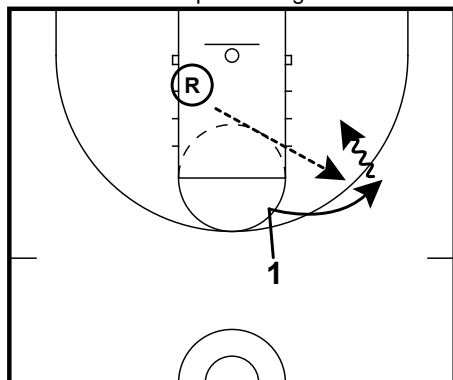
Three point shooters only - step outside after completing one round of elbow/short corner, elbow/elbow, and elbow/short corner.

30 seconds alternating in each of the six locations on the perimeter.

Partner Shooting Drills

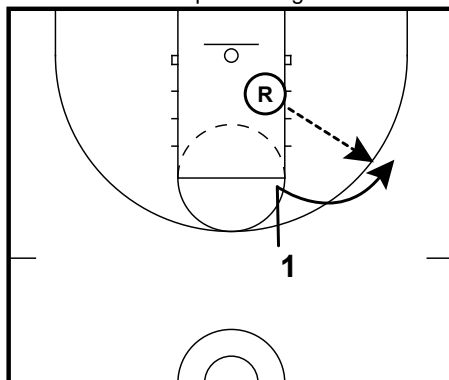
Shooting Drills

Non Stop Shooting Drill



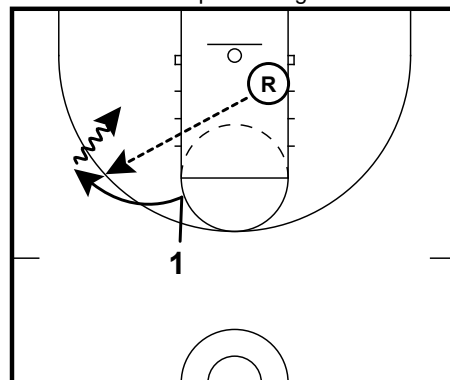
Flare pull up right for 30 seconds

Non Stop Shooting Drill



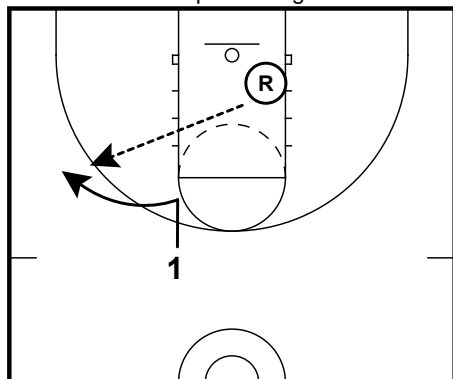
Flare 3s right for 30 seconds.

Non Stop Shooting Drill



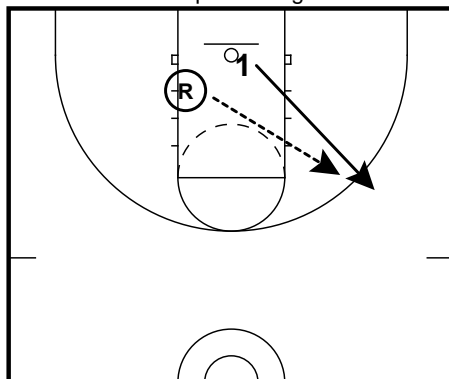
Flare pull ups left for 30 seconds.

Non Stop Shooting Drill



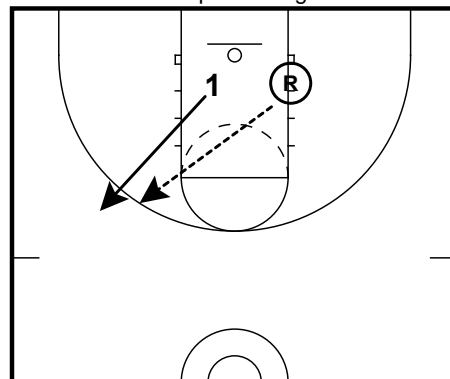
Flare 3 left for 30 seconds.

Non Stop Shooting Drill



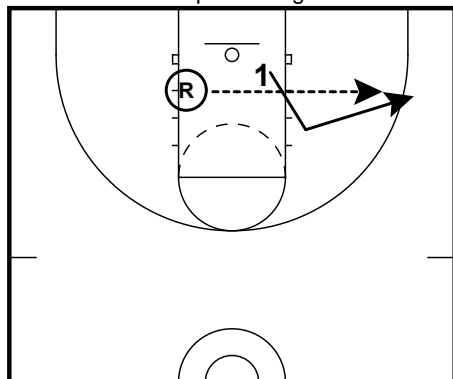
Pin down right for 30 seconds.

Non Stop Shooting Drill



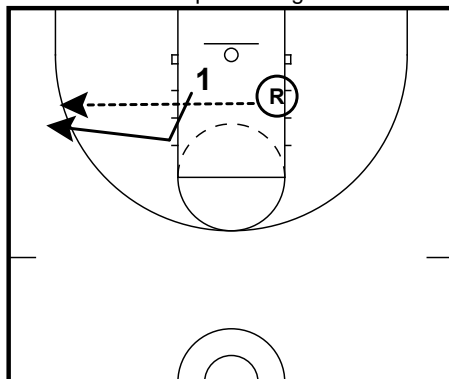
Pin down left for 30 seconds.

Non Stop Shooting Drill



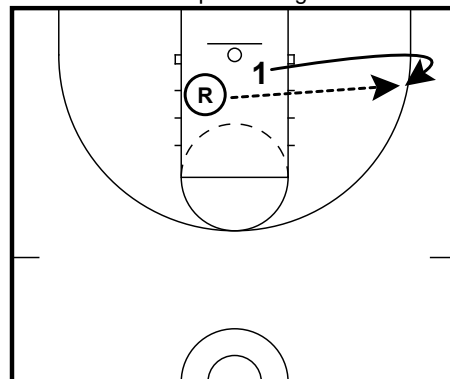
Fade right for 30 seconds.

Non Stop Shooting Drill



Fade left for 30 seconds.

Non Stop Shooting Drill

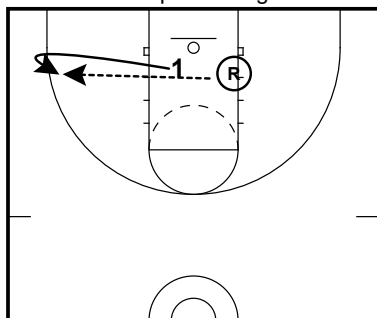


Corner 3 right for 30 seconds.

Partner Shooting Drills

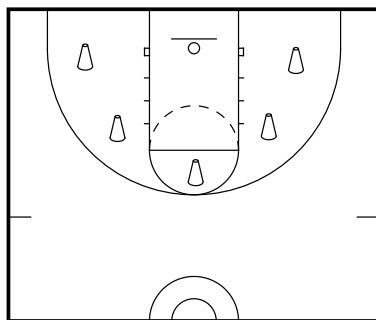
Shooting Drills

Non Stop Shooting Drill

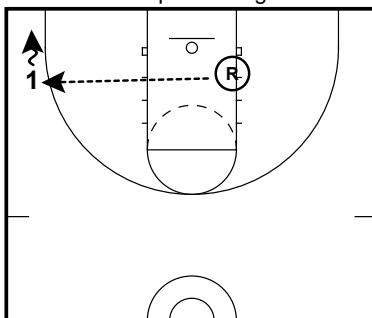


Corner 3 left for 30 seconds.

Shoot the W

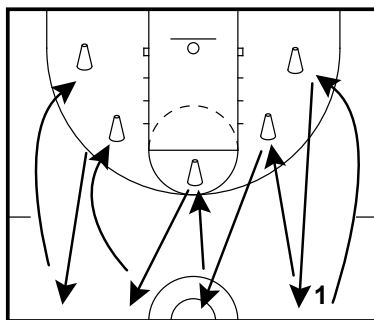


Non Stop Shooting Drill



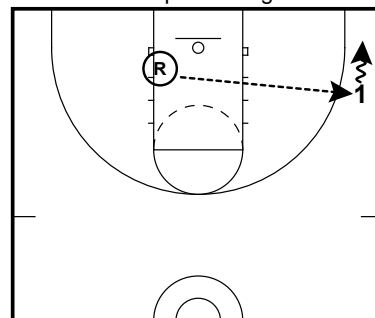
Lateral dribble corner 3s left for 30 seconds.

Shoot the W



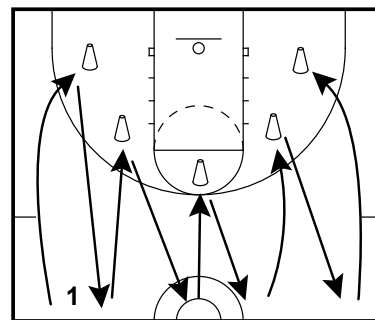
-Start at half court and sprint in to corner for catch & shoot
-half speed run to half court & sprint back in to the next spot

Non Stop Shooting Drill



Lateral dribble corner 3s right for 30 seconds.

Shoot the W

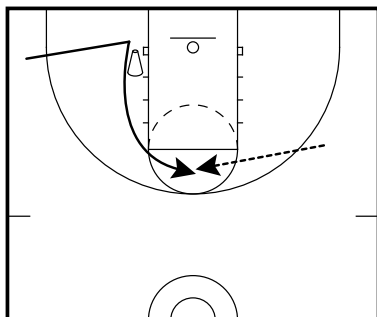


-After you go to the first 5 spots, you will continue to come "back around the world" to where you started.
-The drill will finish with you shooting 10 total shots.

Partner Shooting Drills

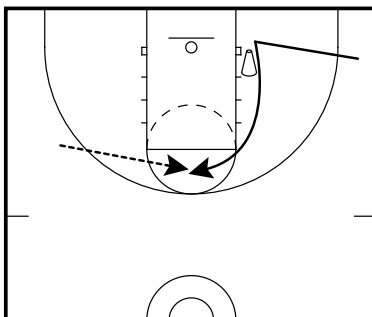
Shooting Drills

Shooting off down screens



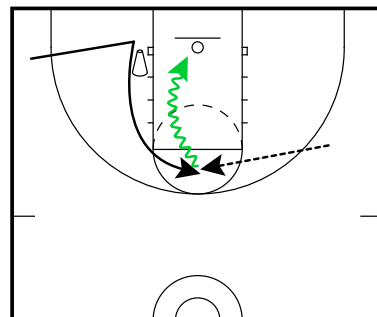
- Catch & shoot (inside pivot).
- This can be extended to the 3 pt line as well.

Shooting off down screens



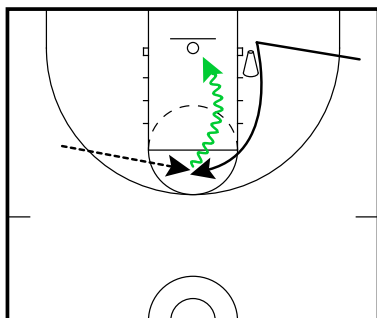
- Catch & shoot (inside pivot).
- This can be extended to the 3 pt line as well.

Shooting off down screens



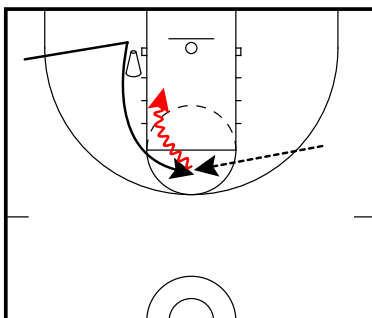
- Finish w/regular lay-up and power lay-up
- Vary number of shots.

Shooting off down screens



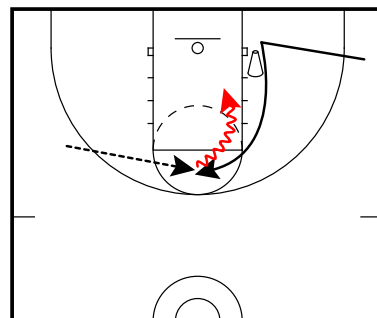
- Finish w/regular lay-up and power lay-up
- Vary number of shots.

Shooting off down screens



- Finish w/ pull up J.
- Vary number of shots.

Shooting off down screens

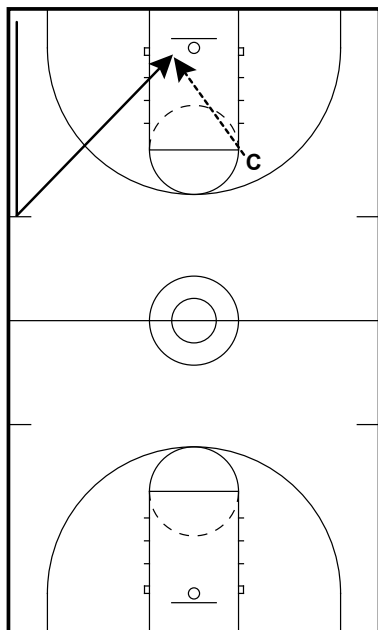


- Finish w/ pull up J.
- Vary number of shots.

Partner Shooting Drills

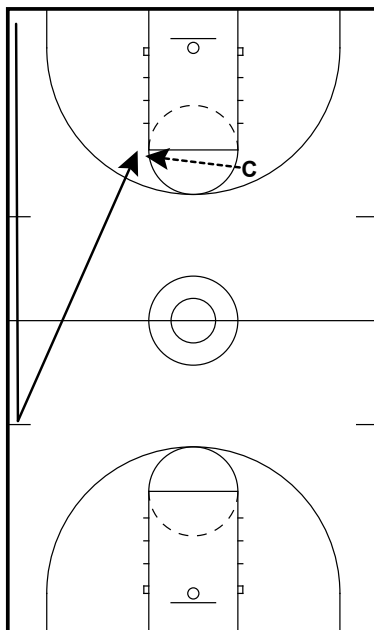
Shooting Drills

Wapello Shooting



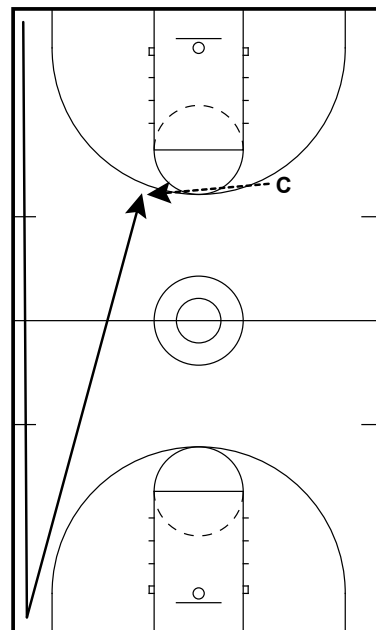
- Sprint to the vball line, plant with the outside foot, and sprint in for the lay-up shot.
- It can be a regular lay-up or a power lay-up.

Wapello Shooting



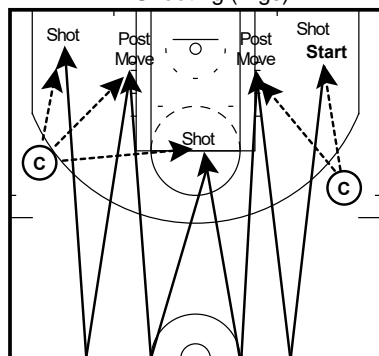
- Sprint to the opposite vball line, plant with the outside foot, and sprint back for two point jumper.

Wapello Shooting



- Sprint to the opposite baseline, plant with the outside foot, sprint back to the three point line for a jumper.

W Shooting (Bigs)

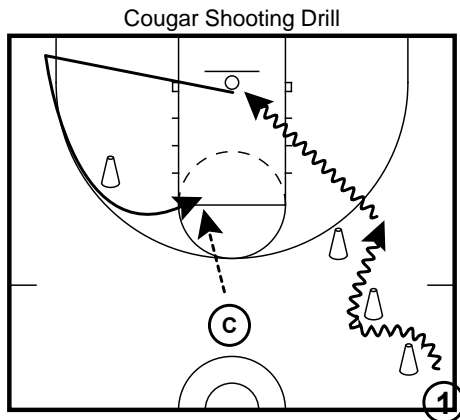


1. Player starts around wing/short corner area, catches and shoots 15 footer
2. Sprints and touches half-court and then sprints to block. catch and makes post-move (Coach: Give them freedom to mix up their moves add contact to make it more game-like)
3. Drill is repeated to the spots shown above

Once they take their 5th shot on the left wing area, sprint back to half-court and then back to the left wing again, repeating the drill going back around the perimeter.

Partner Shooting Drills

Combo Drills



#1 dribbles through the cones using various change of direction moves and attacks the basket

After taking a shot, the player widens out to the corner and cuts hard off the cone simulating cut off of a screen

Coach passes the player the ball for a shot

Utilize various moves on the first and second legs of the drill:

Regular lay-up

Power finish

Shot-fake finish

Floater

Runners

Reverse lay-up

Jump shot

Pull-up jump shot

Step-back move

Step-back counter move

Inside hand finish

Hips across lay-up

Spin move

Up and under move

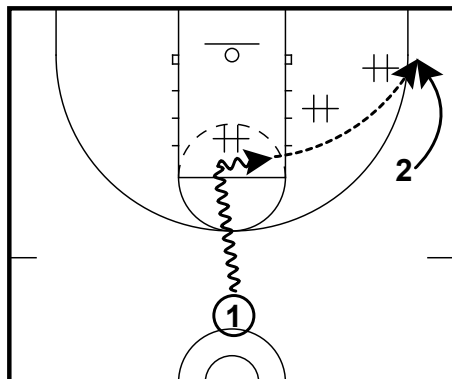
Etc.

Partner Shooting Drills

Combo Drills

Perimeter Drills

Combo Drills



Ball Handling, Shooting, & Close-out Drill

1 dribbles hard at the chair with his left hand and makes a COD move shifting the ball into his right hand

As 1 dribbles 2 drifts to the corner behind the chair

1 makes the pass as he shifts the ball into the right hand hitting 2 in the corner

POINTS OF EMPHASIS:

1 needs to be in control as he shifts the ball on the COD and kicks to 2 without making a charge

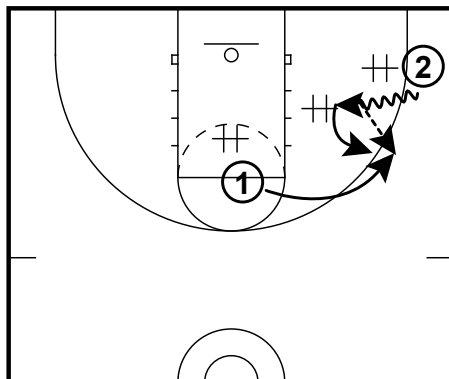
2 needs to time his cut to the corner to make the drill work like a game situation

PROGRESSION:

We run this drill on both sides of the floor and run the drill for a total of 5:00 at game speed

Perimeter Drills

Combo Drills



Ball Handling, Shooting, & Close-out Drill

After 1 passes to 2 in the corner, he breaks out to the wing as 2 begins a penetration dribble at the chair (representing the help defender after he has beaten his man with the 1st move)

2 kicks out to 1 and closes-out on him

We want 1 immediately shooting the ball off the catch

POINTS OF EMPHASIS:

2 needs to catch with 2 feet in the air, then immediately push-off when he lands attacking off the dribble

On the close-out, we teach to play the shot with 2 hands up & think penetration

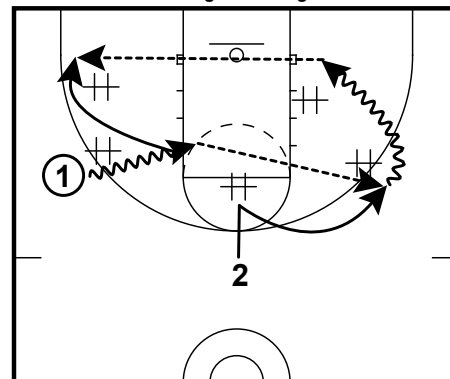
1 needs to be ready to catch & shoot without hesitation

PROGRESSION:

We run this drill on both sides of the floor and run the drill for a total of 5:00 at game speed

Perimeter Drills

Dribbling & Shooting Drill



Dribbling & Shooting Drill

1 makes a self pass, catching with 2 feet in the air and landing with the chance to use either pivot foot

1 makes a rip move and attacks the paint

As 1 makes his rip move, 2 cuts into the chair and pops to the opposite wing

1 passes to 2 and pops behind the chair in the corner as 2 immediately attacks off the pass, attacking the baseline help defender and passing to 1 who takes the jump shot

POINTS OF EMPHASIS:

1 needs to catch in triple threat position, stay low on the rip and get into the paint on the dribble

2 needs to time his cut circling to the wing and catching the ball with his head up ready to attack the baseline help defender after beating his man

PROGRESSION:

Drill is run for a duration of 5:00 and from both sides of the floor at game speed

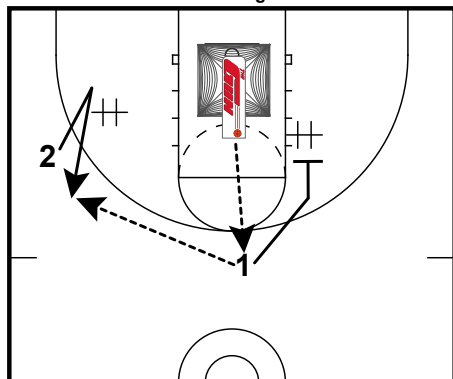
We use a catch & shot fake as well to get into the penetration dribble

Partner Shooting Drills

Combo Drills

Perimeter Drills

Gun Shooting Drill



Gun Shooting Drill

1 receives the pass at the top of the key

2 v-cuts to get open on the wing and receives the pass from 1

1 moves to set a down screen on the chair

GUN SPOTS:

8 & 3

Time between .4

POINTS OF EMPHASIS:

1 needs to catch with both feet in the air, pivot and make a good pass to the wing before moving to set a good down screen, with a wide base & solid footwork

2 needs to make a good v-cut to get open on the wing

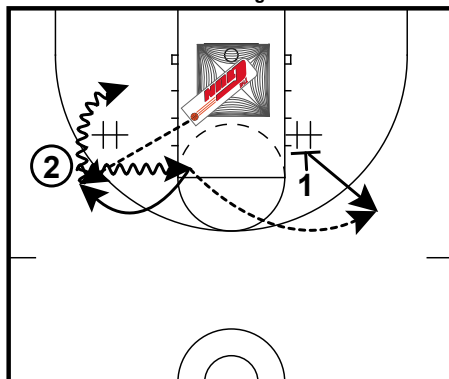
PROGRESSION:

We will put a defender on the wing so that 2 has to really work hard to get open

We will do the same on the opposite side so that when 1 catches, he can simulate at game speed going by his defender with a good 1st move

Perimeter Drills

Gun Shooting Drill



Gun Shooting Drill

1 sets the down screen on the chair and pops out to the wing

2 catches the ball with 2 feet in the air, lands and immediately attacks the lane with the dribble

2 makes the pass to 1 who catches the ball and takes 1 dribble for the pull-up jumper

2 loops back to the wing and catches the pass from the GUN and attacks the baseline with one dribble for a pull-up jumper

PROGRESSION:

We take a total of 20 shots and then switch sides

We also use number of makes in 4:00 - usually 40 makes

POINTS OF EMPHASIS:

2 must attack hard on the dribble and get to the lane line before passing to 1 on the opposite wing

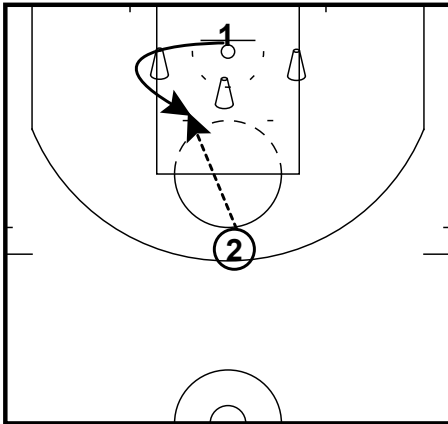
1 needs to catch the ball and immediately go into his dribble move, attacking low getting the shoulder and knee by the imaginary defender (we also put a dummy defender there to simulate a game situation)

We really want our guys to push the first dribble out in front of them and cover ground with the one dribble they're allowed

Partner Shooting Drills

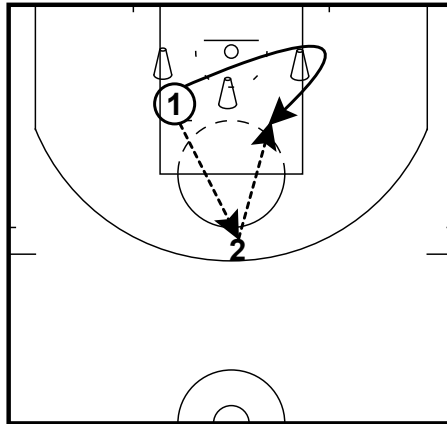
Combo Drills

Schrempf Shooting



Player 1 curls around the cone and receives a pass from a coach. Player 1 drop steps for the finish.

Schrempf Shooting

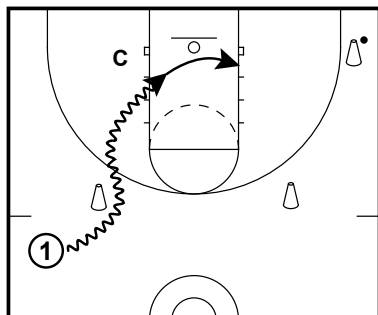


Player 1 gets their own rebound and passes the ball out to the coach. Player 1 comes around the opposite cone, catches a pass in the middle of the lane and drop steps for another layup.

Partner Shooting Drills

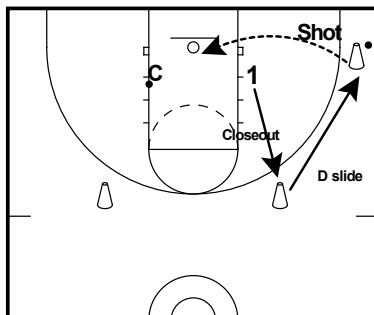
Shooting Drills

Hoya Drills



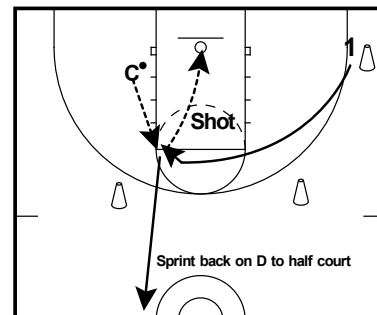
- Attack the rim after making a dribble move at the cone.
- Work on various finishes at the rim.
- Cut to block after finish at rim.

Hoya Drills



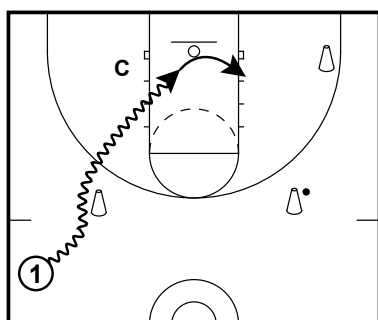
- Closeout to cone on the perimeter.
- D slide to the cone in the corner (back to the hoop).
- Pick up the ball placed on the cone/chair in the corner area and take a jump shot.

Hoya Drills



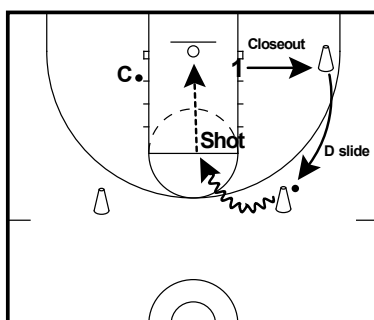
- After shooting the corner jump shot, player will sprint to the opposite elbow.
- Coach/rebounder will pass to the player at the elbow for a catch and shoot J.
- After the shot, he/she will sprint to half court simulating getting back on D.

Hoya Drills



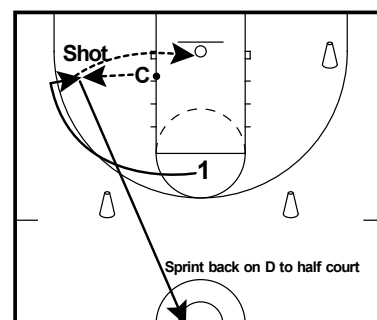
- Attack the rim after making a dribble move at the cone.
- Work on various finishes at the rim.
- Cut to block after finish at rim.

Hoya Drills



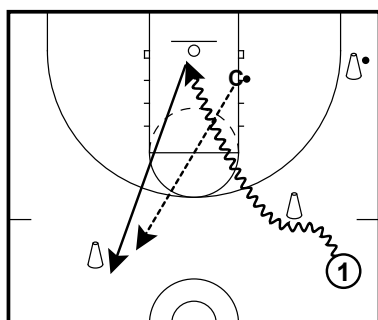
- Player closes out to corner.
- D slide to the cone in the corner (back to the hoop).
- Pick up the ball placed on the cone/chair and dribble attack to the FT line area and shoot.

Hoya Drills



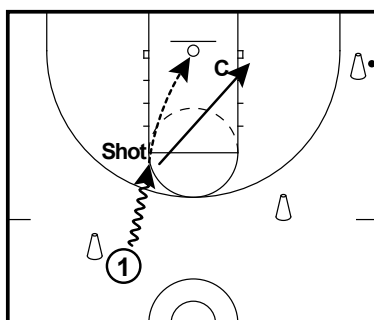
- After the J, player cuts to the corner looking for the pass from coach/rebounder.
- Catch and shoot J.
- Sprint back on D to half court.

Hoya Drills



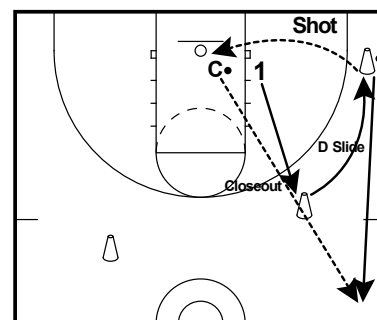
- Attack the rim after making a dribble move at the cone.
- Work on various finishes at the rim.
- Cut to the opposite cone at the top of the key and get pass from coach/rebounder.

Hoya Drills



- He/she dribble attacks elbow area for the jump shot.
- Cut to the opposite block area after the J.

Hoya Drills

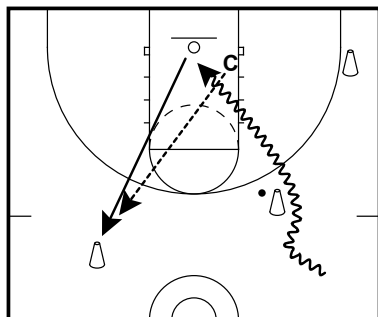


- Closeout to the cone at top of key.
- D slide to the corner (back to the hoop).
- Pick up the ball placed on the cone/chair in the corner area and take a jump shot.
- Sprint to the half court getting back on D and receive pass from coach/rebounder.

Partner Shooting Drills

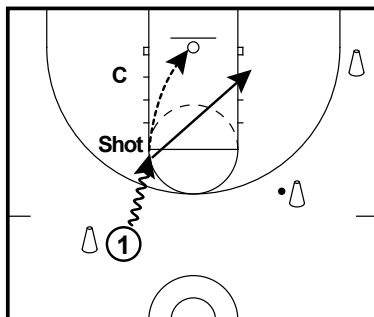
Shooting Drills

Hoya Drills



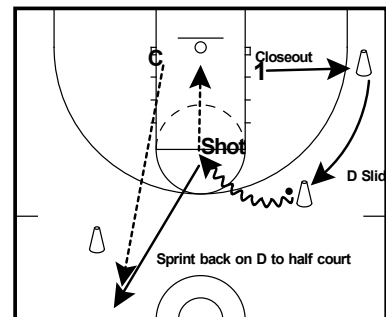
- Attack the rim after making a dribble move at the cone.
- Work on various finishes at the rim.
- Cut to the opposite cone at the top of the key and get pass from coach/rebounder

Hoya Drills



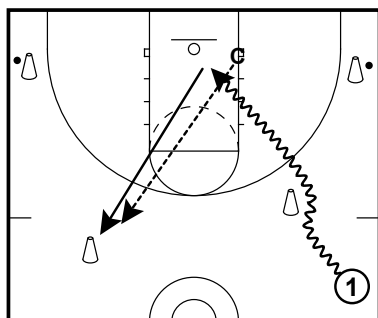
- He/she dribble attacks elbow area for the jump shot.
- Cut to the opposite block area after the J.

Hoya Drills



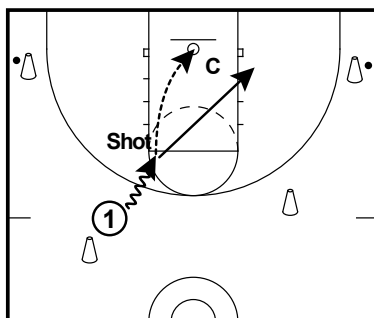
- Player closes out to corner.
- D slide to the cone in the corner (back to the hoop).
- Pick up the ball placed on the cone/chair and dribble attack to the FT line area and shoot.
- Sprint back on D to half court receiving pass from coach/rebounder.

Hoya Drills



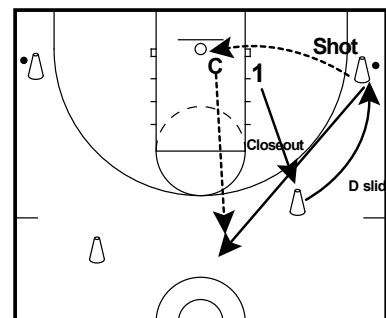
- Attack the rim after making a dribble move at the cone.
- Work on various finishes at the rim.
- Cut to the opposite cone at the top of the key and get pass from coach/rebounder

Hoya Drills



- He/she dribble attacks elbow area for the jump shot.
- Cut to the opposite block area after the J.

Hoya Drills

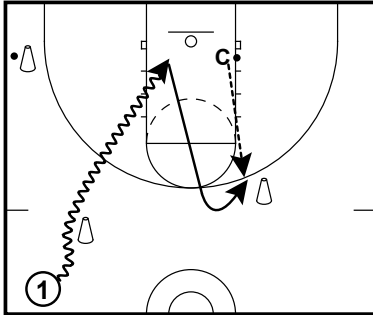


- Closeout to the cone at top of key.
- D slide to the corner (back to the hoop).
- Pick up the ball placed on the cone/chair in the corner area and take a jump shot.
- Sprint to the half court getting back on D and receive pass from coach/rebounder.

Partner Shooting Drills

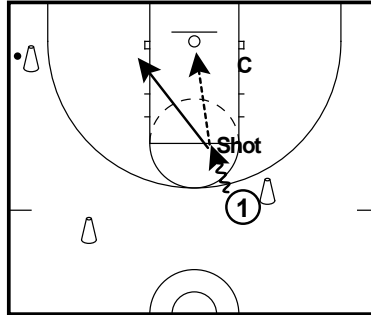
Shooting Drills

Hoya Drills



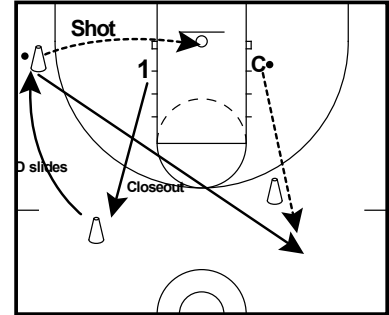
- Attack the rim after making dribble move at cone.
- Work on various finishes at the rim.
- Cut to the top of the key and receive pass from coach/rebounder.

Hoya Drills



- Attack the FT area and shoot a pull-up J.
- Cut to opposite elbow.

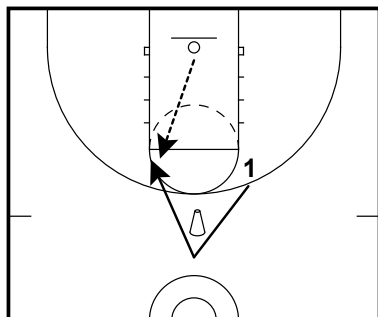
Hoya Drills



Partner Shooting Drills

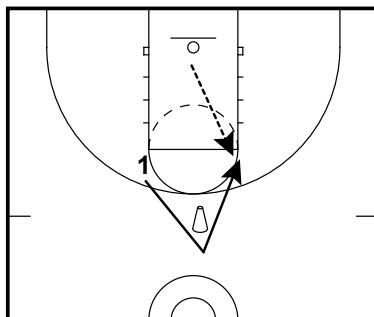
Shooting Drills

Elbow Shooting 1



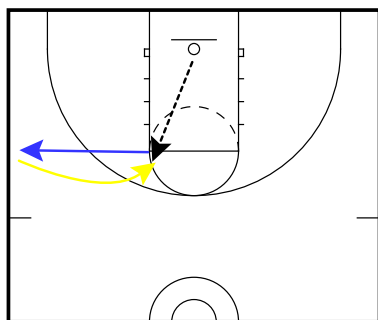
- The player will start at either elbow.
- Shoot, backpedal around the back of the cone, then sprint to the other elbow for another shot.

Elbow Shooting 1



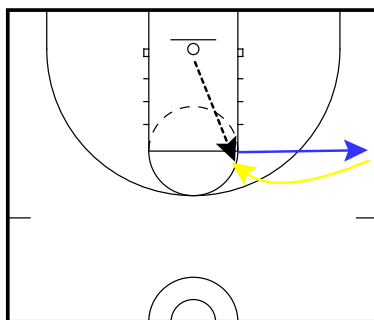
- Shoot, backpedal around the back of the cone, then sprint to the other elbow for another shot.

Elbow Slide Shooting



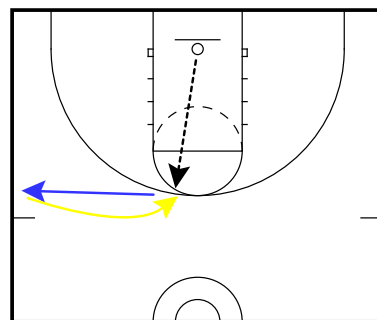
- Defensive slide to the sideline from the elbow.
- Sprint in from sideline to catch & shoot at elbow area.

Elbow Slide Shooting



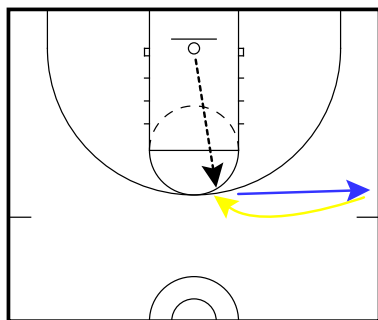
- Defensive slide to the sideline from the elbow.
- Sprint in from sideline to catch & shoot at elbow area.

Elbow Slide Shooting



- Defensive slide to the sideline from the top of the key.
- Sprint in from sideline to catch & shoot at slot area.

Elbow Slide Shooting

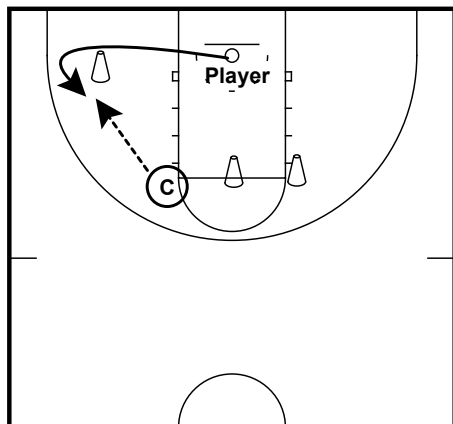


- Defensive slide to the sideline from the top of the key.
- Sprint in from sideline to catch & shoot at slot area.

Partner Shooting Drills

Combo Drills

Cone Drill #01

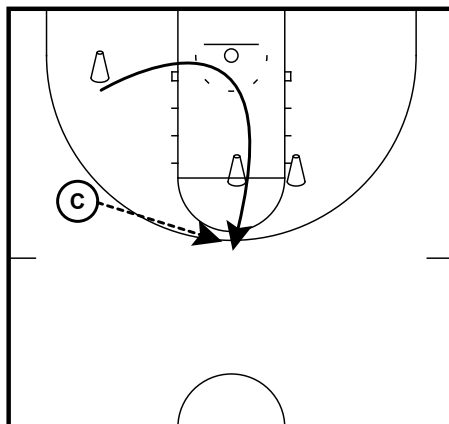


Player starts underneath the rim and sprints to baseline and curls off the cone. Catch and shoot (shot 1).

Coach passes to baseline area from middle of the key area.

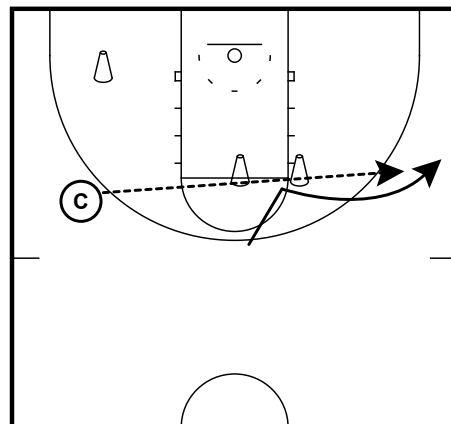
NOTE**Coach will need a rebounder and will also have to move during the drill to pass, as the passing angle and spacing will change throughout the drill.

Cone Drill #01



Player walks underneath the rim then sprints (change of speeds!) off the middle cone (up the gut) for the second shot.

Cone Drill #01



Player walks underneath to the elbow area and uses the fade screen (defensive slide, while opening up with player's back to the sideline) for the third shot. Coach skips to wing area.

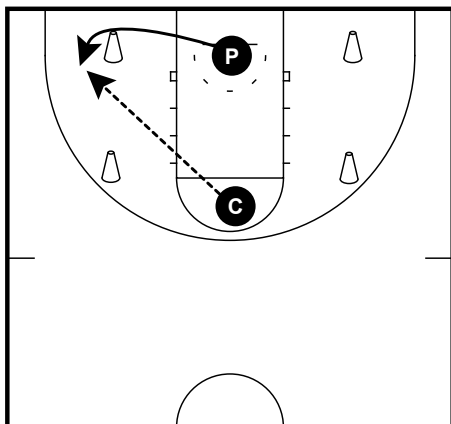
NOTE**Coach will need a rebounder and will also have to move during the drill to pass, as the passing angle and spacing will change throughout the drill.

NOTE***Coach can add dribbles to these shots to add difficulty.

Partner Shooting Drills

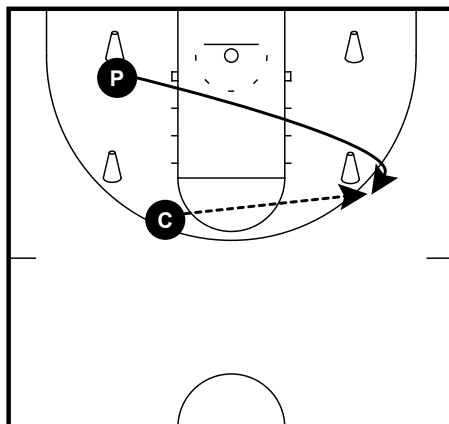
Combo Drills

Cone Drill #02



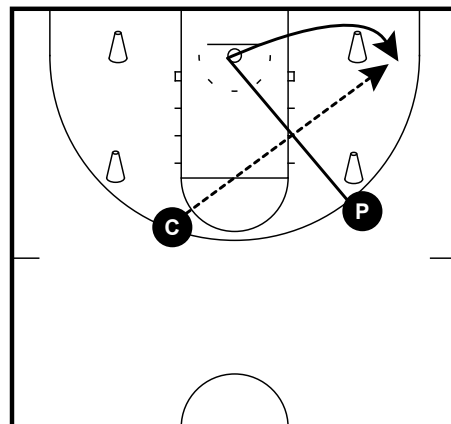
Player curls off the baseline cone for a jump shot. Make sure to use inside foot as pivot foot.

Cone Drill #02



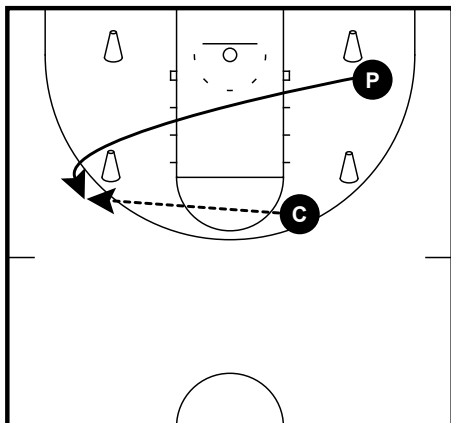
Player sprints to opposite cone and takes a curl 3pt shot.

Cone Drill #02



Player jogs underneath the rim, briefly stops (to change speeds) then sprints to baseline for a jump shot. Make sure to use inside foot for pivot foot.

Cone Drill #02

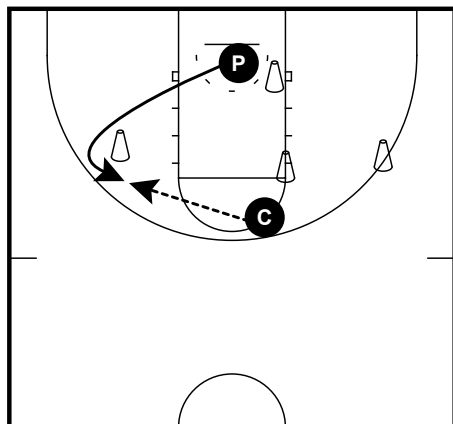


Player sprints to opposite cone and takes a curl 3pt shot.

Partner Shooting Drills

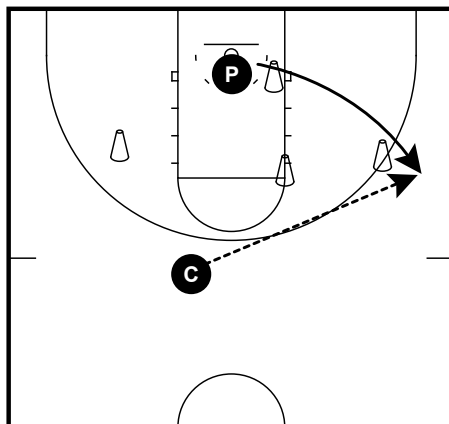
Combo Drills

Cone Drill #03



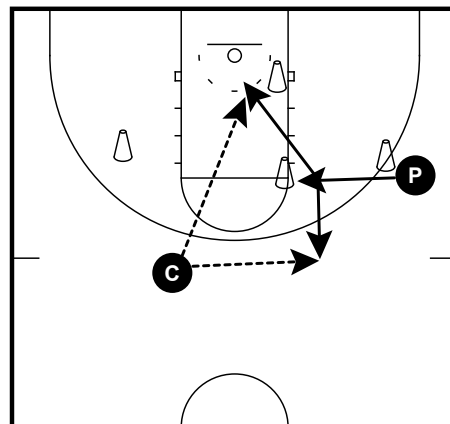
Player starts underneath the rim. Curls to wing for first shot (pass from coach).

Cone Drill #03



Player jogs underneath rim again, stop for a brief second (to change speeds) then explodes for a 3pt off cone

Cone Drill #03



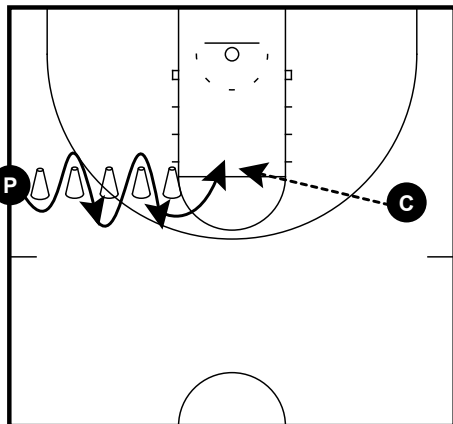
Player sprints to elbow cone

Coach calls "Pop" or "Cut"

Player responds to coach's command

Player "Plants and pushes" to cut or to pop spot

Cone Drill #04 -- CCBC Cone Drill



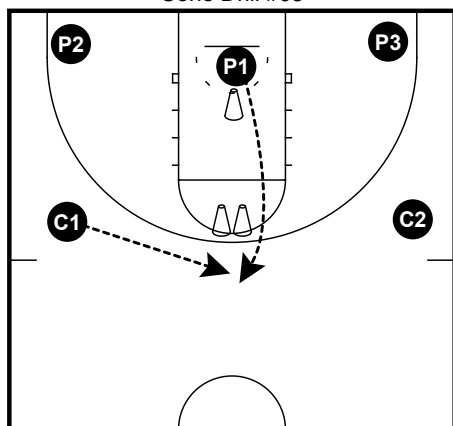
Player uses quick feet (like a corner back; in low stance)

Coach feed player an early pass - Can take jump shot, 1 dribble jump shot or layup

Partner Shooting Drills

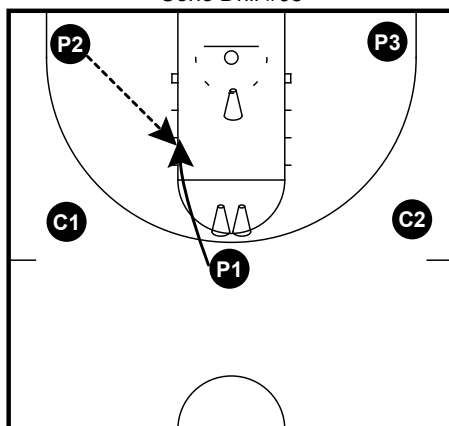
Combo Drills

Cone Drill #05



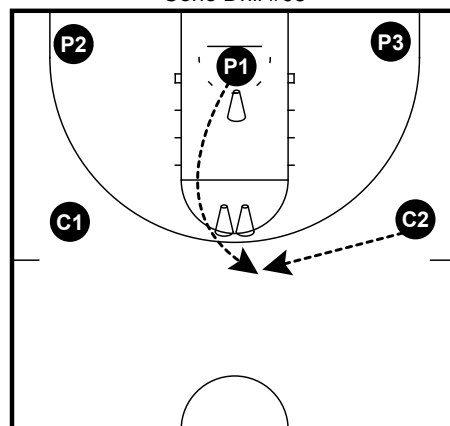
Player 1 starts from underneath the rim. Sprints to top of the key for a pass from Coach 1. Shoots 3pt shot

Cone Drill #05



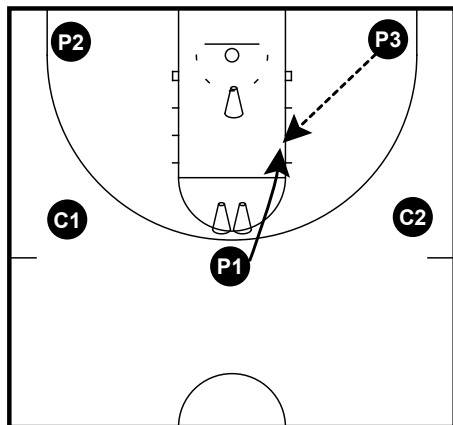
Player 1 then cuts down the lane. Player 2 passes to Player 1 for a layup. (Player 2 rebounds the layup)

Cone Drill #05



Player 1 starts from underneath the rim. Sprints to top of the key for a pass from Coach 2. Shoots 3pt shot

Cone Drill #05



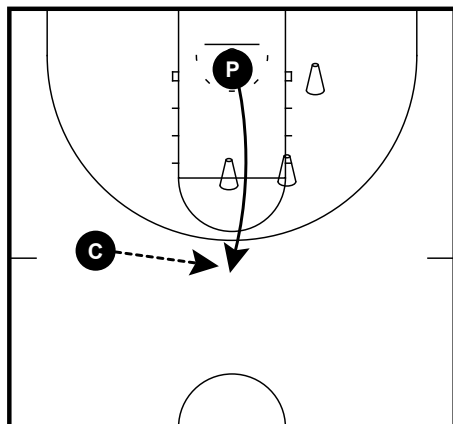
Player 1 then cuts down the lane. Player 3 passes to Player 1 for a layup. (Player 3 rebounds the layup)

[Repeat cycle for desired number of repetitions]

Partner Shooting Drills

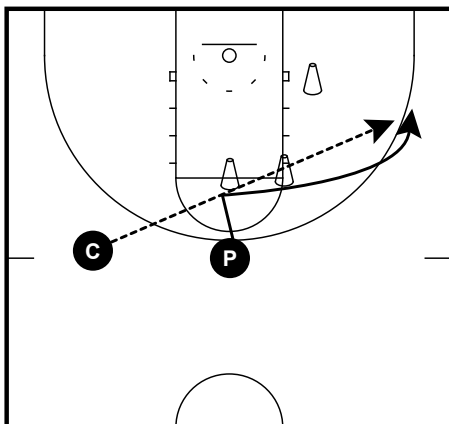
Combo Drills

Cone Drill #06



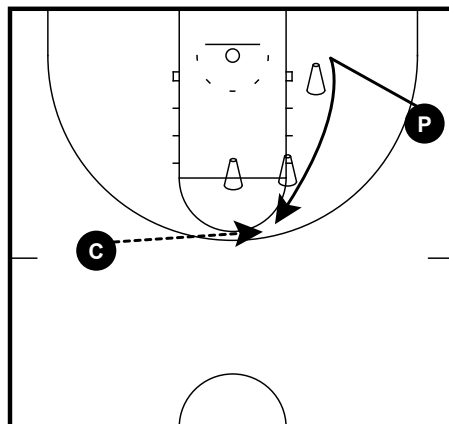
Player zipper cuts for 3pt shot at the top of the key

Cone Drill #06



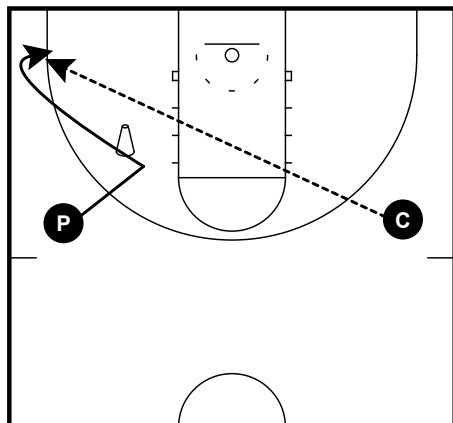
Player comes off a fades screen and tracks down the pass

Cone Drill #06



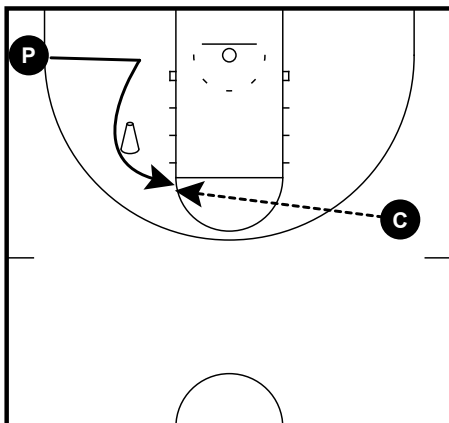
Player comes off a staggered screen for a jump shot (can add a 1 dribble jump shot or layup here)

Cone Drill #07 -- Fundamental Drill



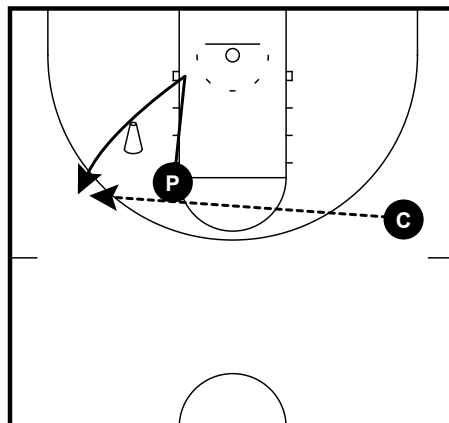
****NOTE**** Can do from a variety of spots. Player walks defender into screen and fades to corner for a 3pt shot

Cone Drill #07 -- Fundamental Drill



Player walks defender into rim and comes off cone for a curl jump shot

Cone Drill #07 -- Fundamental Drill

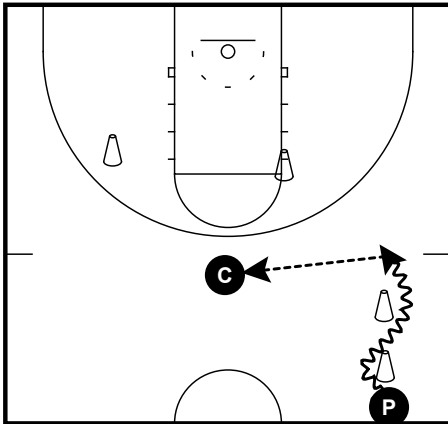


Player walks underneath the rim and sprints right behind the screen for a step back 3pt shot

Partner Shooting Drills

Combo Drills

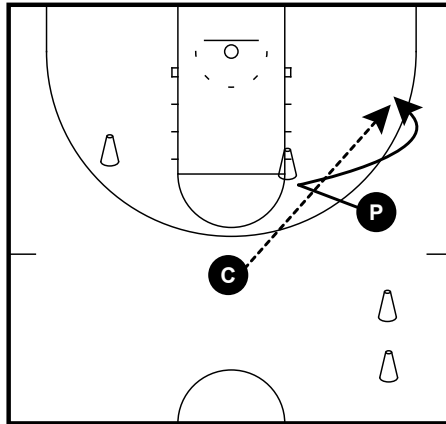
Cone Drill #08



Player dribbles thru cones (can vary dribble - Low cross, step thru, hesitate, etc.)

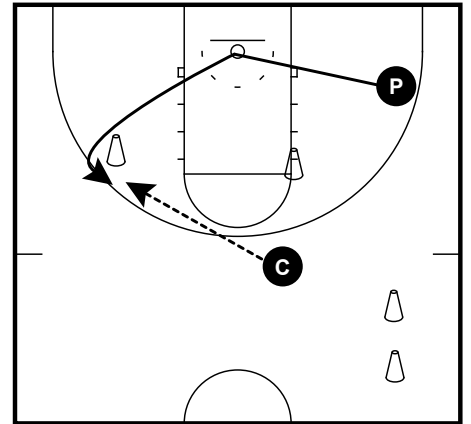
Once player get through cones, player two foot jump stops and throws a chest pass to coach

Cone Drill #08



Player sprints to cone and comes off a fade for a jump shot (can add 1 dribble jump shot)

Cone Drill #08



Player jogs underneath rim, then sprints off cone for a jump shot (or 1 dribble jump shot)

Can use combos:

Fade/Curl

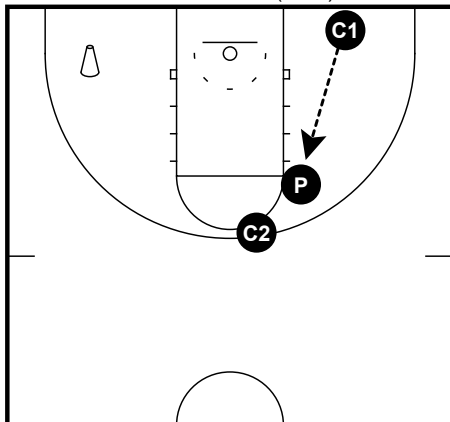
1 Dribble Jumper/Fade

Fade/1 Dribble Jumper

Partner Shooting Drills

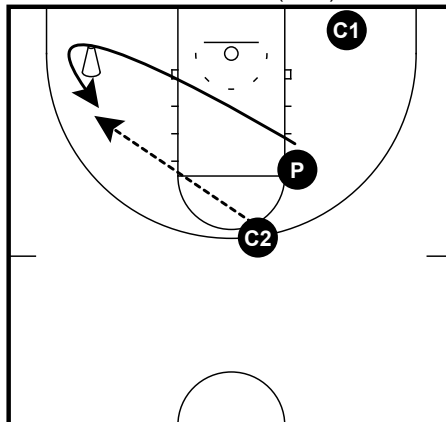
Combo Drills

Cone Drill #09 (Post)



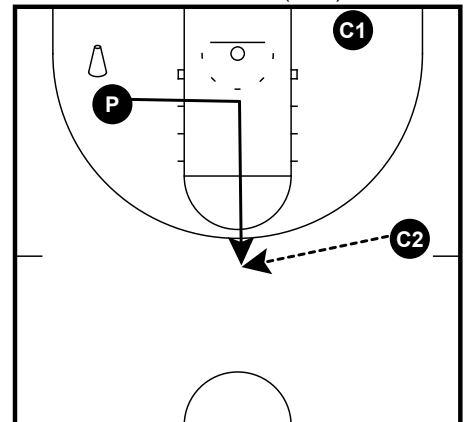
Coach 1 passes to Player for a jump shot (step to ball)

Cone Drill #09 (Post)



Coach 2 passes to Player for a curl baseline jump shot

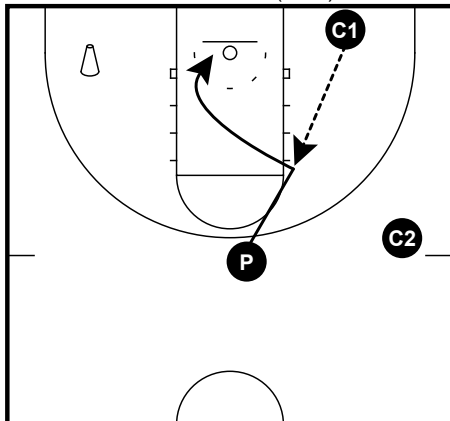
Cone Drill #09 (Post)



Coach 2 adjusts passing angle

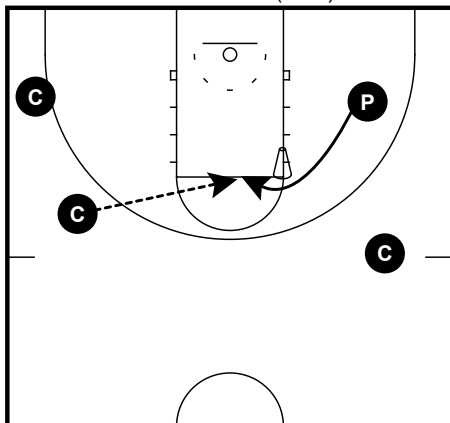
Player gets into lane and pops to the top of the 3pt arch for a shot

Cone Drill #09 (Post)



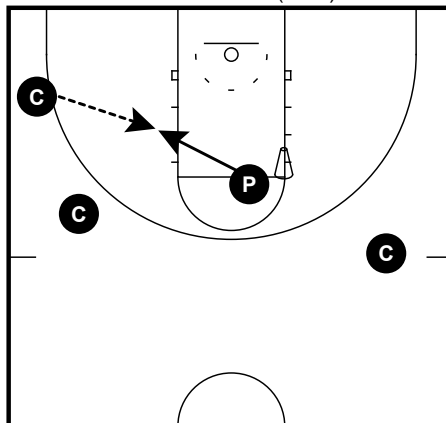
Player sprints to Coach 1 for pass, spins and finishes at the rim (or spins for a jump shot)

Cone Drill #10 (Post)



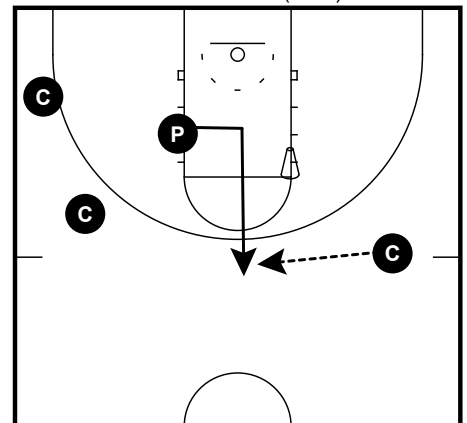
Player cuts off of cone and gets a FT area jump shot

Cone Drill #10 (Post)



Player flashes to near lane line for jump shot

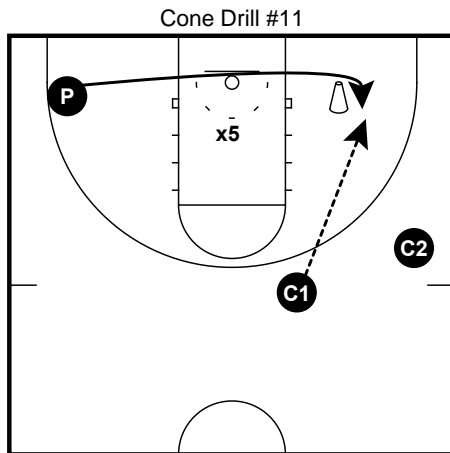
Cone Drill #10 (Post)



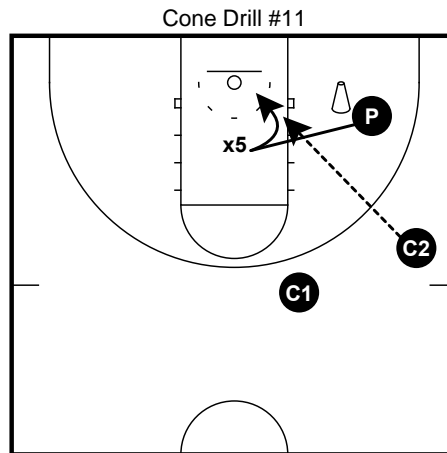
Player steps into lane and makes a sharp cut up the middle for a 3pt shot (use cheat step)

Partner Shooting Drills

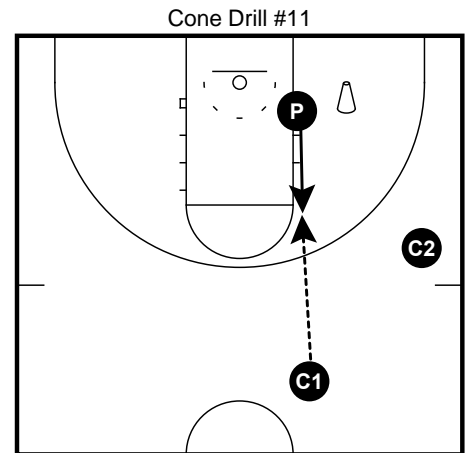
Combo Drills



Player sprints along baseline for a curl jump shot



Player gets into defender (X5), spins and seals for a layup



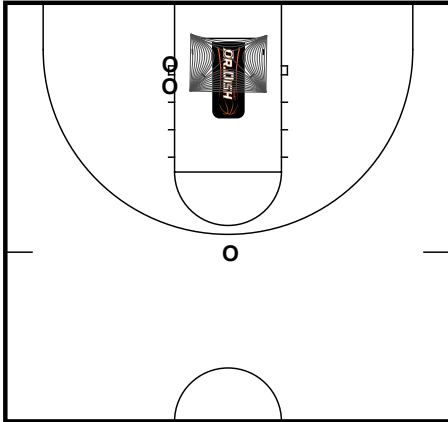
Player moves up the lane, reverse pivots (use outside foot as pivot - left foot on this side) and take a jump shot.

(Can use 1 dribble jump shot as well)

Partner Shooting Drills

Dr. Dish

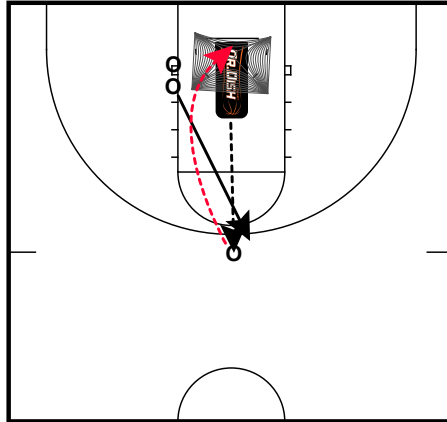
Dr. Dish - Contested 3pt Shooting Drill



Settings: Location (10), Tempo (4)

Setup: Shooter at the top of the key. Line at the block

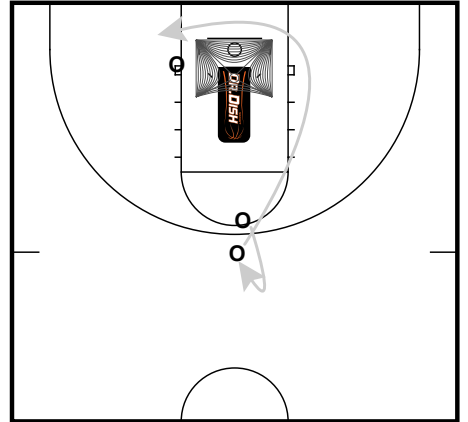
Dr. Dish - Contested 3pt Shooting Drill



As 1st player receives the pass, player from the block flies by to contest the shot.

* Don't block the shot

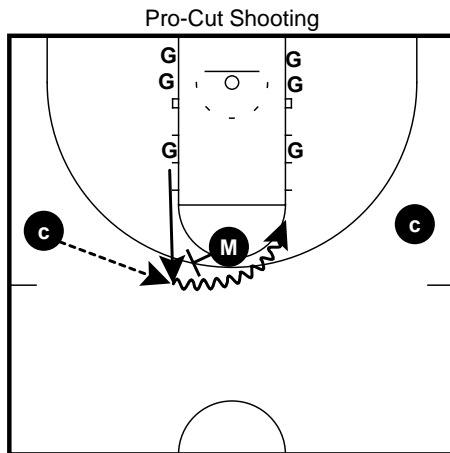
Dr. Dish - Contested 3pt Shooting Drill



Shooter follows his shot and to the end of the line. Defender becomes the next shooter.

Group/Team Shooting Drills

Combo Drills



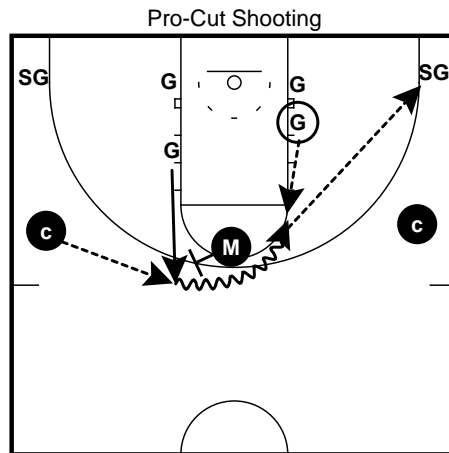
Coaches pass to guards on their lane line who simulate a pro cut

Guards catch ball and reverse pivot and rip thru off of the manager's screen

Take a jump shot

**Can be used as a progressive drill

1. One dribble to opposite lane line, jump shot
2. One dribble to opposite lane line, step back jump shot
3. One dribble to opposite lane line, step thru/step back jump shot



Coaches pass to guards on their lane line who simulate a pro cut

Guards catch ball and reverse pivot and rip thru off of the manager's screen

Take a jump shot

Guard passes to corner for guard shooting the 3

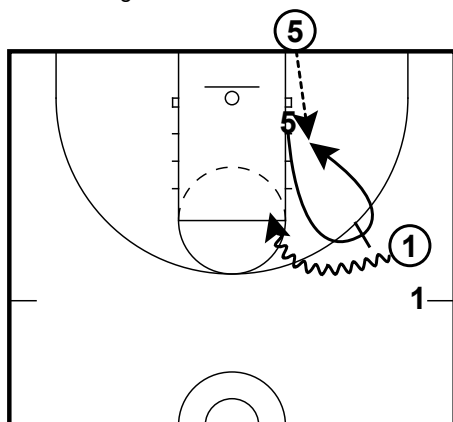
Next player in line passes to shooter

Alternate sides

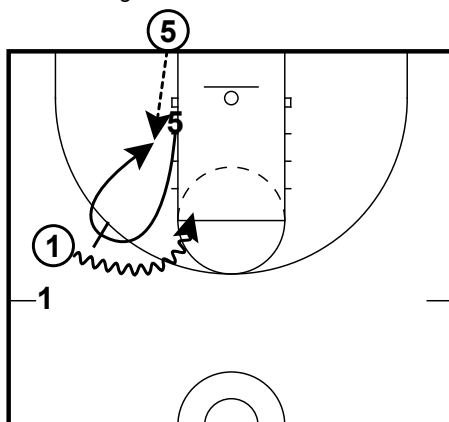
Group/Team Shooting Drills

Combo Drills

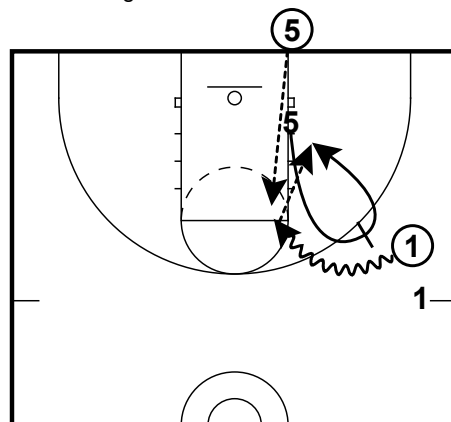
Shooting Drills Out of Ballscreen Sets



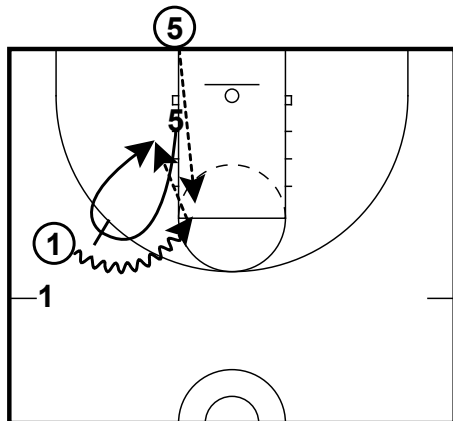
Shooting Drills Out of Ballscreen Sets



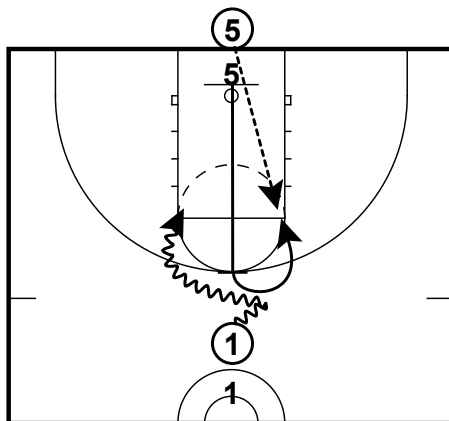
Shooting Drills Out of Ballscreen Sets



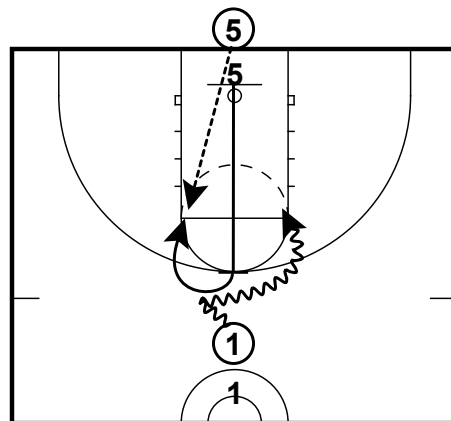
Shooting Drills Out of Ballscreen Sets



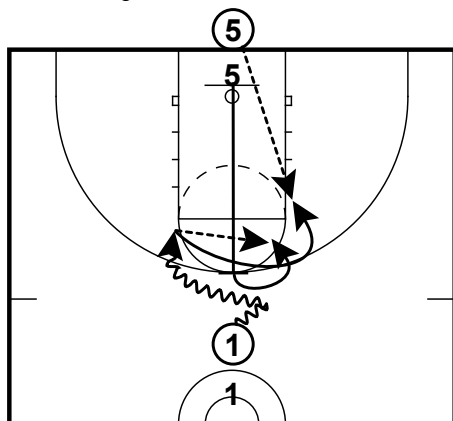
Shooting Drills Out of Ballscreen Sets



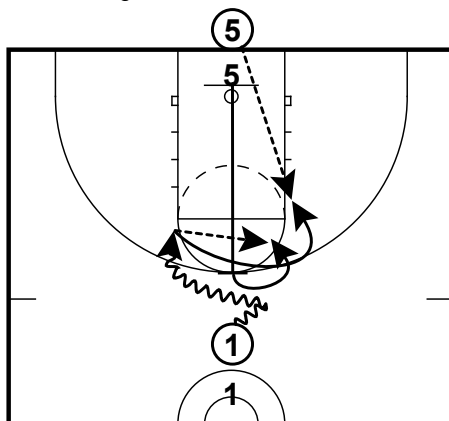
Shooting Drills Out of Ballscreen Sets



Shooting Drills Out of Ballscreen Sets



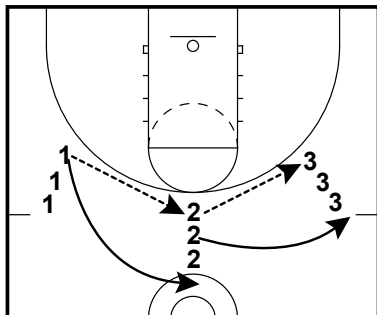
Shooting Drills Out of Ballscreen Sets



Group/Team Shooting Drills

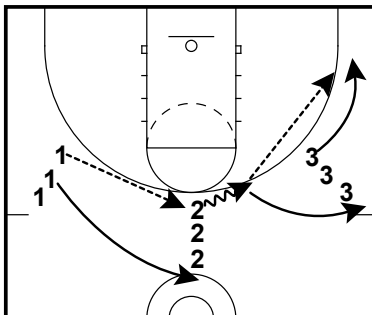
Shooting Drills

6 Minute Drill



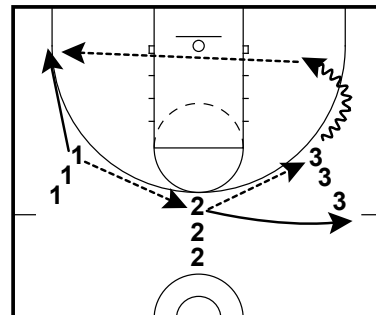
- The ball is passed around the perimeter.
- Upon catching it on the R wing, step into your shot.
- On each catch, square up and eyes on the rim.
- This should be done going both ways.

6 Minute Drill

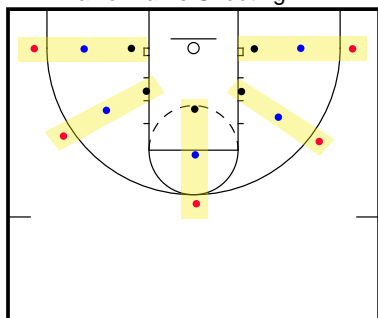


- The ball is passed around the perimeter.
- The player in the middle squares up with eyes on the rim, then drives to his R.
- 3 will drift to the corner for the pass and shot.
- This should be done going both ways.

6 Minute Drill



Hall of Fame Shooting Drill



Make the following 8 shots from each of the 5 zones (color designates the spot where the shot starts):

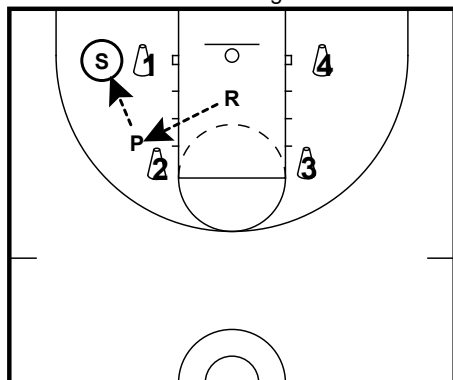
1. Catch & Shoot
2. Mid-Rand Catch & Shoot
3. 3-pointer Catch & Shoot
4. 1 Dribble Right - Shot
5. 1 Dribble Left- Shot
6. 1 Dribble Right - Step-Back
7. 1 Dribble Left - Step-Back
8. 3-pointer Catch & Shoot

If a shot is missed, you go back to the previous spot/shot within that 'zone'.

Group/Team Shooting Drills

Shooting Drills

UNO Shooting Drill



4 Spot Shooting (40 MFG's)

Shooter makes 8 from spot 1 (cone).

Shooter then makes 2 freethrows.

Passer rotates to Shooter and Rebounder to Passer.

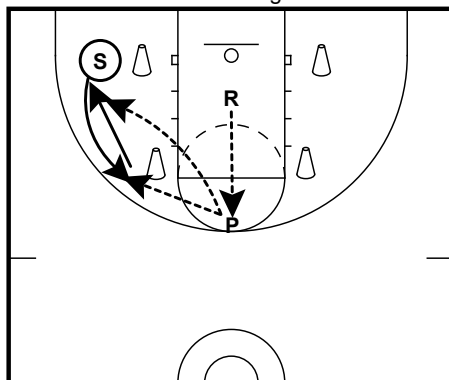
Repeat until all 3 players have shot from all 4 spots (cones).

Points of Emphasis:

- Be shot ready.
- Good pass equals a good shot.
- 3 players and 2 balls are needed for this drill.

Coach Derrin Hansen of University of Nebraska-Omaha deserves the credit for this shooting drill

UNO Shooting Drill



Back & Forth (40 MFG's)

Combo 1: Shooter cuts back & forth from spot 1 to 2 (corner-elbow) and makes 8.

Shooter then makes 2 freethrows.

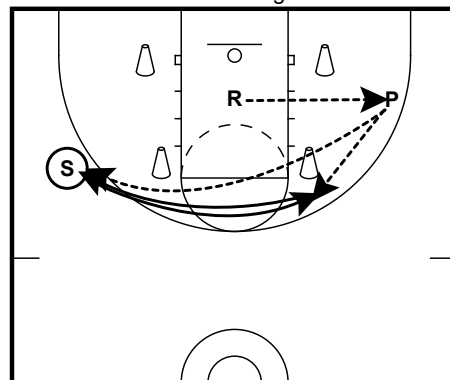
Passer rotates to Shooter and Rebounder to Passer.

Repeat until all 3 players have shot.

Points of Emphasis:

- Get your homework done early (we emphasize inside step).
- Game speed.
- Overhead pass when the shooter moves away from the passer.

UNO Shooting Drill



Back & Forth Continued (40 MFG's)

Combo 2: Shooter cuts back & forth from spot 2 to 3 (wing-elbow) and makes 8.

Shooter then makes 2 freethrows.

Passer rotates to Shooter and Rebounder to Passer.

Repeat until all 3 players have shot from all 4 combos.

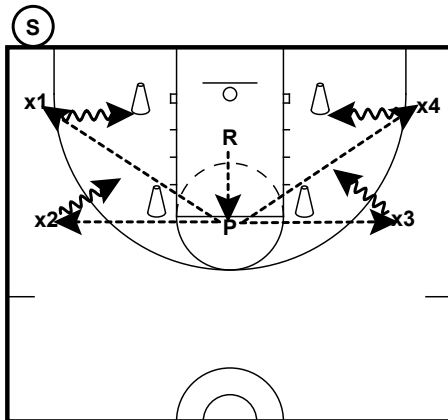
Points of Emphasis:

- Combos 3 & 4 are the same on the opposite side.
- Shooter should always land 6" forward.
- Mastery of the overhead pass!

Group/Team Shooting Drills

Shooting Drills

UNO Shooting Drill



Around the World (20 MFG's)

Round 1: Shooter moves around the arc and makes 8 from the 4 spots off the catch (no dribble).

Shooter then makes 2 freethrows.

Round 2: Shooter moves around the arc and makes 8 from the 4 spots off the dribble (1-2 bounces).

Passer rotates to Shooter and Rebounder to Passer.

Repeat until all 3 players have done both.

Points of Emphasis:

-Shooter should catch outside the arc relative to the 4 spots.

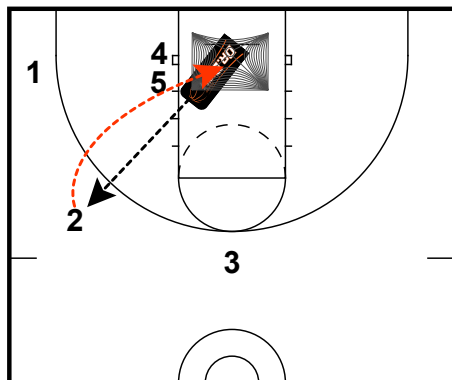
-Utilize blow-by and crossover moves.

-Drive the ball; don't dribble it.

Group/Team Shooting Drills

Dr. Dish

Dr. Dish - Drive and Kick 2-Man Closeouts



Location: 5, 10, or 15

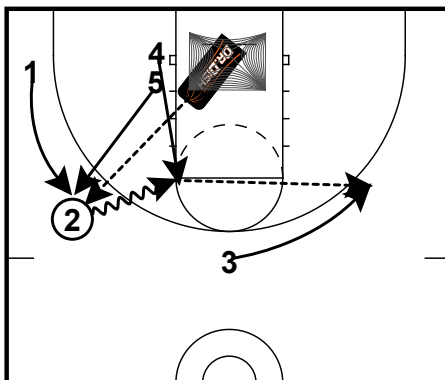
Tempo: 5

Action: Drive and kick + defensive help and recover

Dr. Dish sends the ball to the offensive player, who shoots the first one from their range.

There are players one pass away from the initial shooter - this can be done from either wing or the top.

Dr. Dish - Drive and Kick 2-Man Closeouts



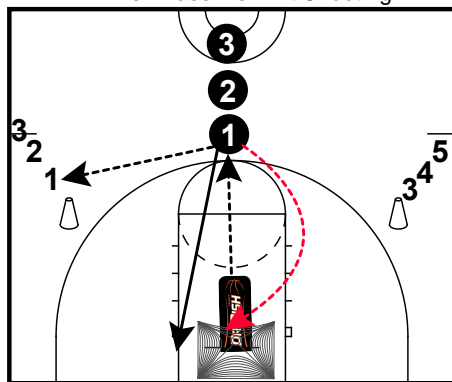
On the second ball from the dish, the top player on defense (in this case, 5) closes out hard to the shooter. The bottom defender (in this case, 4), sprints to the gap.

2 drives hard to engage the help, while 3 circle moves to the opposite wing. 1 lifts to the safety valve position behind 2's drive.

4 helps and recovers to 3. 3 should read the closeout and attack based on their strengths shooting the ball.

Rotation: 1 becomes the next shooter, 2 becomes the next circle mover, 3 becomes low man on defense, 4 becomes high man on defense, 5 becomes corner.

Dr. Dish Baseline Drift Shooting



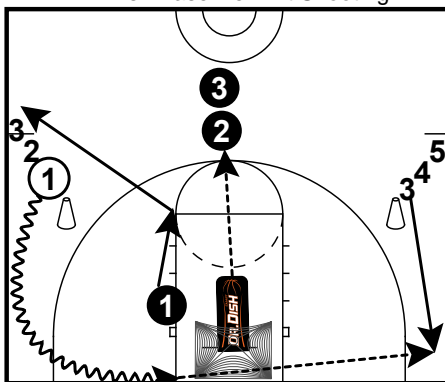
Location: 10

Tempo: 3

Number of balls per location - unlimited to top

1st player in middle line receives pass from Dish and shoots it for 3. Receives 2nd pass, passes to either wing and cuts ball side of the dish - she will post shift in the next frame out of the drill to the same side as her pass.

Dr. Dish Baseline Drift Shooting

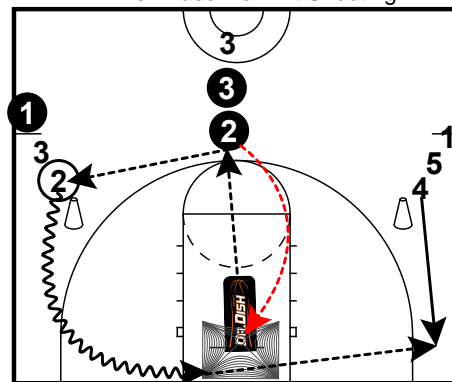


After receiving the pass from the player on top, the wing player rips the ball and drives it hard baseline to score. The player will jump outside the Dish (out of bounds) to make the baseline drift pass to the player from the opposite wing filling down.

Upon receiving the ball, the player will shoot a 3 or shot fake 1 dribble pull-up at the short corner.

The shooter will relocate to the top line, and the passer will relocate to the shooter line.

Dr. Dish Baseline Drift Shooting



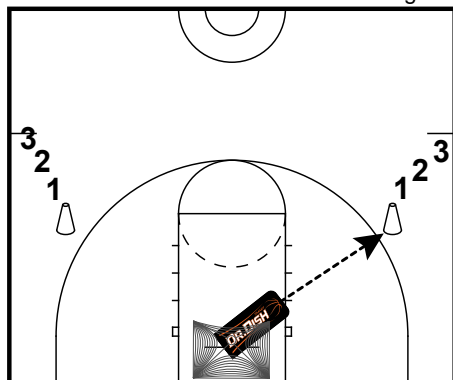
Drill continues going the same way with the same action. Can do 4 minutes each side for high quality reps and short amount of time.

Variation: add a closeout from the baseline passer to the receiver to aid in decision making.

Group/Team Shooting Drills

Dr. Dish

Dr. Dish Circle Move Team Shooting



Location: 5 and 15

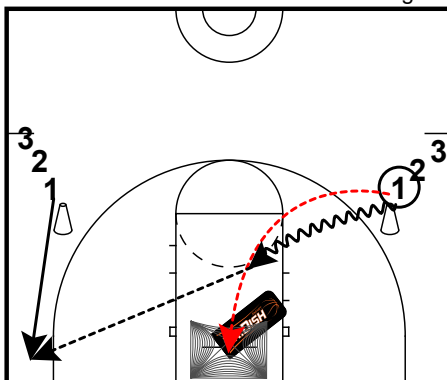
Tempo: 3

Balls per location: 2

Two lines, one on each wing.

Use chairs instead of cones, or use tall cones. Only to keep a spot and give players a physical barrier to hold on to. They must keep their hand on the chair/cone until it is time to move.

Dr. Dish Circle Move Team Shooting

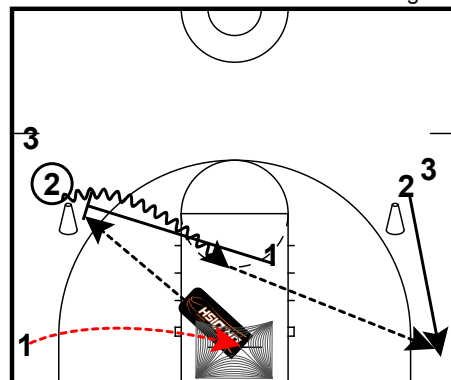


Player 1 shoots the first pass from the dish from 3.

On second pass from Dish, player 1 shot fakes, c-rips, and drives into the lane as if they are attacking the basket.

On the drive, Player 1 in the opposite line circle moves to the corner and receives a pass from 1 for a three or a 1 dribble pullup.

Dr. Dish Circle Move Team Shooting

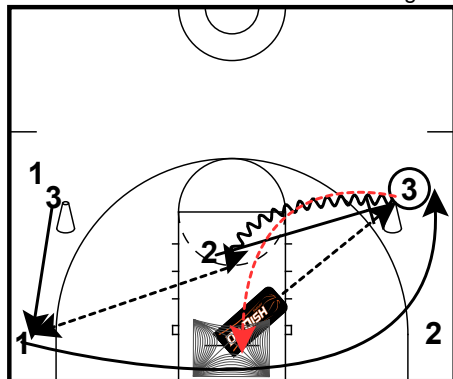


While the action from the initial side is happening, the Dish will rotate and fire a ball to the 2nd player in line on the opposite wing. They will shoot the first ball, and then drive the second one to pass for a circle move jumper.

Previous shooter will circle move to the end of the other line behind the Dish ON THE NEXT DRIVE from the opposite side!

Addition for defense: initial passer who is in the lane can move to close out the next driver.

Dr. Dish Circle Move Team Shooting



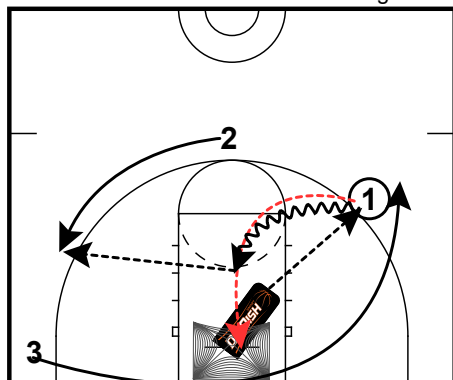
Drill continues to the other side. Next player in wing line receives the first pass from the dish and shoots it for 3.

Previous driver in the lane closes out on second ball, shooter drives and pitches to the corner fill from opposite wing.

Group/Team Shooting Drills

Dr. Dish

Dr. Dish Natural Pitch Shooting



Location - 13/14

Tempo - 4

Balls per location - unlimited, make it time based or # of makes before you switch sides.

2 lines, plus one person in weak side corner.

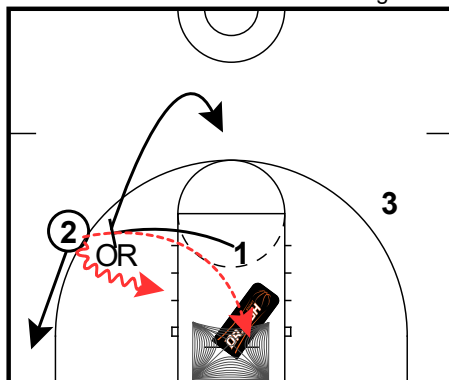
Dish sends ball out to player on wing. Wing player gets a shot.

Second ball comes out, wing player drives hard middle to a jump stop.

Top line's first player circle moves to wing and receives pass from Player 1 for a 3 or pullup at the wing.

Player 3 in the weakside sprints the baseline and fills the wing line.

Dr. Dish Natural Pitch Shooting



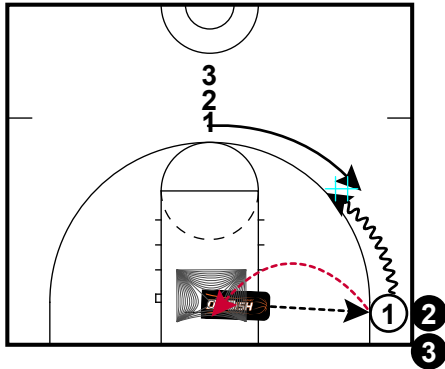
1, after passing, will close out the shooter. 2 will read the close out and either shoot the 3 (short close out) or drive past 1 flying at them for a pullup.

1 will rotate to the back of the shooter's line. 2 will rotate to corner to run the baseline. There should only be one person in the baseline line.

Group/Team Shooting Drills

Dr. Dish

Dr. Dish Power Dribble DHO Drill



Location: 2 or 18

Number of Balls: Unlimited

Tempo: 4

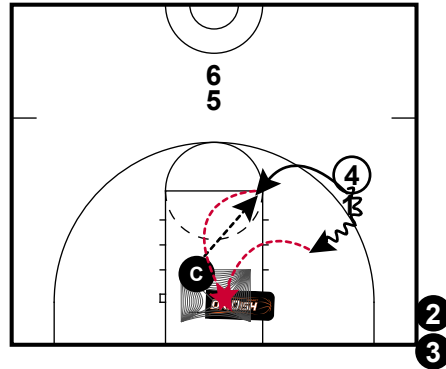
Line of players in the corner, line of players at the top.

First player in line at the corner receives the ball from the Dr. Dish and shoots it. They then receive another ball.

The player will reverse pivot and power dribble to the wing.

While they are power dribbling, the first player in the top line will fill the wing and receive the dribble handoff.

Dr. Dish Power Dribble DHO Drill



After the DHO, the receiver uses the screen and comes tight down for a 1 dribble pull up.

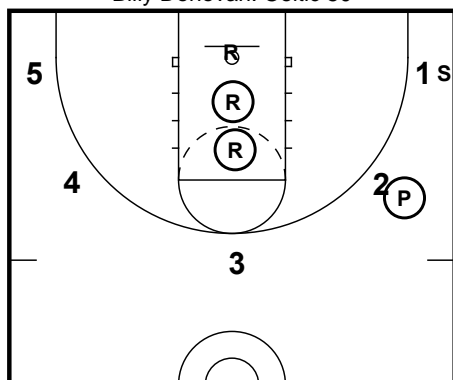
The roller will short roll to the elbow for a pass from a coach/manager who is standing next to the dish.

Switch sides after specified number of makes, time, percentage, etc.

Group/Team Shooting Drills

Shooting Drills

Billy Donovan: Celtic 50



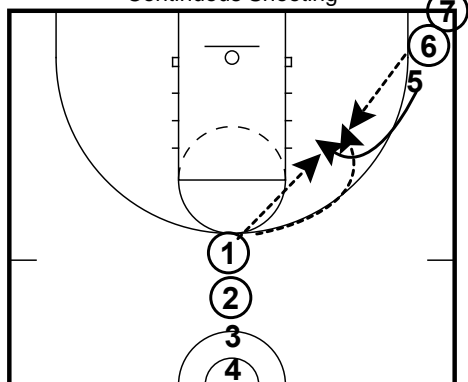
- Shooter makes 10 from each spot without stopping
- Change spots after making 10
- Time how long it takes to get 50 makes
- Passer need to pass to the inside shoulder to lead the shooter into the shot
- Shooter needs to constantly prepare for the shot
- Beat the pass as a shooter by getting feet ready and being set to shoot before the ball arrives
- Shoot from the corner, wing, top, wing, and corner

R = Rebounder

P = Passer

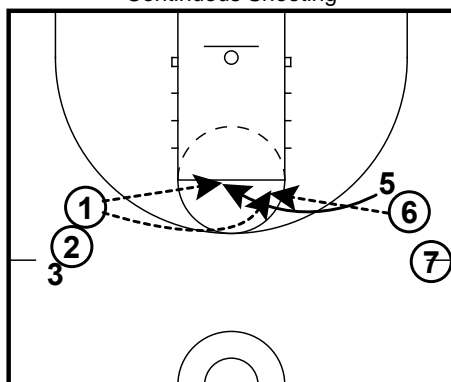
S = Shooter

Continuous Shooting



Player 5 (without the ball) curls to the elbow. Player 1 passes to Player 5 and proceeds to curl to the elbow, receiving a pass from Player 6 and takes a shot.

Continuous Shooting

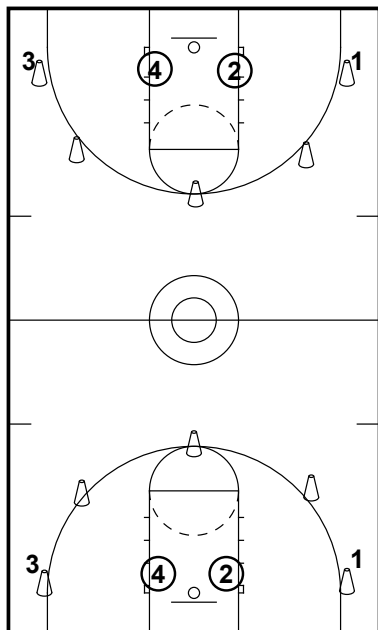


Once each player has shot twice at the elbow, the lines move to each wing and the players curl for shots at the top of the key.

Group/Team Shooting Drills

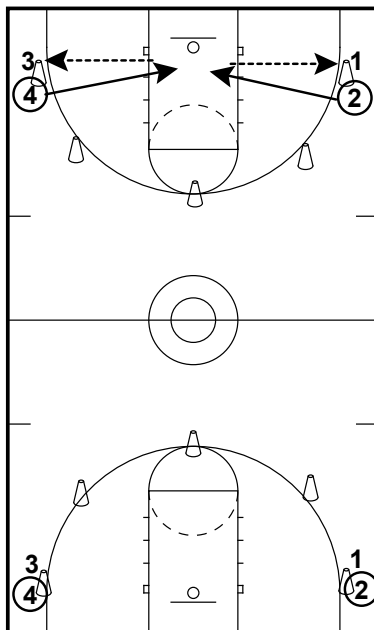
Shooting Drills

Eagle shooting



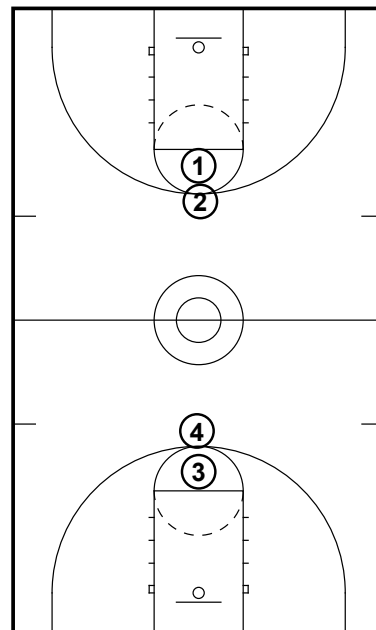
- Players are paired up (1/2, 3/4) and it can be done at multiple baskets.
- Rd 1 = 3 minutes each group member.
- One shoots, one rebounds the whole 3 minutes.
- Must make 5 shots from a spot before you can move on to next spot (each shot made = 1 pt).
- Rd 2 = 2 minutes each group member.
- Must make two shots in a row before moving to next spot (each set of two is 2 points).

Eagle shooting



- Rd 3 = 5 minutes.
- Each group member shoots, rebounds, then passes to teammate.
- Pair makes 5 total at each spot before moving to next spot on floor (5 points possible).
- Round not repeated.

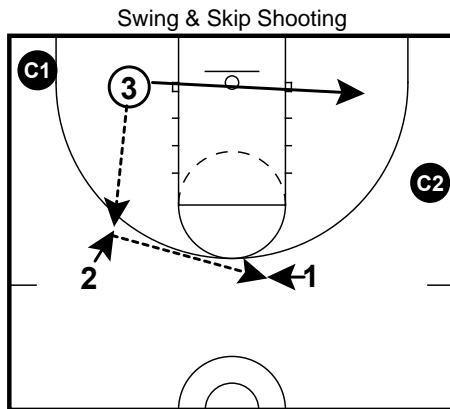
Eagle shooting



- Players shoot 10 FTs each with no time limit.
- Each FT made = 1 point.
- Combine scores total to determine winners.

Group/Team Shooting Drills

Shooting Drills



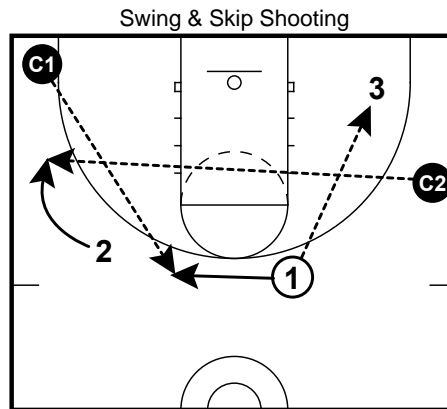
3 and Coach 1 and Coach 2 each start out with a ball

3 reverses to 2

2 steps to the pass and reverses to 1

1 steps to the pass

3 runs the baseline



1 hits 3 running the baseline for a curl jump shot (inside foot pivot)

Coach 1 passes to 1 for a 3pt shot attempt

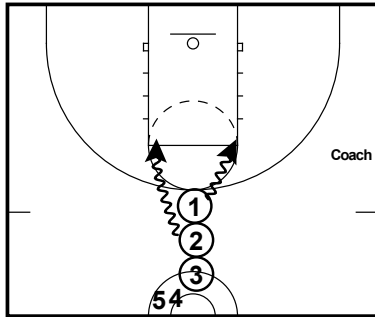
Coach 2 skips to 2 for a 3pt shot attempt

****NOTE:** Coaches can add shot fake 1 dribble shot, etc.

Group/Team Shooting Drills

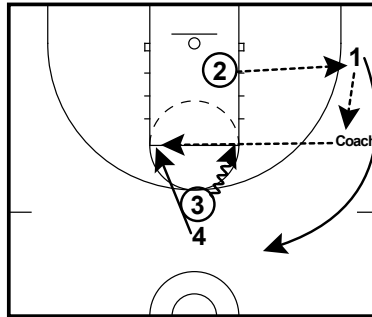
Shooting Drills

Marquette shooting



- Players dribble to elbows and take jumpers (get own rebounds).

Marquette shooting

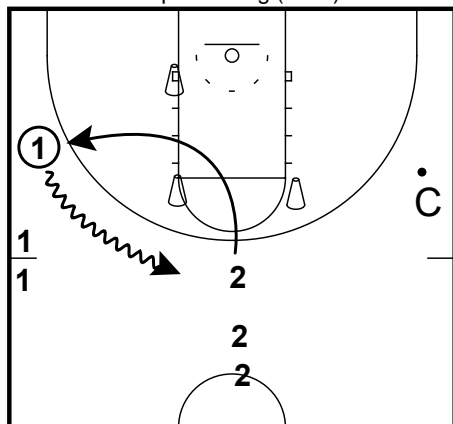


- As players rebound own shots, they begin to outlet to their teammates. After getting outlet, that player passes to coach, who passes to next player in line.
- 3 minutes on clock.
- 3 basketballs, so communication and hustle are important.
- Do drill on both sides of the floor

Group/Team Shooting Drills

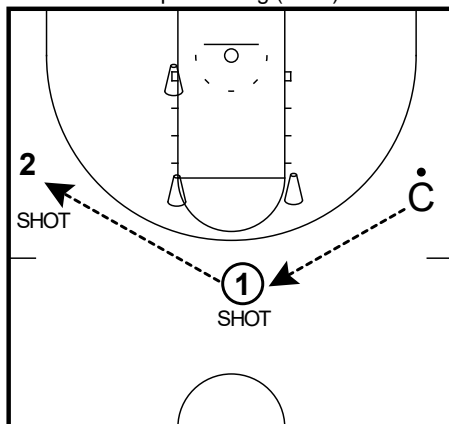
Zone Shooting

Loop Shooting (zone)



1 dribbles at 2 sending 2 on a "two gap" LOOP cut

Loop Shooting (zone)



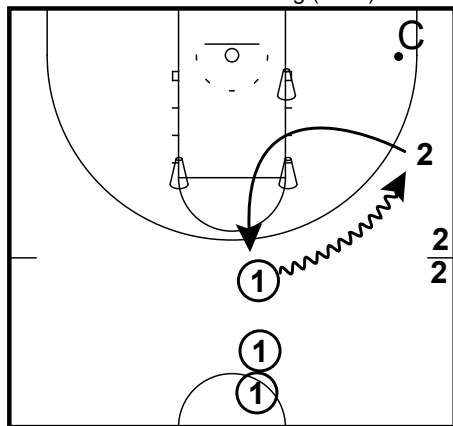
1 passes against the grain of their dribble and throws back to 2

2 has shot/drive option

Coach/Passer hits 1 for shot

Run drill on both sides of the floor

Shallow Cut Shooting (zone)

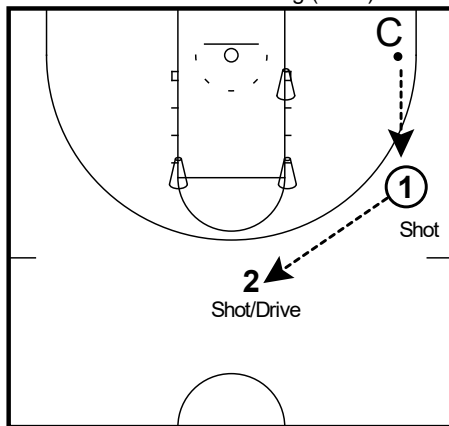


1 dribbles off the top at 2

2 executes a "two gap" shallow cut

Coach/Passer has ball in the corner

Shallow Cut Shooting (zone)



1 passes back against the grain of their dribble to 2

2 gets shot/drive

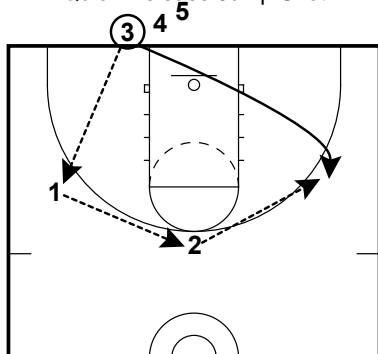
Coach/Passer hits 1 with a pass, 1 gets a shot

Run drill on both sides of the floor

Group/Team Shooting Drills

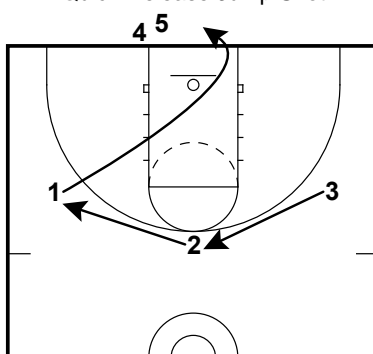
Zone Shooting

Quick-Release Jump Shot

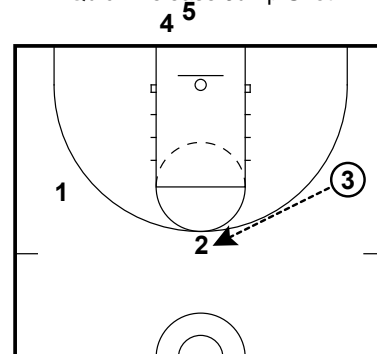


- 1 catches the ball in shooting position (eyes on the rim), then passes to 2 who catches the ball in shooting position (eyes on the rim).
- 3 cuts to the opposite side wing to receive the pass from 2 for the catch and shoot.

Quick-Release Jump Shot

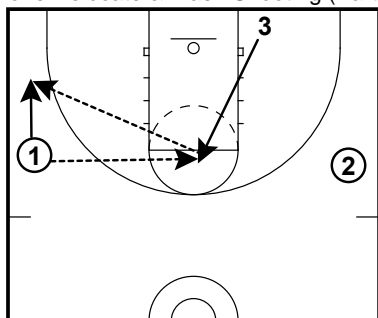


Quick-Release Jump Shot



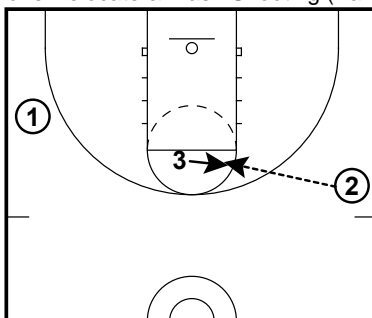
- You can add a pass back to the top and quick shot from 2.

Zone Relocate & Flash Shooting (Part I)



- 1 passes to 3 who flashes to FT line area
- 1 relocates (slides) towards baseline
- 3 passes to 1 for 3pt shot

Zone Relocate & Flash Shooting (Part I)

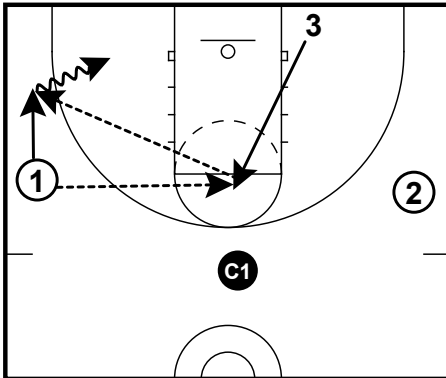


- 3 turns and locates 2
- 2 passes to 3
- 3 steps to the pass and shoots a FT area jump shot

Group/Team Shooting Drills

Zone Shooting

Zone Relocate & Flash Shooting (Part II)

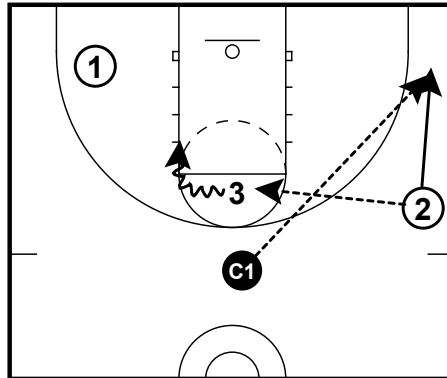


1 passes to 3 who flashes to FT line area

1 relocates (slides) towards baseline

3 passes to 1 for one-dribble pull up baseline jumper

Zone Relocate & Flash Shooting (Part II)



3 turns and locates 2

2 passes to 3

3 steps to the pass, takes one-dribble and shoots a FT jumper

2 slides towards Baseline

Coach 1 passes to 2

2 shoots "catch and shoot" 3pt shot