



101 TEAM SHOOTING DRILLS

COACH MAC
basketballforcoaches.com

Legal Disclaimers

All contents copyright © 2016-2017 by **Coach Mac**. All rights reserved. No part of this document or accompanying files may be reproduced or transmitted in any form, electronic or otherwise, by any means without the prior written permission of the publisher.

This ebook is presented to you for informational purposes only and is not a substitution for any professional advice. The contents herein are based on the views and opinions of the author and all associated contributors.

While every effort has been made by the author and all associated contributors to present accurate and up to date information within this document, it is apparent technologies rapidly change. Therefore, the author and all associated contributors reserve the right to update the contents and information provided herein as these changes progress. The author and/or all associated contributors take no responsibility for any errors or omissions if such discrepancies exist within this document.

The author and all other contributors accept no responsibility for any consequential actions taken, whether monetary, legal, or otherwise, by any and all readers of the materials provided. It is the readers sole responsibility to seek professional advice before taking any action on their part.

Readers results will vary based on their skill level and individual perception of the contents herein, and thus no guarantees, monetarily or otherwise, can be made accurately. Therefore, no guarantees are made.

TABLE OF CONTENTS

INTRODUCTION	7
HOW TO READ THE DIAGRAMS.....	8
FORM SHOOTING DRILLS.....	9
Line Shooting.....	10
No Basketball Form Shooting.....	12
Off Dribble Form Shooting.....	14
Partner Form Shooting.....	17
Perfects.....	19
Shoot the Wall.....	21
Spin Outs.....	23
GENERAL SHOOTING DRILLS.....	25
3 Lines, 2 Balls.....	26
3 Man Weave Shooting.....	28
3-Spot Triangle.....	30
4 Station Shooting.....	32
5 Minute Drill.....	34
5 Spot Variety.....	36
5-Man Spot Up.....	38
10 Spots.....	40
23 Cones.....	42
30 and 1.....	44
31.....	46
50 Shots.....	48
100 Seconds.....	50
Advantage.....	52
Attack the Ring.....	54
Baseline Spin Outs.....	56
Box Shooting.....	58
Cincinnati.....	60
Close-Out Shooting.....	62
Contested Shooting.....	64
Corner Bounce.....	66
Criss Cross.....	68

Crossover Shooting.....	70
Double Shot.....	73
Double Swish.....	75
Dribble Kick Shooting.....	77
Drive and Kick.....	79
Dummy Close-Outs.....	82
Finish Strong.....	84
Give and Go.....	86
Half Court Attack.....	88
Half Moon.....	90
Individual 40.....	92
Partner Shooting.....	94
Pass and Relocate.....	96
Pass Back Shooting.....	98
Pivot Shooting.....	100
Post Move Crossovers.....	102
Post Play Basics.....	104
Pressure Jump Shots.....	106
Rainbow Shooting.....	108
Reversal Shooting.....	110
Sideline Shooting.....	112
Swing Shooting.....	114
Take it to the Bank.....	117
Team V-Cuts.....	119
Three Point Bombs.....	121
Titan Shooting.....	123
Tough Catch.....	125
Triangle Shooting.....	127
Two-Ball Shooting.....	129
FULL-COURT SHOOTING DRILLS.....	131
3-Man Fast Break.....	132
4-Man Fatigue.....	135
Fast Break Attack.....	137
Fast Break Jump Shots.....	139
Fatigue Shooting.....	141
Full Court Continuous.....	143
Mac Transition.....	145
Push the Break.....	147

Shooting Relay	149
Speed Shooting	151
Tennessee	153
SCREEN SHOOTING DRILLS	156
Ball Outs.....	157
Ball-Screen Basics	159
Ball-Screen Practice.....	161
Dribbler Screen Shooting.....	163
Flare Screen Shooting.....	165
Hand-Off Shooting	167
Off-Ball Screen Shooting.....	169
Screen Away	171
LAYUP SHOOTING DRILLS	173
Chase Down Layups	174
Circle Layups	176
Layup Lines.....	178
Layup Technique	180
Russian Layups	182
Speedy Layups.....	184
Star Layups	186
Texas Layups.....	188
Weave Layups.....	190
FREE THROW SHOOTING DRILLS	192
30 Seconds.....	193
Baseline Free Throws.....	195
Free-Throw Contest	197
In-A-Row.....	199
Laps.....	201
Mushball.....	203
SHOOTING GAMES.....	205
Around the World	206
Corners	208
Elimination.....	210
Follow the Leader	212
Game Winner.....	214
Golden Child.....	216

Golf	218
On the Rack	220
Pressure	222
CONCLUSION	224

INTRODUCTION

First and foremost, a massive thank you for purchasing my '101 Team Shooting Drills' eBook.

I have the privilege of spending long hours each day studying the game of basketball and conversing with some of the best coaches from all over the world.

This has allowed me to amass a large number of shooting drills throughout my journey. In this eBook I've compiled the team shooting drills that I believe are the best of the best to share with you so that you can use them with your team.

The main reasons I create this eBook is because I get a lot of emails asking me recommendations on shooting drills that coaches can use with their basketball team.

In these emails and other conversations with coaches, I've found there are 2 major problems coaches are experiencing in regards to shooting drills at youth basketball practices...

1. There's no variety.

Because of the lack of team shooting drills that most coaches know about, they tend to use the same 2 or 3 drills over and over and over again.

Coaches will find youth players quickly get sick of doing the same drills all the time and will struggle to stay engaged in the drill.

2. Most shooting drills are not designed for teams.

Everyone knows the Mikan drill, right? The drill where one player stands under the ring and practices laying the ball using both hands...

I've seen coaches run that during a team practice... it was literally one player doing the mikan drill for 30 seconds while 11 other players watched and they all rotated through and had a turn each.

In the following pages we're going to address both of these problems.

All drills can be used by a full basketball team while keeping everyone engaged. And with 101 shooting drills in this eBook, you definitely won't run out of drills to use.

I sincerely hope this eBook helps improve your practices and your team improve their shooting skills.

- Coach Mac

HOW TO READ THE DIAGRAMS



This symbol indicates an offensive player that does not have possession of the basketball. The number will be between 1 and 5.



When a number is surrounded by a black circle this indicates that they are on the defensive team. The number will be between 1 and 5.



This symbol indicates an offensive player that does have possession of the basketball. The number will be between 1 and 5.



A straight, full-coloured line indicates a player is making a cut.



A dotted line indicates a player is making a pass.



A zig-zag line means a player is dribbling the basketball.



A line that ends with another line indicates a player is setting a screen.



This symbol similar to a hash indicates a hand-off between two players.



This symbol will represent either a cone or a chair depending on what you have available to you.

**FORM
SHOOTING
DRILLS**

Line Shooting

How the Drill Works:

Players practice their shooting technique by practicing shooting the ball in the air and attempting to make it land on a line in front of them.

Purpose:

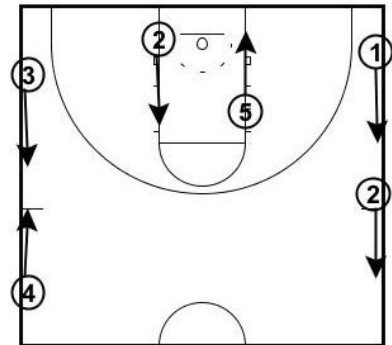
This allows the players to practice their shooting form without trying to score a basket. It's hard to practice technique on a basket because players are more concerned with whether they make the shot or not than they are about their technique.

Setup:

- Every player must have a basketball.
- Every player needs to find a straight line on the basketball court.

Instructions:

1. A form shooting drill always begins with the coach giving a quick run-down on the correct form the players should be shooting with.
2. Each player should place their dominant shooting foot on the line.
3. Each player then shoots the basketball in the air to about ring height and holds their follow through until the basketball hits the ground.
4. When the ball hits the floor, the player can retrieve it and shooting from the other end of the line.



Variations:

Similar Drill - The variation to this drill is the partner form shooting drill. This involves players finding a partner and shooting to each other as opposed to shooting on a line. This drill can be found on page 17.

Coaching Points:

- Obviously shooting technique is of prime importance in this drill. Make sure you go to each player individually and give them feedback on their form and what corrections they need to make.
- Players **MUST** hold their form until the basketball has touched the floor.
- The dominant shooting foot should be on the line.
- Remind the players why they're working on their shot technique.
- Try to give all players an even amount of attention.
- Coaches must be teaching shooting the same way. We don't want two different coaches telling the kids different ways to shoot and confusing them.

No Basketball Form Shooting

How the Drill Works:

Players form a circle around the coach. The coach then shows them the form they should be shooting with and they practice shooting without a basketball while the coaches make corrections.

Purpose:

To teach young players the correct shooting form. It's great to practice the technique without a basketball first because then attention is on form and not the basketball.

Setup:

- Players form a big group circle around the coach.

Instructions:

1. The first thing the coach must do is show the players how to shoot with correct shooting form. Main focus should be on:
 2. Elbow being next to the eyebrow on the follow-through.
 3. Balance hand staying flat.
 4. Fingers spread.
 5. Down in shooting stance before shooting.
6. Once they know the basics all players get into triple threat position.
7. The coach then calls out 'shoot' and all players pretend to shoot the basketball using correct form. They must hold this form until the coach says 'relax'.
8. Do this about 10 times while making corrections.



Variations:

Shoot a Basketball - You could get your players to shoot a basketball while using this drill but other drills like 'Partner Form Shooting' are better so that you won't have basketballs flying around everywhere.

Coaching Points:

- Make sure you're taking notice of every player and not just making corrections to a select few.
- All coaches doing the corrections should be teaching shooting the same way. We don't want two different coaches telling the kids different ways to shoot and confusing them.

Off Dribble Form Shooting

How the Drill Works:

Players practice the 1-2 step or the hop two times with a pump fake and then use the 1-2 step or the hop to shoot a jump shot on the third use of the footwork.

Purpose:

To teach players to shoot off the dribble using either the 1-2 step or the hop with the correct footwork and while balanced. A great drill for players that are usually off balance when they shoot after dribbling.

Setup:

- Every player must have a basketball
- Three lines a couple of metres out from the three-point line.
- Similar number of players in each line.

Form Instructions:

1-2 Step Shooting Form

- Players start each rep in the triple threat stance.
- Players bounce the ball at the same time that they step with the dominant shooting foot (right foot for right handers and left foot for left handers).
- Gather the basketball by planting the non-dominant shooting foot (which is now their pivot foot) and then shoot as they step through with their dominant shooting foot.

Example - Right Handed Player

- Start in triple threat stance.
- Bounce the ball at the same time as they step with their right foot.
- Gather the ball by planting the left and then stepping up with the right foot before shooting.

The Hop Shooting Form

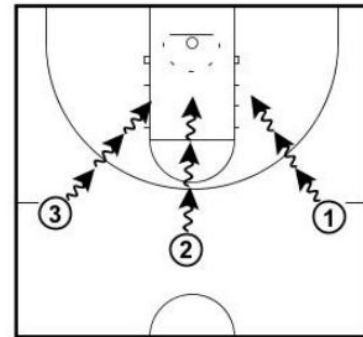
- Players start each rep in the triple threat stance.
- Players bounce the ball at the same time that they step with either foot (personal preference).
- They then push off the foot they stepped with into a small hop and land with both feet at the same time before raising up for the shot.

Example - Right Handed Player

- Start in triple threat stance.
- Bounce the ball at the same time as they step with either foot.
- Perform a small hop and gather the basketball in the air.
- Land with both feet at the same time and raise up for the shot.

Instructions:

1. The first thing you must do is show the players the correct footwork to use using the form instructions above.
2. The first player in each line practices the form 3 times. The first two times end in a pump fake and the third time ends in a jump shot.
3. After receiving your own rebound join another line.



Variations:

Add More Lines - If you've got a large amount of people you can add more lines so that players can have more repetitions. Try not to have too many though because it makes it hard for the coaches to watch and make corrections to form.

Use the Hop or the 1-2 Step - Teach the players how to shoot using both and then I believe that you should let each individual player decide which one feels more comfortable to them.

Distance - Adjust the distance away from the ring so that on the third use of the footwork when players shoot, they're shooting from a comfortable distance.

No Line Rotation - If they players get confused or the lines keep having an uneven amount of players, consider telling players to return to the same line after each shot instead of changing.

Coaching Points:

- Players must be in a low stance throughout the whole drill. If they're already down they'll save time before shooting the basketball.
- Make sure all players are shooting with correct shooting form.
- Make sure the step and the bounce are at the same time or else the player will travel.
- Players should be shooting with balance! Correct players that are falling forwards when shooting after dribbling.
- If players are using the hop, make sure they don't jump too high or they'll be off-balance when they land.

Partner Form Shooting

How the Drill Works

Players each have a partner and line up about 10 feet apart facing each other. They then shoot the ball to each other using correct technique so that their partner can catch it without moving.

Purpose:

This drill should be used almost every training at a young age until each player has mastered basic shooting technique. It's a great drill to get in many quick repetitions and gives the coaches a chance to correct the shooting form of all players.

Setup:

- Players all find a partner.
- Players line up about 7 - 10 feet from each other or on two parallel lines picked by the coach.
- One basketball between two players.

Instructions:

1. The coach must first demonstrate how they want the players to shoot the ball. Make sure to emphasize the key shooting points.
2. Players then shoot the ball to each other for the given amount of time.
3. Coaches walk around all groups and evaluate and make corrections to each shooter individually.



Variations:

Odd Number of Players - When you have an odd number of players you can find a parent or spare coach to fill in and be their partner, or one of the players can perform the 'line shooting' drill found on page 10 which is the same except they have to retrieve their ball after every shot.

Shoot with One Hand - Can run this drill using one hand only to shoot the ball. This ensures that players aren't pushing the ball with their off-hand as well.

Coaching Points:

- Make sure all coaches are teaching shooting the same way. Don't want to confuse the players by receiving mixed feedback.
- If you're coaching a young team, try and use this drill every training. The long-term payoffs of developing correct shooting form are huge.
- Players should hold their follow through until the ball gets to their partner. This allows the coaches and themselves to assess their shooting form.
- Emphasize to your players how important it is to develop good form on your shot!

Perfects

How the Drill Works:

The drill begins with three lines a few feet out around the basket. Players shoot focusing on form and aiming to swish the ball through the hoop, then rotate to the next line.

Purpose:

A great shooting warm up drill that allows players to work on shooting with the proper form and allows coaches to watch each player and then provide feedback about how they can improve their technique.

Setup:

- Every player needs a basketball
- Set up three lines around the basket. On both sides and at the top.
- Even number of players in each line.

Instructions:

1. The first player in the first line shoots the ball, rebounds their shot, and joins the next line.
2. As soon as the first person's shot has been made or missed, the first person from the second line shoots, rebounds, and joins the third line.
3. Then the first person from the third line shoots, rebounds, and joins the first line.
4. This cycle continues so that no one will ever be shooting at the same time.



Scoring System:

- Everyone counts their individual makes and misses.

or

- The team counts number of makes and misses together.

or

- Team makes a certain amount of swishes.

Variations:

Distance - As the players develop you can start moving them further away from the basket. Form must always be perfect though.

No Line Rotation - I've used this drill with some young players that keep getting mixed up with when to change lines and which one to change to. If you'd prefer you can have the players return to the same line after each shot to make it easier.

One Hand Shooting - Can run this drill using one hand only to shoot the ball. This ensures that players aren't pushing the ball with their off-hand as well.

Coaching Points:

- Players must be shooting with perfect form every time.
- Hold follow through until the ball has made it through the hoop or missed.
- Coaches should be viewing each players shooting form from different angles.
- Ask players to hold the basketball unless they're shooting.
- Emphasize to your players how important it is to develop good form on your shot!

Shoot the Wall

How the Drill Works:

Players each have a basketball and stand about 3 feet away from a high wall. Players then repeatedly shoot the basketball against the wall and catch it.

Purpose:

A great drill for players to practice shooting technique when you've got a large group of players. It forces the player not to worry about whether the basketball is going in the basket or not and instead focus only on their shooting technique.

Setup:

- All players need a basketball.
- Line all players up about 3 feet away from a wall.

Instructions:

- As always on form shooting drills, make sure to first go through the proper shooting technique that you teach.
- Players now practice shooting the basketball to about ring height with correct form.
- They repeat this shooting and catching for the certain amount of time.



Variations:

Similar Drill - The variations to this drill are the partner form shooting drill or the line shooting drill. These drills can be found on pages 17.

Shoot with One Hand - Can run this drill using one hand only to shoot the ball. This ensures that players aren't pushing the ball with their off-hand as well.

Coaching Points:

- The repeated shooting action can quickly get tiring for young players. Give them breaks by stopping the drill and demonstrating and correcting a common flaw in the teams shooting.
- While attempting to shoot the basketball to ring height, each player should only shoot as high as they're comfortable shooting with the correct technique.
- Players should hold their follow through until the basketball is at the peak of the shot.

Spin Outs

How the Drill Works:

Players start on the baseline and spin the ball back to themselves as they practice the correct shooting footwork and squaring up to the basket on the catch. They do this 5 - 6 times in a half circle before finishing with a jump shot.

Purpose:

To work on squaring up to the basket by pivoting with the inside foot and bringing the outside foot around.

Setup:

- All players have a basketball.
- All players in one line on the baseline.

Instructions:

1. If you've never used this drill before, first teach the players the correct footwork.
2. The first player spins the basketball out, lets it bounce once, and then catches the ball using the correct footwork to square up to the ring, then uses a pump fake to simulate a jump shot.
3. The players continue doing this 5 - 6 times in a half circle around the court.
4. Once the first player has completed two spin-outs, the next player in line starts.
5. Once they get to the baseline on the other side of the floor, they take a jump shot to finish the drill before rebounding the ball and joining the end of the line.
6. The drill is run for 2 or 3 minutes.



Variations:

Change Direction - Make sure you're running the drill starting from both sides of the floor so that the players learn to square up the basket equally well with both feet as the pivot foot.

Change Distance - With older players they run this drill around the three-point line while the younger players run it about mid-range.

Coaching Points:

- The players should be squaring up and then using a pump fake to simulate shooting a jump shot.
- Players should be low as they catch and turn to square up to the basket.
- The ball should be in the players shooting pocket with their wrist back and ready to shoot the ball.
- Make sure the pump fakes are being performed properly.
- On the last shot players should hold their follow through until they have made or missed the shot.

**GENERAL
SHOOTING
DRILLS**

3 Lines, 2 Balls

How the Drill Works:

Two teams play against each other on opposite ends of the court. 3 lines and 2 basketballs for each team. Players shoot, rebound their own shot, and pass the ball to a different line.

Purpose:

A great drill to work on communication and being in stance ready to shoot the basketball. A great drill if you've got a large group and only one court to use.

Setup:

- 3 lines for each team at mid-range to three-point distance.
- 2 basketballs for each team.
- Need at least 6 players on each team.

Instructions:

1. On the coaches call the players with the basketball's begin shooting.
2. After shooting players must rebound their own shot and pass it to one of the two other lines.
3. Which ever line the shooter passes the ball to they must join that line.
4. This process continues for the coaches set amount of time. Usually 2 - 3 minutes.



Scoring System:

- Teams receive 1 point per made shot.
- The team with the most made shots in the set amount of time wins.

Variations:

Different Distance - Instead of shooting from mid-range you can extend it back to three-point range.

4 Lines, 3 Balls - If you have more players you can extend to 4 lines and 3 basketballs. I wouldn't ever go to 5 lines at one end of the court as it becomes way too crowded.

Rebound Points - You can add the rule that if players rebound the basketball without it bouncing on the ground then they can put the ball back in for one point.

Coaching Points:

- Players **MUST** rebound their own shot. Don't allow teams to get tricky have only their poor shooters rebound the basketball.
- Players should be in stance to catch and shoot the ball when it's passed to them. This means their knees should be bent and they have target hands up.
- Players in stance should be calling for the basketball when it's a smart pass. Don't call for the ball if they're on the other side of the court and there's another line closer to the passer.

3 Man Weave Shooting

How the Drill Works:

Players start a three man weave at half court. The drill involves a layup, midrange jump shot, and a three-point shot.

Purpose:

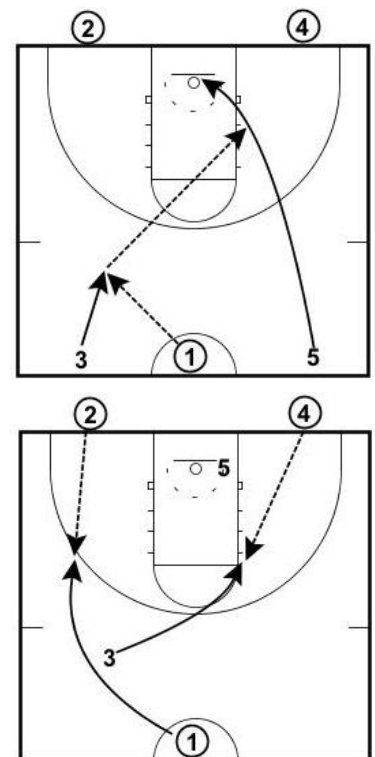
A great drill when you have a lot of players and only one basket to use.

Setup:

- Two players on the baseline that will be passers.
- Three lines at half court with at least two players in each.
- Three basketballs. One at each of the baseline lines, and one in the middle half court line.

Instructions:

1. passes to (3) who immediately passes to the running (5) for a layup.
2. After passing, (1) weaves around the outside of (3) and receives the pass off (2) for the three-point shot.
3. After passing, (3) cuts to the high post and receives the pass from (4) for the shot from the high post.
4. After completing the layup, (5) rebounds their own shot and runs around the outside of the court before passing the ball back to the middle line and joining a line at half court.
5. After passing to the shooters, (2) and (4) join a line at half court.
6. (1) and (3) rebound their own shot and replace (2) and (4) as the passers.
7. When the ball layup ball is back at half court and the shooters



are in position to pass the next group starts.

8. This drill is usually ran for between 2 - 3 minutes at a time.

Scoring System:

- Score as an entire team.
- 1 point for a layup, 2 points for the midrange shot, and 3 points for the three-pointer.

Variations:

Different Shooting Spots - Where the players shoot from is up to you. You can have them both shooting three-point shots or both shooting from the high post.

Left Hand Side - Make sure you reverse the drill half-way through and finish with a left hand layup as well.

Coaching Points:

- The shooters must be correctly getting their feet set before they receive the pass for the shot.
- Passes must be on-time and on-target from the players passing the basketball to the shooters.
- Shooters must hustle after the rebound. The sooner they get to the passing spots the sooner the next group can start.
- The whole group should be counting out the score together.

3-Spot Triangle

How the Drill Works:

There are three shots and three basketball's during this drill: A layup, post up, and a jump shot. Players make a pass and then proceed to the next shot in the series.

Purpose:

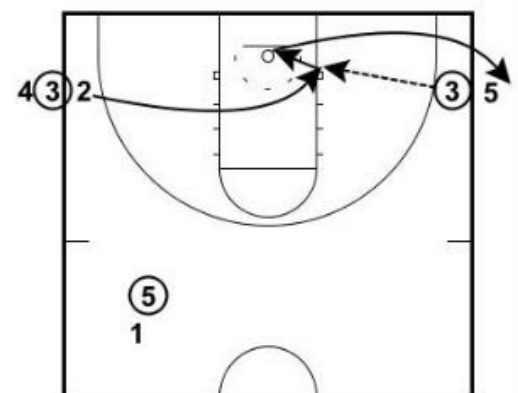
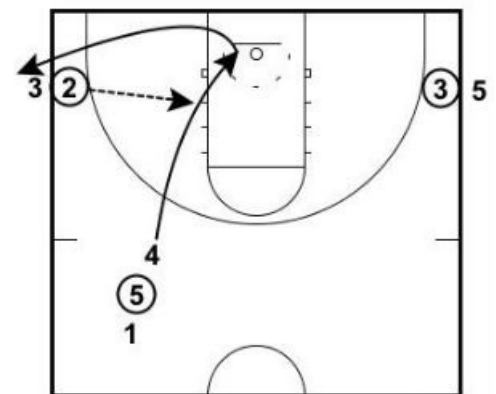
A drill with a great variety of different shots and players are forced to think with so many moving players in such a tight space.

Setup:

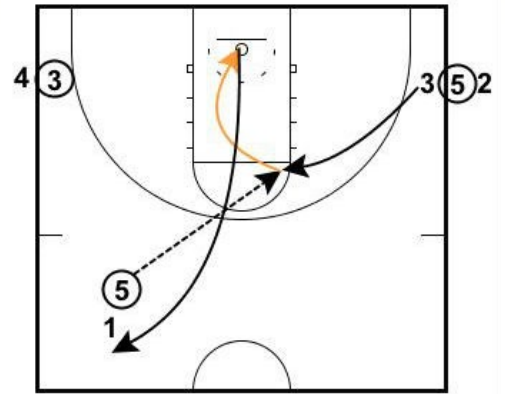
- One group at the baseline corner on each side of the court, and one group on the left or right side at the top of the key.
- Each group has a basketball. On the two baseline groups the basketball is with the front player, on the top group the basketball is with the second player.

Instructions:

1. To begin the drill the player from the top group (4) sprints down the lane to receive the pass from (2) and perform a layup. This player rebounds their own shot and passes it to the line they received the basketball from.
2. After passing, (2) runs across the lane behind the player performing the layup and posts up on the opposite block.
3. (2) receives the basketball, performs a post move, and then passes the ball to the line they received it from before joining the end of the line.
4. Immediately on passing to the post player, (3) cuts to the top of the key and receives the pass for a catch-and-shoot from (5).



5. (5) then rebounds their own shot and passes to the line they received the basketball from before joining the end of that line.
6. This process continues of passing to the next shooter and then cutting to receive a shot for the length of the drill which is usually 3 - 5 minutes.



Variations:

Change Direction - Make sure half way through the drill you change direction so that all skills are practiced using both hands. This means the top group must switch sides of the floor.

Post Up - While the jump shot and layup will usually stay the same, change the move the players are required to make in the post often. This can be a jump hook, drop step, up-and-under, etc.

Coaching Points:

- Players must cut hard and call for the ball.
- Showing target hands is a must.
- Players must call for the basketball. With a lot of traffic in the key the only way for the passer to know who to pass to is by using loud voices.
- Make sure players have good footwork on all shots.

4 Station Shooting

How the Drill Works:

The basketball court is split up into 4 quarters and becomes 4 shooting stations. Players are in pairs or small groups and perform the designated shot at each station. After a certain amount of time everyone rotates. This continues until all groups have completed each station.

Purpose:

A fun variation to common shooting drills. Gives the players a variety of shots and different moves from all over the court.

Setup:

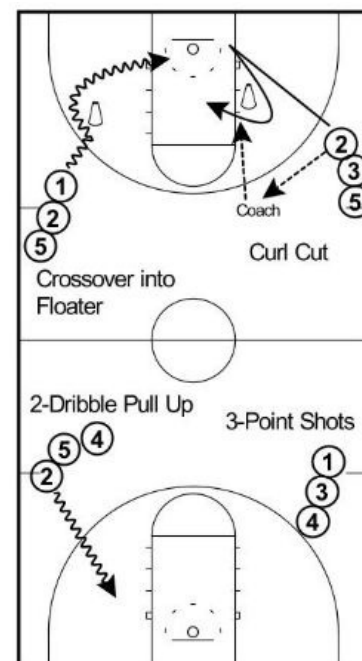
- Coach will need a stopwatch or something to track the time at each station.
- Split your team up into 4 different groups.
- Decide on what shot will be executed at each of the 4 stations and set up each station accordingly.

Instructions:

1. Station Ideas:

- Mid-range jump shots.
- Three-point shots.
- 1-dribble pull up shots.
- 2-dribble pull up shots.
- Floaters.
- Layups.
- Post up.
- Shooting off flare cut.
- Shooting off curl cut.
- Dribble move into a shot.
- etc.

2. Explain each station to all players and tell them how long they'll spend on each station.



3. Start the timer when everyone is set up and begins shooting at their station.
4. Every 2 or 3 minutes blow your whistle or call out for each group to rotate station.
5. The drill concludes when every group has been at every station.

Variations:

Different Shots at Stations - There's an unlimited amount of different shots for each station so make sure you don't bore your players by performing the same shots every practice.

More Stations - Occasionally when I've had very large groups and only two rims, I add two extra groups by that perform free-throws at each end.

Competitive - Mark down the scores each group gets at each station and then compare them against each other at the end of the drill.

Coaching Points:

- There's no time to waste so players must hustle between different groups.
- Make sure all players understand each station before you begin so that there are no questions half-way through the drill when groups rotate.
- While running the groups through each station, emphasize the key points that you want them to focus on.

5 Minute Drill

How the Drill Works:

The coach picks 5 different spots on the floor. Teams shoot for one minute at each spot as a team. The winner is the team that scores the most baskets in total in 5 minutes.

Purpose:

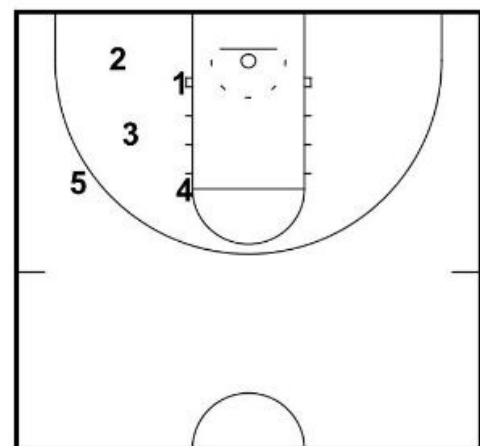
A great drill to get all players shooting from all areas of the floor. Always high intensity since there is only a small amount of time at each spot.

Setup:

- Tell the players the different spots on the floor they'll be shooting from.
- Depending on the number of players you have, split the group into 2 to 4 teams.
- One basketball per team.
- Coach must have a stop-watch, watch, or scoreboard to keep track of the time.

Instructions:

1. Shooting Spots can be anywhere but I usually use:
 - Blocks
 - Short corners
 - 45s
 - Elbows
 - 3 pointers
2. The first thing you must do is make sure all the players know the 5 spots they're going to be shooting from. The change-over must be quick so there is no time to remind them during the drill.
3. On the coaches call the players start shooting as the coach starts the clock.



4. Every minute the coach calls out 'change' or blows a whistle to let the players know they have to change spots.
5. At the end of 5 minutes the coach stops the drill and asks each team for their score.

Scoring System:

- Teams keep their own score by counting out loud on each make.
- The team with the most made baskets after 5 minutes wins the game.

Variations:

Two Basketballs - Instead of one basketball, teams shoot with two basketball's each.

Change Time Limit - The coach can choose to increase the time limit to 2 minutes if there's large numbers in the teams.

Coaching Points:

- Players must be in stance when they catch the basketball so that they can get the shot off quickly.
- Make sure players are hustling after each rebound so their teams gets to take as many shots as possible.
- Teams **MUST** call out their score loud after each score. Forces all players to pay attention and work as a team.

5 Spot Variety

How the Drill Works:

All players grab a basketball and line up behind the same cone. Each player takes four different shots from 5 different cones. The core four shots are two layups and two jump shots.

Purpose:

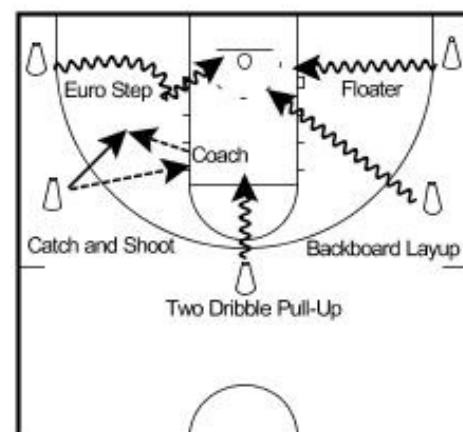
A great drill for practicing a variety of shots from all over the floor. While I'm usually against lines, this drill moves quite fast and the players will never be standing for too long.

Setup:

- Place 5 cones three feet outside the three-point line at 5 different spots on the court. Both baselines, both wings, and the top of the key.
- All players need a basketball.
- All players line up behind the same cone.
- We don't want more than 7 players in this drill at one time. If you have a lot of players, use both ends of the court.
- The players will do a full round of each shot before changing shots so you must tell them which shot they'll be shooting first.

Instructions:

1. Each player will shoot five shots:
 - A floater
 - A layup off the backboard
 - Two dribble pull-up shot.
 - Pass to coach, receive the pass back for a shot.
 - A euro step.
2. All players are in the same line on a baseline cone.



3. If the coach decides to start with a floater, the first player in the line will take a few dribbles in, take a floater, and make or miss will join the next cone.
4. As soon as the first player in line shoots the ball, the next player starts dribbling in. This continues until all players have taken a shot from the first cone.
5. When the last person is finished the first cone, the first player in line on the second cone will repeat what they did on the previous cone. This continues until everyone has shot from all the cones.
6. The players end up on the first cone again, the coach picks the new shot, and the same routine happens. Do this for all four different shots.

Variations:

Add Different Shots - The four I mentioned at the start are the staples we use every time in this drill. But if you'd like you can add the different shots like the euro step, a three-point shot, a reverse layup, a power layup, etc.

All Shots on Same Cone - Instead of the players rotating straight onto the next cone, if you'd like they can just join the end of the same line and go through all the different shots before moving to the next cone.

Coaching Points:

- Players must dribble in with speed and attack the rim. No point using the drill if they dribble in half-speed since it's not game-like.
- Depending on age and skill, you can contest layups and floaters with a hand or even a bump-bag if you have one.
- Players should be taking long steps on the layup to be under control and balance, and then jumping high on the second step before finishing at the ring with the required move.

5-Man Spot Up

How the Drill Works:

Drills starts with 5 players and 2 basketballs at each basket. The 2 players with the ball shoot while the other 3 players spot up somewhere on the floor ready to receive the pass and shoot. If a player misses, they first must rebound and put the ball back in the basket before passing to another player.

Purpose:

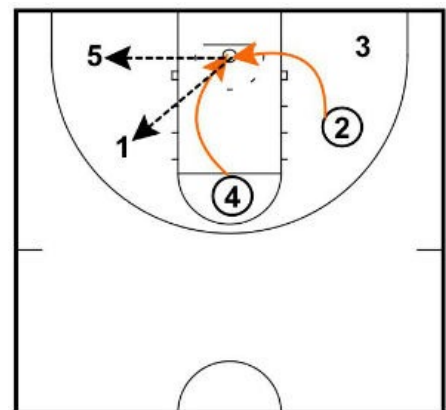
A drill that gets players moving and spotting up in the correct stance ready to catch and shoot. Competitive if against other teams.

Setup:

- 5 players at each basket.
- 2 basketballs at each basket.

Instructions:

1. On the coach's whistle the first two players begin the drill by shooting the basketball.
2. If they make the shot they score 1 point for the team. If they miss the shot, they must rebound and put the ball back in the basket but receive 0 points for the team.
3. After rebounding the other 3 players should be spotting up and calling for the basketball.
4. Rebounders pass to 2 of the 3 players and then spot up somewhere different on the court and get ready to catch and shoot again.
5. The game continues until a team reaches a certain amount of shots.



Scoring System:

- Each outside shot is worth 1 point. Put backs after misses are worth 0 points.
- Play first to 11 or 21.

Variations:

Different Numbers - You can increase the size of the groups and the amount of basketballs.

No Put-Back - You can decide to skip the put-back part of the drill.

Coaching Points:

- Players **MUST** be in stance when receiving the basketball to shoot.
- On misses, players should hustle after the basketball to get the quick put-back.
- Make sure passes are on target and are passed with power.
- Make sure players are moving to different parts of the floor and not staying in the one spot.

10 Spots

How the Drill Works:

Players find a partner. Each player will take 4 shots from 10 spots around the perimeter. A three-point shot, one-dribble pull-up, mid-range shot, and a layup. Players rotate on each layup until both have completed all 10 spots.

Purpose:

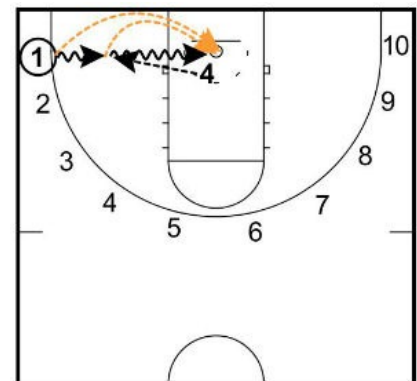
This drill works on a variety of shots from all over the court. It's a great drill for players to get up a lot of repetitions.

Setup:

- All players find a partner.
- One ball between the two players.
- No more than 3 groups at each ring.

Instructions:

1. The first player starts the drill with a catch and shoot three-pointer.
2. The rebounder passes it back to the player behind the three-point line and they take a one-dribble pull-up.
3. This time the rebounder passes back to the shooter for the mid-range shot.
4. And finally the rebounder passes back and the shooter attacks hard for the layup.
5. As the shooter performs their layup, the rebounder quickly runs around to their spot and becomes the next shooter.
6. After the layup, the previous shooter rebounds the ball and passes out to the new shooter for the three-point shot.



7. This continues until both players have shot 4 shots from all 10 spots on the floor.

Scoring System:

- 3 points for the three-point shot, 2 points for the pull-up, 2 points for the mid-range, 1 point for a layup.
- Players keep their own score until the end of the round.

Variations:

Different Shots - Feel free to take-away or add any extra shots you want. Some teams won't have players that can shoot the three-pointer. In that case your players can shooter just three shots.

Odd Number of Players - If you have an odd number of players you can create a group of three. This would mean the extra player waits behind the shooter waiting for their turn next.

Coaching Points:

- Players must be down in stance ready to catch and shoot.
- Passes from the rebounder must be hard and flat.
- Attack hard on the layup.
- Players should be getting distance with their one-dribble pull-up. Don't allow players to simply bounce the ball and barely move before shooting.

23 Cones

How the Drill Works:

Place 23 cones at the baseline of one end of the floor and split the players up into two teams at the other end of the floor. Players shoot and are 'rewarded' by being allowed to go to the other end of the court and have a chance at collecting a cone if they make another shot. If they miss, they get nothing and return to the end of their line. The team with the most cones at the end of the game wins.

Purpose:

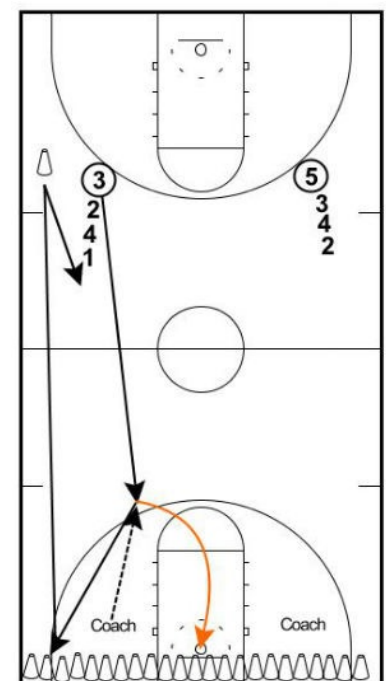
It's a fun variation to a normal shooting drill that keeps players interested and excited. Players are shooting under a lot of pressure on the second shot.

Setup:

- Place 23 cones at the opposite end of the court.
- Split your group up into two teams.
- One basketball per team.
- Preferably, there should be a coach/parent to pass and rebound for each team on the second shot end of the floor.

Instructions:

1. Players start shooting on the coach's whistle.
2. On every make by a team, the person who shoots must rebound the ball and pass it to the next person in line, then they are 'rewarded' by sprinting to the other end of the floor and get the opportunity to shoot a three-pointer to win a cone for their team.
3. The player only gets one attempt. If they miss, they get nothing and return to their group. If they make it, they get to collect a cone for their group.



4. The player then places the cone in their teams 'safehouse' near their line and joins the end of the line.

Scoring System:

- The team that finishes with the most cones at the end of the game wins!

Variations:

Increase or Decrease Cones - I've used this drill with both 13 or 33 cones as well. Use any number of cones as long as it's an odd number so there's a winner.

Shooting Position - Usually adults will shoot three-pointers but youth teams can shoot from the elbow or anywhere else on the floor.

No Second Shot - If I'm coaching young youth players, often I don't ask them to make a second shot at the other end of the floor. They simply have to sprint down to the other end and get one.

More Groups - Instead of playing with only two groups, you can create up to 4 groups and place the cones in the middle of the court instead.

Coaching Points:

- Make sure players rebound the ball after a make instead of running straight away to get a cone!
- Don't allow teams to just let their best three-point shooters shoot. Everyone has to take it in turns.
- Take note of who your best shooters under pressure are! You'll need to know come game-time!

30 and 1

How the Drill Works:

Players will split up into groups and compete against each other. The coach picks three different spots on the floor that each group must make 10 shots from and then to finish the game the group must make one long-range shot as the game-winner. Equalling 31 made shots.

Purpose:

A fun, competitive shooting drill that works on shots from different spots on the court including a long-range game-winner.

Setup:

- Split players up into groups of preferably between 3 and 5 players. Though any number will work.
- Each group has one basketball.
- Tell the players the three spots they will shoot from before the half court shot. The traditional spots are 10 made shots from the block, the elbow, and the three-point line before the one made half-court shot.

Instructions:

1. On the coaches call, players start shooting from the first spot.
2. The players rotate through taking their shot, rebounding, and passing the ball back to their line.
3. Once the team has made 10 shots they move on to the next spot. The other team must keep shooting until they make 10 from each spot. All groups do not change when one team makes 10.



4. The first team to make 10 from three spots and then make the long distance shot wins!

Scoring System:

- All shots are worth 1 point.
- The first team to 31 points is the winner.

Variations:

Shooting Spots - You can pick any three spots on the floor for players to shoot from, including:

- Layups
- Baseline
- Wing area
- Anywhere around 3-point arc.
- etc.

Long Distance Shot - The long distance shot is a great part of this drill because the players love it and it gives all groups a chance to catch up and win. If you have younger players you can make the three spots closer to the basket and then finish with a three-point game-winning shot or a half-court shot for older age groups.

Coaching Points:

- Players should be down in a stance ready to catch and shoot the ball.
 1. Passes should be on target and with power.
- Players must be hustling after the missed shot to get the rebound and pass the ball back to their team. Stress the quicker they get the ball after a miss, the more shots the team gets.
- Try to make the groups as even as possible.
- If you play the game more than once, switch a few of the players over to even the groups up after the first round.

31

How the Drill Works:

Each group will be competing against each other to be the first group to reach 31 points. The players will each take three shots - one from the 3-point line, one from outside the key, and one inside the key - and have the potential to score 6 points before passing to the next player in the group.

Purpose:

To work on shooting from all different spots on the basketball court while under pressure and at game speed.

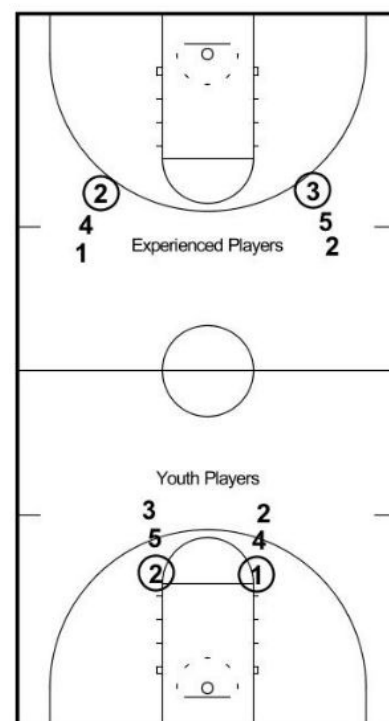
Setup:

- Split the players you have up into 4 even groups and get them to form a line outside the 3-point line on each wing.
- 3 - 5 players in each team.
- First person in each line needs a ball.

Instructions:

1. On the coach's whistle, the first person in each line will take a shot from the three-point line. If they make it, their team receives three points.
2. Irrelevant of whether the shot is made or not, the shooter will get the rebound, retreat outside of the key, and take another mid-range jump shot. This shot is worth two points.
3. The player will again rebound their shot, and this time they're allowed to take a shot inside the key. This shot is worth one point.
4. They then rebound the ball once more and pass it to the next player in the group who repeats the same process.

Scoring System:



- The game has no time limit. The goal is to score 31 points as a group. When a group reaches 31 points they call out '31' and are the winning team.
- The points are scored as follows:
- Three-point shot - 3 points
- Outside the key - 2 points
- Inside the key - 1 point
- Each player has a maximum of three shots each time it's their go.

Variations:

Youth Players - Instead of shooting from the three-point line, have each group start on the elbow. This means the first shot is from the elbow (worth 3 points), the second shot is from outside the key (worth 2 points), and the third shot is from inside the key (worth 1 point).

Different Target Amount of Points - Instead of playing to 31, you can play till 11, 21, or even 41.

Coaching Points:

- The players shooting form is paramount. Make corrections to any poor technique you see.
- Assign a designated player from each group to be the score keeper. I've noticed in the past if you don't they'll likely get mixed up. But when someone is given the role it makes it more important and they pay attention.
- Groups will rotate positions after a team wins that round. I usually get my teams to play four rounds so they will shoot from each wing on the court.
- Make sure players are hustling after each rebound so their teams gets to take as many shots as possible.

50 Shots

How the Drill Works:

Split your group up into two teams, one at each end of the floor. The goal is to make 50 shots. 10 makes from 5 different spots on the floor.

Purpose:

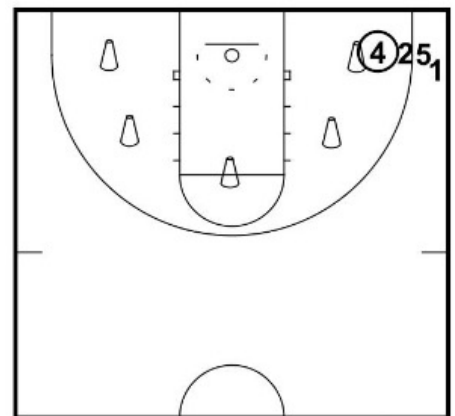
A drill that allows players to work together and encourage each other. Great for getting in lots of shooting repetitions.

Setup:

- Split the group of players you have in half and create two teams.
- One basketball per group.
- Place 5 cones on the court in the 5 spots where the players should be shooting from.

Instructions:

1. On the coaches call the first player in line shoots from the first spot.
2. They rebound their own shot and pass it back to the same line before joining the end of it.
3. This continues until the team has made 10 shots from one spot. They then move onto the next cone.
4. This continues until a team has made 50 shots all up and they are the winner.



Scoring System:

- Which ever team is the first to make 50 shots wins.

Variations:

Different Amount of Makes - Instead of 50 makes you can increase or decrease the number. You can also change how many they need to make from each cone.

More Teams - If you have lots of players you can create up to 4 teams instead of two. Start two teams at each end on different sides of the floor. If they meet in the middle get them to shoot from their respective sides of the cone.

Time Limit - Which ever team has the most amount of made shots when the clock runs out wins the game. The coach determines the amount of time allocated for the drill.

Coaching Points:

- Players receiving the ball to shoot should be in a low stance ready to shoot as soon as they catch it.
- Must hustle after rebounds to give your team more shooting opportunities.
- Players shouldn't rush the shot just because it's a race. It will often lead to players leaning forward on their shot and becoming off-balance.
- Players **MUST** rebound their own shot. Don't allow teams to get tricky have only their poor shooters rebound the basketball.

100 Seconds

How the Drill Works:

Groups of players have 100 seconds to make 21 shots. 7 jump shots, 7 one-dribble jump shots going left, and 7 one-dribble jump shots going right.

Purpose:

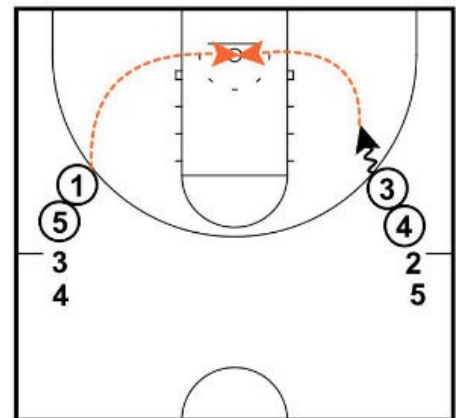
A competitive shooting drill that incorporates time pressure. Players will get up a lot of shots.

Setup:

- Split your team up into groups of 4 or 5.
- 2 basketballs for each group.
- A stopwatch or device to track time.

Instructions:

1. On the coach's call, the first player in the group takes a jump shot as the coach begins the clock.
2. The second player in line can shoot immediately after the first player.
3. Both rebound their own basketball's and pass them back to their line.
4. This continues until the group has made 7 jump shots, 7 one-dribble jump shots going left, and 7 one-dribble jump shots going right, or when the time is up.



Scoring System:

- The groups must make all 21 shots before the time is up or there is a consequence.
- The consequence I use for this drill is for every shot they fall short of 21, the group must complete a side-to-side sprint of the court.

Variations:

Number of Made Shots - Depending on the age and skill of your group I encourage you to change the number of shots each group must make in 100 seconds. For younger groups I sometimes change to 5 made shots instead of 7 from each.

Different or No Consequence - Instead of side-to-side sprints you can use a different consequence like push ups, sit ups, star jumps, etc.

Coaching Points:

- Players must be down in a stance ready to catch and shoot.
- Since this is a time-sensitive drill, encourage players to hustle after their rebounds.
- The player who shoots must rebound their own basketball.
- Players should be creating space on the one-dribble shot. Don't allow players to take a dribble while barely moving.

Advantage

How the Drill Works:

The offensive team has one extra player than the defensive team. The goal for the offensive team is to pass the ball and make smart decisions to create a good shooting opportunity.

Purpose:

Knowing when to shoot is just as important for each individual player as executing shooting mechanics correctly. This drill teaches good shot selection.

Setup:

- Decide on how many players you want on offense and defense. The offense should have one extra player. Eg. 5 on 4, 4 on 3, 3 on 2, 2 on 1.
- One basketball.
- **Rotating Teams:** If you have a large group of players rotate players after every possession. If you have a small group and all players are already in the game, play 3 possessions before switching over.

Instructions:

1. The drill begins with the advantage team taking the ball at the top of the key.
2. Then using smart cuts and passes, the advantage team looks to create a great shooting opportunity and score.
3. After a score or the defense stealing/rebounding the basketball, depending on the amount of players, three of the offensive players become defense and a new offensive group will come in.



Variations:

No Dribbling - No dribbling in youth basketball is one of my favorite variations. This forces players to make smart cuts, space the floor well, and move to get open.

Coaching Points:

- Player should be making quick decisions to drive, pass, or shoot on the catch. You don't want players taking too long and letting the defense recover.
- Tell your players that with an extra player on the floor, the advantage team should be shooting an open shot every time!
- Defense will have to scramble in this drill. Allow the players to move freely and make rotations as they please. But they still should be talking!
- Put emphasis on 'faking a pass to make a pass'.

Attack the Ring

How the Drill Works:

Players start in two lines on the baseline and a coach starts between the three-point line and half-way with a basketball. On the coach's call, the two players sprint out and around a cone an even distance away. The coach passes to either of the two players and they attempt to score on the other player.

Purpose:

It's important that players practice layups while under pressure from a defender. This drill works on finishing at the ring and also defense.

Setup:

- Two lines of players on the baseline starting a couple of feet out from each lane line.
- A coach starts with a basketball between the three-point line and half-way.
- 2 cones at about the three-point line directly in-line with the starting lines.

Instructions:

1. On the coach's call, players at the front of each line sprint up and around the cone looking to receive the basketball from the coach.
2. As the players come around the cone, the coach makes a quick pass to either one of the players.
3. The player that receives the basketball is now the offensive player, and the other player is on defense.
4. The offensive player must immediately attack and try to finish at the ring while the defense attempts to prevent the score without fouling.



Variations:

Players Pass the Ball - I'm a big advocate of players doing the passing in drills whenever possible. In this drill you can have a player make the pass from the top. The only reason I'd caution this approach is because it involves the passer choosing who to pass to. You don't need other players accusing a teammate of favouring.

Distance of Cones - You can change either or both of the cones so that they're closer or further away from the ring.

Coaching Points:

- Players can't hold the ball up after the catch. They must attack the hoop immediately.
- Encourage the offense to use a variety of moves to score. For example the euro step, reverse layup, floater, etc. They're looking to take the best shot each possession.
- Don't allow silly fouls from the defense. The players may do it in jest on occasion, but it can too easily result in a player getting injured.
- Try your best to give each player an equal opportunity on offense and defense.

Baseline Spin Outs

How the Drill Works:

Players start in two lines on the baseline, spin the ball out to themselves, take a jump shot, and then join the other line.

Purpose:

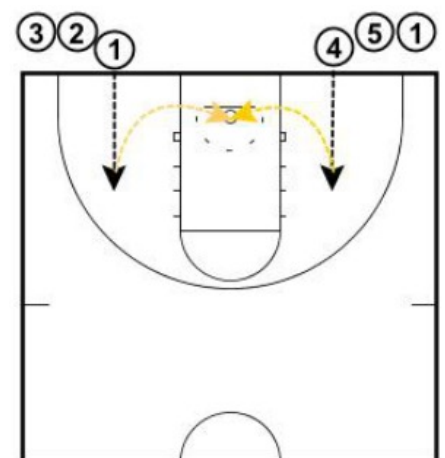
To work on squaring up to the basket and using the correct footwork before shooting.

Setup:

- Every player has a basketball.
- Two even lines on the baseline at mid-range distance.

Instructions:

1. **Different Shots** - Instead of simply catching and shooting players can:
 - Drive to the basket.
 - Pump fake and drive.
 - One-dribble pull-up.
 - Two-dribble pull-up.
2. Make sure all players know the correct footwork to use.
3. The first player in each line spins the basketball out to themselves, sprints out and catches the ball after one dribble, squares up to the basket using correct footwork, and then shoots the ball.
4. After rebounding your own basketball, join the opposite line.
5. As soon as the player has rebounded their basketball, the next player in line starts.



Variations:

Competitive - First player to make a certain amount of shots wins.

Coaching Points:

- Make sure players are switching sides so that they learn to square up with either foot.
- Catch in a low stance with the inside foot as your pivot foot. Square yourself up the basket by bringing your outside foot around.
- Make sure players are always at full speed.
- Players should be landing in a jump stop with both feet hitting the floor at the same time.

Box Shooting

How the Drill Works:

There are four pairs of players at each basket. One rebounder and one shooter in each pair. The shooters are competing against each other to make a certain amount of shots.

Purpose:

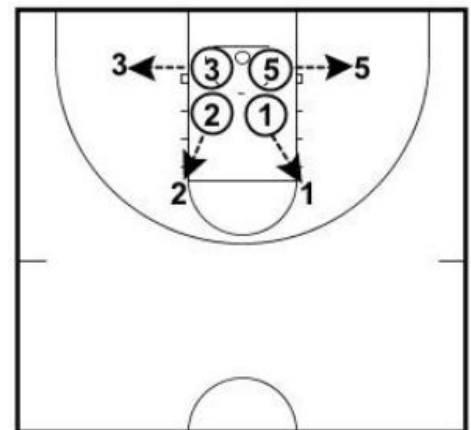
A competitive and fun shooting drill that allows players to get in a lot of shooting repetitions.

Setup:

- One pair at each short corner and one pair on each of the high posts.
- Four pairs of players at a basket.
- One basketball between each pair.
- The passers/rebounders start with the basketball.

Instructions:

1. The coach first tells the shooters the number of makes they're trying to reach. Usually 5 or 10 depending on the age group.
2. On the coaches call, the passers pass the basketball to the shooters who take the shot.
3. The same people will shoot and rebound for the duration of this round until somebody reaches the target of makes.
4. Once someone reaches the target, all shooters stop and we switch over shooters to rebounders and also rotate spots.



Scoring System:

- The first player to make 5 - 10 shots is the winner of the drill.
- No time limit.

Variations:

Shooters Swap After Every Shot - If you prefer you can make every shooter rebound their own basketball and pass it back to their partner who has spotted up to shoot. The reason I don't do this is because I'd prefer the player hold their form than chase the ball immediately after shooting.

Less Pairs - You can run this drill with 3 or 2 pairs at each basket. I don't recommend using more than 4 pairs as it becomes too crowded.

Coaching Points:

- Shooters should be using the correct shooting form.
- Shooters must have their hands showing and be down in stance before catching the basketball.
- All passes must be hard and on target.
- Make sure the passers are working hard to chase after the rebound!

Cincinnati

How the Drill Works:

A line of players at half court and on the wing, and a single player on the free-throw line. The player at half court passes to the player at the free throw line who then passes to the cutting wing player for a layup.

Purpose:

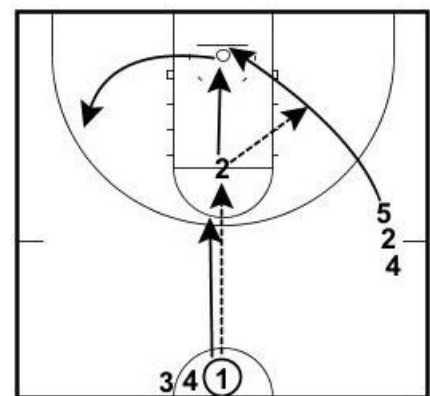
This is a great warm-up drill for young players that works on layups and passing skills. Also great for concentration as we emphasize that the ball should never hit the floor.

Setup:

- A line of players in the middle of half court, a line of players on the wing, and a single player on the free throw line.
- You will need one or two basketballs all starting with the half court group.

Instructions:

1. The first person with a basketball in the half court line passes it to the player on the free throw line and then immediately runs to the free throw line to replace them.
2. The player that receives the first pass at the free throw line passes to the wing player who should be cutting hard to the ring. The wing player should receive the ball and do a layup without dribbling the ball.
3. After the wing player performs a layup, they keep running through to be used as an outlet pass
4. The person that passes from the free throw line to the wing player rebounds the ball, outlets to the same player that did the layup, and then runs to the layup line.



5. The player that receives the outlet pass passes it to the half court line and then joins the end of it.

Variations:

Competitive - Players must make a certain amount of layups in a row. This puts a lot of pressure on each layup.

Other Side of the Floor - If you started the drill on the right hand side (players finishing with their right hand), then switch the wing line to the other side of the floor so the players must finish with their left hand.

Jump Shots - Instead of layups players can pull up for a jump shot. Shots from the block are fine, but problems start if you shoot much further out because the drill relies on the shooter being the outlet pass on the other side of the floor.

Coaching Points

- The ball should never hit the floor. Make sure your players are focused and paying attention.
- Make sure the pass from the free-throw line to the cutter has the right timing. Too early and the player will need to dribble the ball or travel. We want the pass to lead directly to a two-step layup.
- Make sure players are always calling for the basketball.
- Passes must be hard and flat. Stress that players are always passing the ball on time and on target.
- Make sure players are taking two long steps on the layup and getting up high on the second step.
- Players must be attacking the ring at the right angle. Don't allow them to fade too far towards the baseline.

Close-Out Shooting

How the Drill Works:

Players line up around the three-point line and take it in turns passing to the next player, closing out on them as they shoot, and then boxing them out. The shooter rebounds their own shot and does the same to the next player.

Purpose:

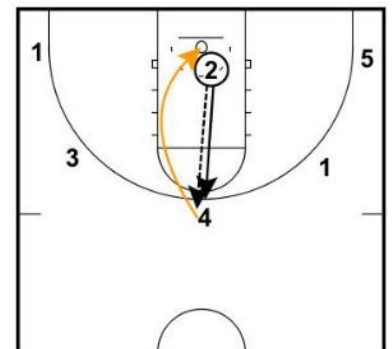
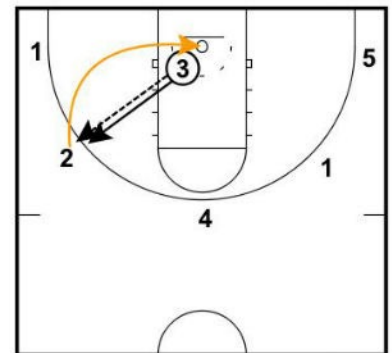
This drill works on shooting while someone is putting on close-out pressure and also boxing out the perimeter shooter.

Setup:

- Players line up around the three-point line.
- This drill can be run with anywhere between 3 and 8 players. Keep in mind the smaller the group the more repetitions they get.
- One basketball.

Instructions:

1. The first player (3) starts off under the ring with a basketball. They pass to the next player in line (2) and close out half contesting the shot.
2. Make or miss, (3) immediately boxes out and attempts to keep (2) from rebounding the basketball. (3) does not attempt to get the rebound.
3. Once (2) has successfully made it around the box out and has rebounded the basketball, (2) now switches roles and passes to (4) before closing out.
4. (3) after boxing out, now takes the spot where (2) shot from.
5. This process continues around the group.



Scoring System:

- Every player must shoot twice from every spot.
- Players keep their own score.
- The player that makes the most three-pointers throughout the drill is the winner at the end of the game.

Variations:

Player Boxing Out Plays Defense - Instead of just boxing out until the player has rebounded the ball, the player boxing out must play defense after the offensive player has got the ball. Once the offensive player makes a shot or the defense gets the basketball, the offensive player then passes to the next player in line.

Shooter Can Drive - Instead of just being a three-point shooting drill, on the close-out the perimeter player can drive and the player closing out must play defense. Same as the variation above, the two player one-on-one until the defender gets the basketball or the offensive player scores.

Coaching Points:

- We don't want any injuries so make it clear that the player boxing out must not accidentally put their foot where the shooter will land.
- Close-out should be short, choppy steps with weight back to absorb the drive.
- Encourage your players to box out hard and challenge the offensive player.
- The offensive player must get their shot off quick. This means they must be ready to shoot!
- Shooter should have target hands up to receive the pass.
- Passes to the shooter must be hard and crisp. Don't make it impossible for the shooter to get a shot off by passing too late.

Contested Shooting

How the Drill Works:

A line of players on both wings outside the three-point line and one player in the middle with a basketball to start the drill. The player with a basketball passes to one of the wing players and closes out to contest the shot. The wing player shoots the basketball, rebounds their own shot, then passes to the other line and contests the shot. This process continues.

Purpose:

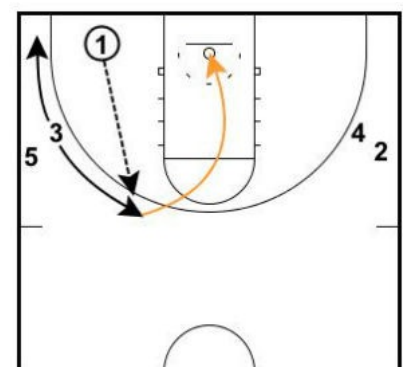
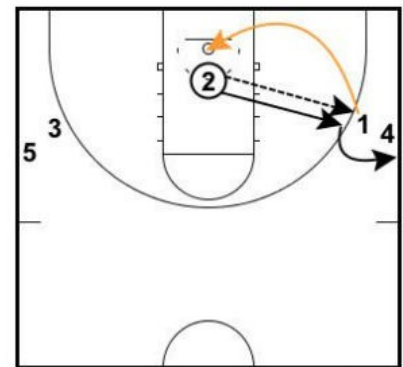
To get used to shooting with a player running towards you and contesting a jump shot.

Setup:

- One line of players on each wing.
- One player with the basketball under the basket.

Instructions:

1. (2) starts the drill with a basketball under the ring. (2) passes out to either wing and then sprints out to contest the shot.
2. After contesting the shot, (2) joins the end of the line that they closed out to.
3. (1) shoots the basketball and then rebounds their own shot.
4. Depending on where the rebound falls to, the next wing player to shoot, (3) in the diagram, can move up and down the wing to extend the distance and give themselves more time to shoot.
5. The rebounder now passes to (3) and closes out.
6. This continues for the coach's desired amount of time.



Scoring System:

- Don't usually have a scoring system.
- If you want to make it competitive, set a target amount of makes and the first player to make that many shots wins.

Variations:

Passer Under Ring - If your team has trouble passing and closing out from where ever the the floor the rebound goes to, make it compulsory that they rebound and get under the ring before passing and closing out.

Competitive - The first player to make a certain amount of shots wins the game.

Other Shots - This is a good drill to practice other shots as well. Have the player closing out play dummy defense and the offensive player can pump fake and drive, pump fake and perform a one-dribble pull up, etc.

One-on-One - You can also use this drill for one-on-one starting off a close-out. The offensive player can take any shot and after they score or the defense gets the basketball, the become the defender closing out to the opposite wing.

Coaching Points:

- No blocking the shooter allowed. Only contesting the jump shot.
- Make sure players aren't accidentally closing out under the shooter's foot. We don't want any ankle or knee injuries.
- Shooters must release the ball quickly so they must be in stance ready to shoot when they receive the pass.
- Passers must make flat chest passes. Not lob passes so that they have more time to close out.

Corner Bounce

How the Drill Works:

All players start the drill in one line. The first player picks a corner and sprints and touches it before cutting back to the ball and receiving the pass for the jump shot. The passer immediately bounces off the other corner and receives the ball for a jump shot. This continues using a variety of moves and shots.

Purpose:

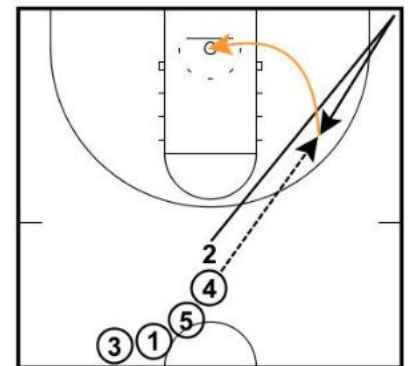
A shooting drill that involves quick sprints and using correct footwork. A good variation to change things up.

Setup:

- One line of players in-between the three-point line and half court.
- Everyone has a basketball except the first player in line.

Instructions:

1. Different Shots:
 - Straight cut into catch and jump shot.
 - Straight cut into catch and drive.
 - Curl cut for jump shot or drive.
 - Backdoor cut.
 - Flare cut.
 - etc.
2. The first player in line without a basketball sprints towards either corner of the court, bounces off it, and sprints back to receive the pass from the next person in line.
3. The cutter now makes one of the variety of shots listed above.



4. The player that passes the ball immediately sprints to the opposite corner and bounces off before receiving the ball for a shot.
5. The cycle continues continually changing sides.

Variations:

Shot Type - Make sure to change up which shot the players are taking in the drill.

Add a Screen - Add a chair that will act as a screen and players can practice different cuts off the screen.

Coaching Points:

- Drill is best used with 5 - 7 players. Use both ends of the court if you have more than that.
- As always, footwork is very important and must be watched closely by all coaches.
- The pass to the shooter must be flat and on-target.
- Players must be going 100% during the drill.

Criss Cross

How the Drill Works:

Three players on the baseline are defenders. Three players on the perimeter are offensive players. The ball starts in the middle on the baseline. They pass the ball to the middle player up the top and immediately close out. The middle player up the top passes to either wing for the shot or drive as the other two defenders close out. Play till score or defense gets the ball.

Purpose:

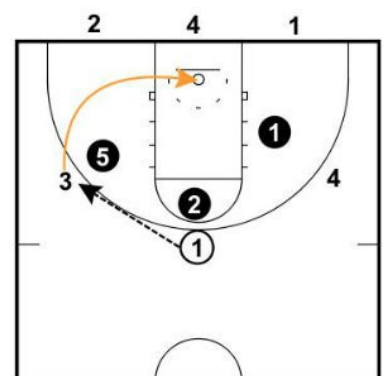
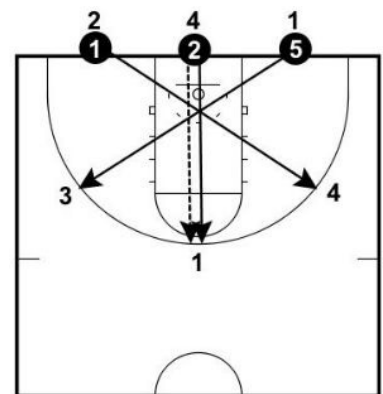
A great drill for players to develop awareness on whether they should catch and shoot or catch and drive at the closing out player. Works on getting an open shot.

Setup:

- 3 offensive players around the perimeter.
- 3 defenders along the baseline.
- 1 basketball in the middle on the baseline.

Instructions:

1. On the coach's call, X2 passes the ball out to O1 and immediately closes out on that player.
2. As soon as X2 has passed the ball and began closing out, X5 and X1 criss cross behind and close out on their defenders.
3. On the catch O1 makes an immediate decision to pass to either O3 or O4.
4. Whoever receives the pass off O1 must make the split decision to catch and shoot or catch and drive.
5. The drill is now 3 on 3 until either a score by the offense or the defensive teams secures the basketball.



Variations:

Must Shoot - Instead of allowing the drive, the player that receives the basketball on the wing must shoot the three-point shot. This puts more emphasis on rebounding and boxing out.

Extra Player - You can create four lines if you have more people. This would involve the player with the ball on the baseline passing to their direct opponent but the other three defenders have to close out on a player that's not their direct opponent.

Winners Stay on Offense - Instead of rotating offense to defense after every possession, if the offense scores they stay on offense for the next possession.

Coaching Points:

- Defenders criss-crossing need to talk and work out who's going over and who's going under.
- Make sure the players contesting shots aren't accidentally sticking their feet under the shooter. The last thing your team needs is an ankle injury.
- The wing players must be ready to catch and shoot or it will be too late and they will lose the opportunity.
- Players must be boxing out the offensive players.
- Players should close out with their hand up and in a low stance with the weight on the back of their feet to absorb the drive by the offensive player.
- Player should be making quick decisions to drive, pass, or shoot on the catch. You don't want players taking too long and letting the defense close out.

Crossover Shooting

How the Drill Works:

Teams will have a basket each and compete against each other to make a certain amount of shots from certain spots on the court. Teams will be in two different lines and cross over after each shot. Everyone shooting at the same basket is on the same team.

Purpose:

This shooting drill is guaranteed to improve your shooting from different areas on the court. There is added pressure and competitiveness because the two teams are playing against each other.

Setup:

- Split your players up into two teams. One team at each end of the court.
- Each team will need two basketballs.
- Once you have the two teams, split them up into two lines on opposite sides of the court on the same end of the floor.
- The first person in each line has a basketball.
- They will be competing against the other groups to make 10 shots from each spot on the floor.
- Minimum of 5 players per team.

Instructions:

- Shooting Spots** - You can choose different spots on the floor to shoot from.
 - The most common spots are:
 - Block
 - Short corner
 - Elbow
 - Midrange wing
 - Baseline three-pointer



- Wing three-pointer
2. On the coach's whistle, players begin shooting and count out loud whenever they make a shot.
 3. After shooting on one side of the floor, the player rebounds their own shot and passes it to the other line. Then they join the other line.
 4. This process of shooting, rebounding, passing to the other line, and joining the other line continues.
 5. When a team makes it to the designated number of makes they call out the number and all teams move to the next spots on the floor.

Scoring System:

- Coach designates the required number of makes at the start of the drill and teams shoot until they reach that number.
- When they reach that number all teams move on to the next spot.

Variations:

Amount of Makes - Vary the amount of shots the players must make depending on the age level and how far out they're shooting from.

Don't Change Lines - An option is to stick with the original method and have players rebound and pass back to the same line instead of crossing over. Both lines are still on the same team and scoring together.

Coaching Points

- The players must be chasing down the rebounds after a make or miss. Stress to them that the quicker they get the rebound and pass it to the next line the more shots they will get.
- Make sure you're watching and correcting the shooting form of players.
- Players must be down in stance and have their hands up ready to catch and shoot when the pass is thrown to them.
- Passes must be crisp and on target. A bad pass leads to a bad shot.

- You can adjust the groups after each game to make it more fair.

Double Shot

How the Drill Works:

Drill begins with a rebounder and a line behind the first shooter. Every player will take 2 shots from 5 spots around the perimeter. One three-pointer and one one-dribble pull-up. The shooter becomes the rebounder after their second shot. Players keep their own score.

Purpose:

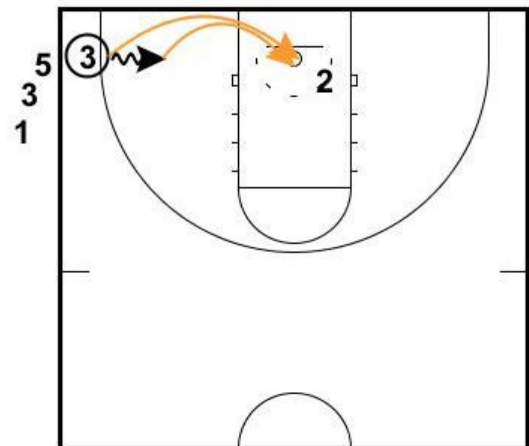
To practice the mid-range and three-point shot while under the pressure of keeping score.

Setup:

- One player rebounding.
- All other players in one line behind the first shooting position.
- No more than 5 players in a group.

Instructions:

1. The drill starts with the first shooter taking their first shot from behind the three-point arc.
2. The player under the basket rebounds the basketball and passes back to the shooter on the perimeter who takes a one-dribble pull-up shot.
3. The same rebounder rebounds this shot too and passes to the next shooter in line.
4. The first shooter now becomes the rebounder and the previous rebounder joins the end of the line.
5. This continues until every player has shot from all five spots.



Scoring System:

- Players keep their own score.
- Players get one point for each made shot.
- The target number of makes is decided by the coach and should reflect the age and ability of your team.
- The player with the most points after shooting all shots is the winner.

Variations:

Extra Shots - Instead of one three-pointer and one one-dribble pull-up you can change the shots the players take. For example you can shoot two three-pointers instead of a mid-range shot. I've also had players to one three-pointer, one one-dribble pull-up going left, and one one-dribble pull-up going right.

Coaching Points:

- Rebounder must make good passes to the shooter.
- Players should be in stance before they catch the basketball with target hands showing.
- If using the one-dribble pull-up, make sure that the player is getting distance with the dribble and not just bouncing the basketball on the ground for the sake of it.

Double Swish

How the Drill Works:

Players get in pairs with one basketball. The drill is run for a certain amount of time set by the coach. One player must keep shooting until they swish two shots and then the players swap over. Players count how many times they switch over before the time is up.

Purpose:

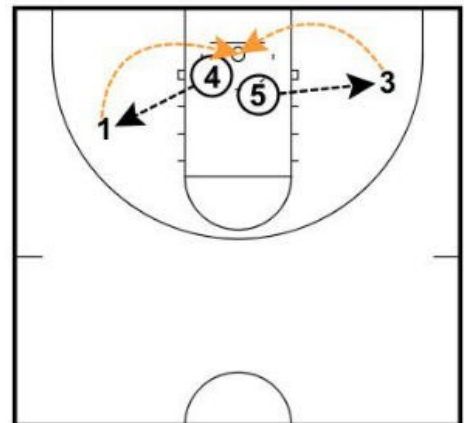
Counting only swishes ensures that players are getting a high arc on their shots and aren't shooting the ball flat.

Setup:

- All players find a partner.
- One basketball between two players.
- A stopwatch to track time.

Instructions:

1. When the coach starts the clock the first player begins shooting.
2. This player keeps shooting and gradually moving around the court from a certain distance until they've swished two shots.
3. On the second swish the players switch over and now the other player shoots until they swish two shots.
4. This continues until the time is up.



Scoring System:

- The drill is run for between 3 and 5 minutes.
- Switch shooters after every second swished shot.
- Pairs must count the amount of times they switch with their partner.

Variations:

More Swishes - If you've got a skilled shooting team and find two swishes is easy, consider upping that number to 3 or 4.

Add Conditioning - After each missed shot the player shooting has to run to half court and back.

Coaching Points:

- If players are struggling to swish a shot, they probably lack height on their shot.
- A good rule of thumb for shooting the ball with good height is that the elbow of the shooting arm should finish next to the eyebrow.
- Players must catch the ball in stance with target hands showing.
- Don't allow players to catch the ball and spend time lining the shot up. The ball has to be caught and shot at normal game speed.

Dribble Kick Shooting

How the Drill Works:

Two lines at the top of the key and a single player in each corner. Players drive into the key from the top and then kick the ball out for a shot for the corner player. The passer becomes the next shooter and the shooter rebounds their basketball and returns to the next dribbling line.

Purpose:

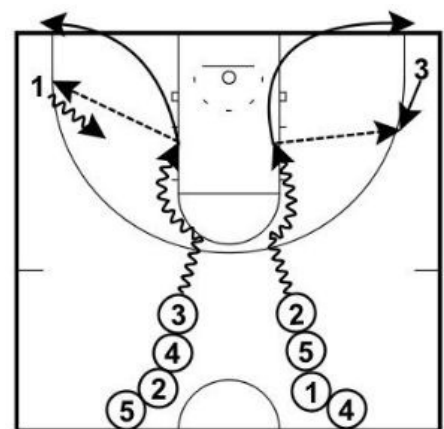
For players to practice shooting off the drive and kick, and also for players to practice passing accurately off the drive to an open shooter.

Setup:

- One player in each corner without a basketball.
- The rest of the players in two lines at the top of the key. All these players should have a basketball.
- Optional: A cone/chair for players to make a dribble move around.

Instructions:

1. Shooting Options:
 - Catch and shoot
 - Catch, 1-dribble pull up.
 - Catch, 2-dribble pull up.
 - Catch, drive to layup.
 - Catch, drive to floater.
 - Backdoor cut.
2. Explain to your players what kind of shot they'll be shooting from each side of the floor. In the diagram we have a 1-dribble pull up on the left and a catch and shoot on the right.



3. The dribblers at the top of the key drive and make a dribble move at about the three-point line. They continue on to make a pass out to their respective shooters and then replace them on the baseline.
4. The shooters catch at the three-point line and then make the required shot.
5. The shooter rebounds their own shot and joins the opposite dribbling line at the top of the key.
6. As soon as the shooter collects their rebound the next player in line starts dribbling and the previous dribbler now becomes the shooter.
7. This drill is run for about 5 minutes.

Variations:

Driving Footwork - Depending on the age and skill level of your players, the dribbler/passer should practice passing on the run, jump stop and pivot, and jump stop and reverse pivot.

Different Shots - Make sure to vary the shots from each side of the floor using the ones listed above and any others you might want to work on.

Coaching Points:

- The player attacking the rim must make it look like they're going to shoot. Use your eyes to deceive the defenders.
- The shooter must have target hands and call for the basketball.
- Make sure dribblers are attacking hard. No half-hearted effort.
- This is a common outlet pass off a drive in basketball since so many defenders help from the corners.
- Whether the players uses a 1-2 or a hop, make sure the players are catching and shooting the basketball quickly.

Drive and Kick

How the Drill Works:

Players will attack gaps in the defense with two hard dribbles before passing the ball out to the open shooter. This happens twice around the key before finally kicking the ball out for the open corner three-pointer.

Purpose:

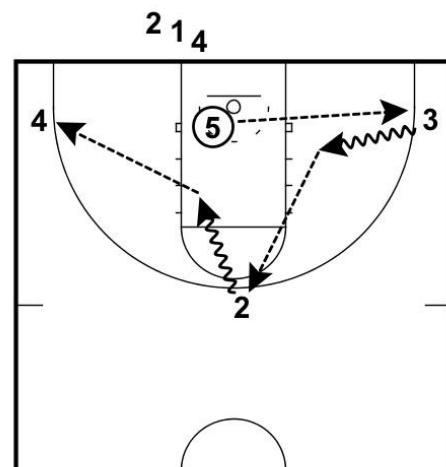
This drill teaches your players how to explode off the dribble and attack gaps in the defense, forcing defenders to help, before passing it out to a teammate for an open shot. To keep the drill fun and competitive, the last player takes a shot from the corner.

Setup:

- One player under the ring with a basketball.
- One player on each corner and one at the top of the key.
- The rest of your players on the baseline waiting to come in.

Instructions:

1. The player with the ball under the ring (5) will pass it to (3) in the corner and then fill their place.
2. (3) will attack the key with two hard dribbles before passing to (2) at the top of the key and then fill their place.
3. (2) will also attack the key with two hard dribbles before passing to (4) and then will fill their place.
4. (4) will take the shot from the corner and then join the end of the line.
5. The next person in the line out of bounds will rebound the shot by (4) and pass it to the corner.



6. Repeat for the required amount of minutes.

Scoring System:

- The drill is run against a time limit. I usually run it for 3 or 4 minutes.
- The corner three-pointer is worth 3 points.
- If the rebounder catches the ball before it hits the ground a put-back is worth 2 points.

Variations:

Time - Vary the amount of time you run this drill depending on the age of your players.

Shot Distance - If you're coaching young players you can move the shooting corner in a bit and allow them to shoot from the mid-range.

Change Direction - Make sure you change the direction up half-way so that players are practicing to be confident driving with either hand.

One Hand or Two Hand Passing - While I believe young youth players should certainly master the two-handed pass first, as players get older they must get used to passing with one hand off the dribble.

Practice Shot Fakes and Jabs - This is also a great drill to teach shot fakes and jabs before being explosive with correct footwork. Each time a player receives the ball get them to make a fake before driving.

Coaching Points:

- All players receiving the basketball must be down in stance ready to catch and shoot or drive with their target hands up.
- Players first steps on the drive must be explosive. Can't be slow and sloppy.
- You'll find players will travel a lot when exploding out of triple threat. This is a great drill for them to practice being quick without travelling.
- After the two dribbles players shouldn't raise up to make the pass. Should stay low and be quick with it.
- Players must 'sell the drive' with their body, head, and eyes. Have to look like they're attacking the ring or the defense help.
- On the rebound put-back's, teach players not to bring the ball down below their chest or it will be easy for a guard to strip them in a game.
- Footwork. Stress that footwork is perfect on every catch.

Dummy Close-Outs

How the Drill Works:

The dummy defender passes out to the offensive player from the baseline and then closes out. The defender now plays dummy defense so the offensive player can work on their footwork and a variety of moves.

Purpose:

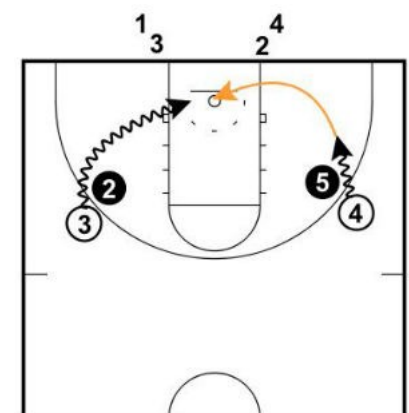
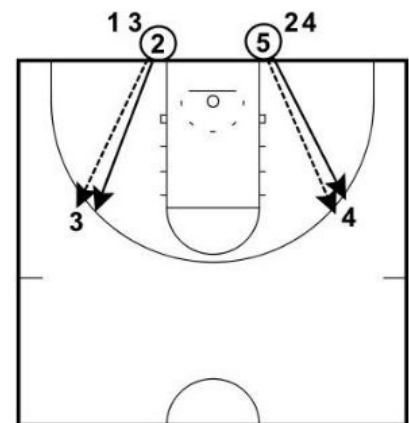
So that offensive players can become comfortable with the footwork and different moves before putting them up against a live defender.

Setup:

- Two lines of players on the baseline on the sides of the key.
- One player on each wing.
- Players at the front of the lines on the baseline have a basketball.

Instructions:

1. Different moves/shots you can use:
 - Jab step, shot.
 - Jab step, drive middle.
 - Jab step, drive baseline.
 - Shot fake, drive middle.
 - Shot fake, drive baseline.
 - Fake, one-dribble shot.
 - Fake, two-dribble shot.
 - etc.
2. The coach must first decide which couple of moves the players will be practicing and make sure every player knows how to perform them correctly.



3. Baseline player chest passes the basketball to the wing player on their side of the floor and then closes out hard to the ball.
4. The defender will get in stance in front of the player but play dummy defense and allow the offensive player to practice the move.
5. The offensive player catches in stance, makes the move, and then puts up the shot.
6. The defender becomes the new shooter and the shooter rebounds their basketball, passes it to the line they received the ball from, and joins the other line.

Variations:

Competitive - Once the players know the footwork, fakes, and moves, allow the defender to play hard defense and challenge the offensive player to score.

Coaching Points:

- Make sure the players aren't travelling on their fakes and moves to the basket. A lot of them will start shuffling their feet when fakes get involved.
- The defender must still close out hard even if they're playing dummy defense. Don't let your teammates down by going half-hearted.
- Offensive player must show target hands and catch in a stance.
- Make sure players are selling their fakes and aren't predictable.

Finish Strong

How the Drill Works:

Both players start on the block facing the baseline. The coach has a basketball at the top of the key. When the coach calls out 'GO' both players turn and one will receive a pass from the coach and become offense and try to score quickly before the defender gets over to contest the shot.

Purpose:

Helps players develop finishing moves around the rim and awareness of how to best finish against a defensive rotations.

Setup:

- Players get into pairs of similar height or position.
- One pair begins the drill with one on each block while the other pairs wait on the baseline.
- The coach starts at the top of the key with a basketball.

Instructions:

1. The first pair begins with one player on each block both facing the baseline with their back towards the coach.
2. When the coach calls out 'GO', both players turn around and the coach immediately passes to one of the players.
3. The player that receives the pass becomes the offensive player and must immediately attack the rim upon catching.
4. The player that didn't receive the pass immediately rotates over and contents the shot.



Scoring System:

- If playing in pairs, there is one point up for grabs each time the drill is run. If the defense gets a stop, they receive one point. If the offensive player scores, they receive one point. First player to reach 7 points.

or

- When running this drill with a younger group of players or if there is an odd number of players and the pairs must constantly change we don't keep score.

Variations:

Keep Playing Till a Score - Instead of the drill finishing on a defensive stop or miss, the play continues until one of the players has scored. That player receives one point.

Dummy Defense - If you're coaching younger players that are finding this drill difficult, consider having the defense rotate over and play 'dummy defense' by standing straight up and allowing the offensive player to go by them and finish.

Switch Partners - If you have an odd number of people this happens automatically on each possession. If you don't, get the players to change partners every 3 or 4 turns.

Coaching Points:

- This drill is best run with a smaller group so that you don't have players standing around in a line on the baseline for too long.
- While the defense must rotate strong to the ball, emphasise to your players that there should be no fouling.
- The offensive player should attack immediately upon receiving the basketball.
- Encourage the offensive player to finish with a variety of moves around the basket.
- The coach should try to give each player an even opportunity of playing both offense and defense.

Give and Go

How the Drill Works:

Players weave in and out of the cones, pass to the coach, receive the ball back, and then shoot a variety of shots off the catch switching sides each time they shoot.

Purpose:

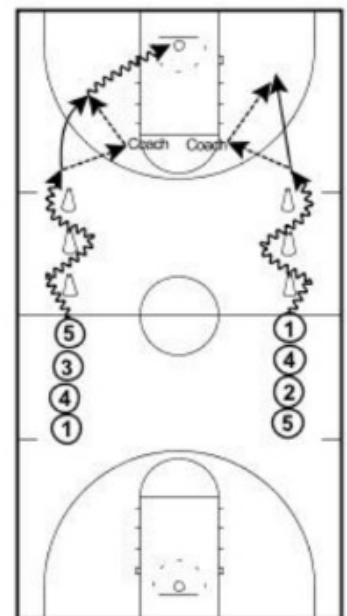
To work on dribbling skills, footwork off the catch and a variety of shots.

Setup:

- Every player has a basketball.
- Two coaches.
- Two lines on the half-way line on either side of the court.
- Optional: 3 cones near half way for dribbling practice.

Instructions:

1. **Drill shooting options:**
 - Catch and shoot
 - Catch, pump fake, shoot.
 - Catch, pump fake, drive.
 - Catch and drive.
 - Catch, one-dribble pull up.
 - and any others you can think of.
2. The coach must first tell the players which shot type they're going to work on first.
3. On the coaches call to start, the first player starts weaving in and out of the cones.
4. At the end of the dribbling the player either makes a two-



handed chest pass to the coach or a 1-handed push pass depending on age and skill level.

5. The coach catches and passes back to the first player who then performs the chosen shot.
6. As soon as the coach has passed to the player the next person in line starts dribbling.
7. After the shot the player rebounds their own shot and dribbles up the opposite sideline to join the opposite line.

Variations:

No Dribbling Cones - If you simply want to focus on the footwork part of the drill then you can take out the cones.

Use the Full Court - If you have 4 coaches (or parents) you can increase the number of shots each player will get by running 4 stations instead of two. Have the players rotate clockwise each time they shoot.

Competitive - The first players to make a certain amount of shots from each spot is the winner.

Coaching Points:

- Watch out for travels. This drill is big on footwork and each coach must make sure the players aren't travelling.
- Players must be using the correct shooting footwork. Regardless of whether they use a hop or 1-2. Whichever one they feel most comfortable with.
- Players should be on balance when they shoot. They must learn how to balance themselves before shooting instead of falling forward because of momentum like most youth players do.
- Head up when dribbling through the cones.
- There should be effort in the pass. Don't allow your players to throw slow and sloppy passes.
- Should be showing target hands and calling for the ball on the catch.

Half Court Attack

How the Drill Works:

Players get in pairs. They then line up at half way and slide across while passing the ball back and forth. When the coach calls out 'go', the player with the basketball becomes the offensive player and the other player's on defense. The offensive player attacks hard looking to drive through the high post and create a good scoring opportunity.

Purpose:

Being a good shooter is as much about creating a great scoring opportunity as it is about making the shot. This drill teaches players how to create layup opportunities on the fast break.

Setup:

- Everyone finds a partner of similar ability and position.
- One basketball with each pair of players.
- All pairs waiting off the court near the half-way line.

Instructions:

1. The drill starts with one pair of players lining up at the half way line and sliding opposite each other passing the ball back-and-forth.
2. When the coach yells 'GO!', the player with the basketball attack immediately simulating a fast break looking score.
3. The defense must try and prevent the score without fouling.
4. Once this group has finished, they join the end of the line and the next group begins.



Variations:

Limit Dribbles - Limit the amount of dribbles the offensive player is allowed to take. Depending not the age of the players, this should be between 3 and 6.

Switch Partners - If you have an odd number of people this happens automatically on each possession. If you don't, get the players to change partners every 3 or 4 turns.

Coaching Points:

- Players should attempt to attack through the high post. Don't allow players to curl to the wing. Attack in a straight line.
- The coach must try and give an even amount of offensive possessions to each player.
- The offensive player can't slow the ball down. They must attack at full speed simulating a fast break opportunity.

Half Moon

How the Drill Works:

Players get into groups of 2 or 3. There are 5 spots around the court and each player must make a shot from each of the five spots before swapping over.

Purpose:

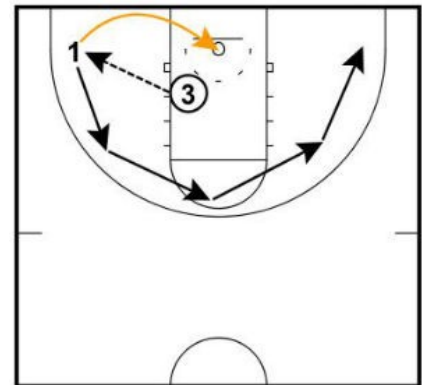
A good drill to add some competition pressure and to get up repetitions from different parts of the floor.

Setup:

- Players get into groups of 2 or 3.
- One ball for each group.
- Can have a maximum of 3 groups on one basket.

Instructions:

1. The first player in the group positions themselves without a basketball at the first shooting spot.
2. On the coach's call, the rebounder passes to the shooter and the drill begins.
3. The shooter must make one shot from all 5 spots on the floor while their partner rebounds for them.
4. Once they've made all 5 shots, the players quickly switch over. The rebounder becomes the shooter and vice versa.
5. This continues until the time is up.



Scoring System:

- The drill is run for a set amount of time. We usually run it for 3 - 5 minutes.

- Each group receives one point for every made shot.
- A player must complete all 5 shots before switching shooters.

Variations:

Make Two Shots - Instead of making a single shot on each spot, the player must make two shots.

Change Shooting Spots - You can change where the shooting spots are. For example you could add some mid-range and some three-point shots.

Add Extra Shots - If you have very talented players maybe five shots isn't enough. Consider increasing that number.

Coaching Points:

- Players must be in stance ready to shoot when they catch the basketball.
- The rebounder must hustle after missed shots so that their teammate can get as many shots as possible.
- Don't put more than three groups at a single basket or it will become too crowded.

Individual 40

How the Drill Works:

Each player has their own basketball and must make 40 shots. 10 inside the paint, 10 from the blocks, 10 from the elbow, and 10 from the three-point line.

Purpose:

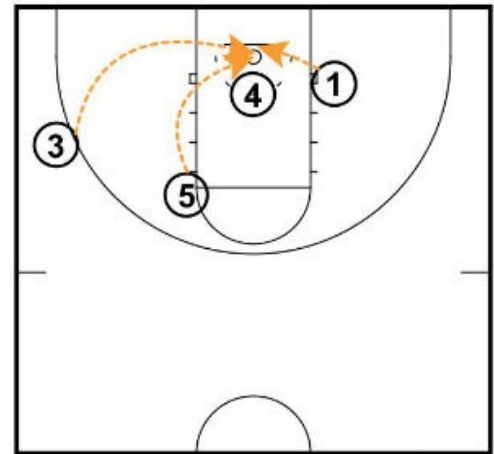
A fun drill that, despite the chaos, gets the players a lot of shooting repetitions.

Setup:

- Every player has a basketball.
- Divide the players up evenly amongst the amount of rings you have.

Instructions:

1. On the coach's call, all players begin shooting at the same time.
2. The players can each decide which shot they start with as long as they complete all 40 shots.
3. The first player to complete all 40 shots is the winner.
4. The rest should have a consequence like running or push-ups.



Scoring System:

- Players must make 40 shots. 10 inside the paint, 10 from the blocks, 10 from the elbow, and 10 from the three-point line.
- The first player to make all 40 shots and get back to the middle of the court is the winner!

Variations:

In Pairs - Instead of doing the drill individually, players can partner up and make the 40 shots as a pair instead.

Different Shooting Spots - Feel free to add, take away, or change any of the shooting positions. A lot of coaches like to add in one-dribble pull-ups or basic mid-range shots which is a great option for young teams.

Coaching Points:

- There will be a lot of basketballs flying at the ring at the same time. Some basketballs will occasionally be knocked out and players have to deal with it.
- Players must complete the full 10 of each section before changing. They can't make 5 three-point shots and then say 'I'll come back to them'.
- Make sure players aren't rushing and are still shooting the ball with good form.

Partner Shooting

How the Drill Works

Players take sets of 10 shots each. One person rebounds while the other shoots, back-pedals to half way and spots up again for the shot. Then they swap over.

Purpose

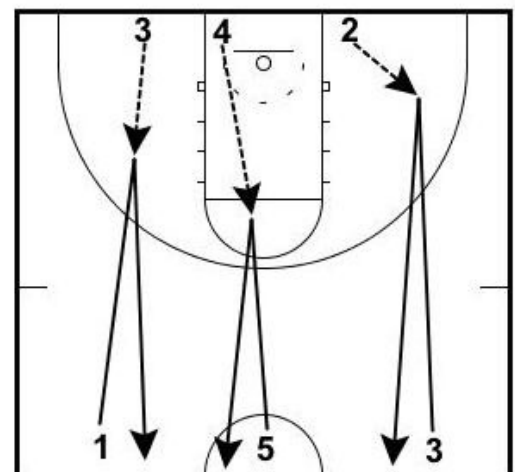
The drill works on shooting while fatigued, allows your players to get up a lot of shots, and lets them work on their complete scoring game by shooting from all areas of the floor.

Setup

- All players get a partner. If there's an odd number the coach, assistant coach, or parent can rebound for one of the players.
- The player shooting stands at half court.
- The passer stands under the ring with a basketball.
- Coach tells the players which kind of shot to take. Either mid-range, three-point shot, one-dribble pull-up, or two-dribble pull-up, or floater.

Instructions

1. Change up where the shot is taken from between these five shots:
 - Mid-range shots.
 - Three-point shots.
 - 1-dribble pull-up shots.
 - 2-dribble pull-up shots.
 - Floater/layup.
2. On the coaches call, the shooters at half way run in and receive the pass from their partner under the ring.
3. Shooters take the shot and then back-pedal to half court while the passer rebounds the shot.
4. The shooters continue this for the designated amount of shots the coach tells them to take.



5. Once the shooter has shot the correct amount, the shooter and passer switch roles.

Scoring System

- Shooter counts the amount of makes and rebounder counts the amount of shots taken.
- The player that makes the most amount of shots is the winner.

Variations

Sideline - Players can backpedal to the sideline instead of the halfway line. This is perfect if you have three groups on each basket and they can rotate.

Different Shots - Make sure you're changing the type of shot that players are taking after each round.

Made Shots - On a made shot players don't have to backpedal to the sideline or half-way line.

Coaching Points

- Don't let the passers make half-hearted passes. All passes should be flat and low to the chest of the shooter.
- The shooter should have their hands up and knee's bent ready to receive the ball and shoot.
- Encourage the players to work hard. Players can slack off in this drill if you're not watching.
- Should be consistently using either the hop or the 1-2. Doesn't matter which one. Players have to choose and be consistent.

Pass and Relocate

How the Drill Works:

The drill begins with a player in the post and a line of players on the wing. The wing players all have a basketball. They then take turns passing into the post and relocating for a variety of shots.

Purpose:

This drill teaches players to move immediately after passing the ball into the post and allows them to practice the shots they would get from it in a game.

Setup:

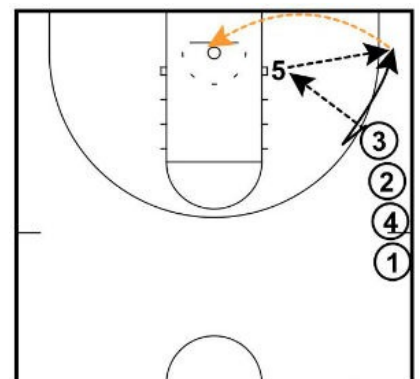
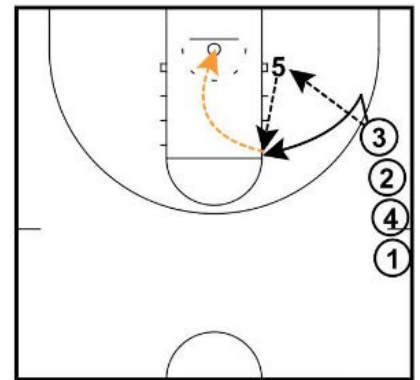
- One post player.
- A line of players on the wing.
- All wing players have a basketball.

Different Relocation Shots

- Baseline layup.
- Middle layup.
- Mid-range corner.
- Elbow.
- Corner three-pointer.
- Top of key three-pointer.

Instructions:

1. The drill starts with the first wing player passing into the low post player.
2. The wing player then immediately relocates to the chosen spot and receives the pass back for the shot.
3. The shooter rebounds their own shot and joins the end of the line.



Scoring System:

- Players go through all 6 shots three times. They receive one point for layups, two points for mid-range, and three points for three-pointers. Players keep their own score.

Variations:

Change Post Player - Don't forget to change the post player every once in a while. That doesn't just mean bigs, all our players should be able to play everywhere on the court.

Coaching Points:

- Shooters must be down in stance when they catch the basketball.
- Emphasise the importance of stepping away to set the defender up before exploding back to the relocation spot.
- You can add a defender and allow the shooter to move anywhere they want to create an open shot.
- Players must get the shot off quickly as they won't have much time before a defender closes out in a game situation.

Pass Back Shooting

How the Drill Works:

The coach places a line of players anywhere on the court and then stands in a close passing position on the court. The players must pass the ball to the coach who passes back for a catch-and-shoot. The players rebound their own shot and return to the same line until a set amount of makes has been achieved.

Purpose:

Allows the coach to place the players at a comfortable shooting distance and to work on specific shots from the floor. Great for players to practice the footwork on the catch-and-shoot.

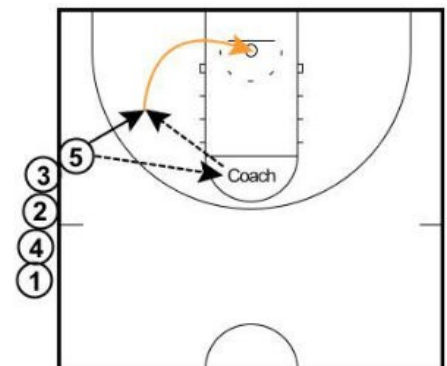
Setup:

- The coach sets up a cone anywhere on the court for the line to start from.
- The coach stands at an appropriate passing spot on the court.
- Every player has a basketball.

Instructions:

1. The first player in line passes the basketball to the coach, makes a small hard cut, and then receives the basketball back for the jump shot.
2. The shooter rebounds their own shot and returns to the end of the line.
3. Immediately after the player in front has shot the basketball, the next player in line makes the pass to the coach.
4. This continues until a target number of makes has been reached.

Scoring System:



- The coach sets a target amount of makes and all the players reach that target as a team before switching shooting spots.

Variations:

Change Shooting Spot - The best thing about this drill is that you can tailor it to your players. You get to pick anywhere on the floor for them to receive the pass and shoot from.

Add a Dribble - Instead of only jump shots, get the players to take a 1-dribble jump shot or even drive to the hoop.

Coaching Points:

- Players should be down in a stance before catching the ball and showing target hands.
- If they players don't call for the ball, don't pass it to them.
- Get the players to call out the score after each make as a team.
- Main focus is on footwork when stepping in to catch and shoot.

Pivot Shooting

How the Drill Works:

Players start in two lines on the baseline. Each player takes it in turns passing their ball out to a coach or parent and then following the pass to receive the ball back in a jump stop. The players then square up to the basket before taking a variety of shots.

Purpose:

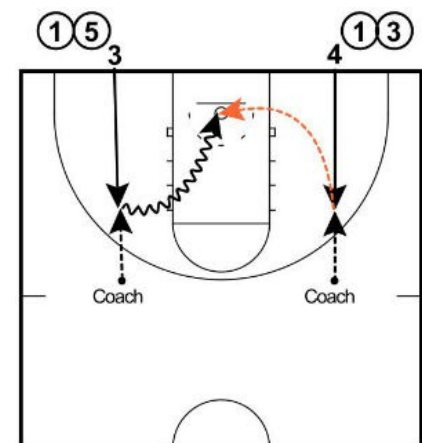
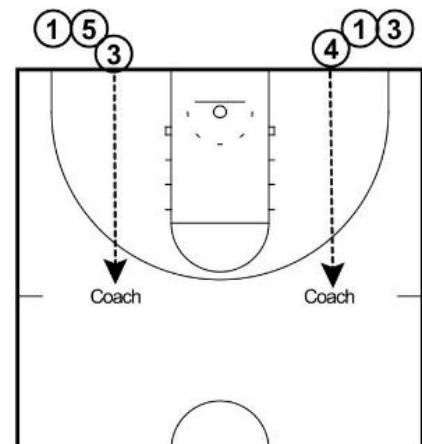
Teaches players to square up to the ring, works on pivoting, and also allows the players to put up a lot of shots.

Setup:

- Two lines of players on the baseline.
- One coach or parent at the top of each line.
- Every player has a basketball.

Instructions:

1. The first player in each line passes their basketball out to the coach in front of them.
2. As soon as the coach catches it, the player cuts hard straight out to them and receives the pass in a 2 foot jump stop facing the passer.
3. The players then must pivot and square up to the ring before shooting or driving to the basket.
4. After rebounding their own shot, the player joins the opposite line.



Variations:

Different Shots - Jump shot, layup, one-dribble pull-up, step-back, pump fake and drive,

etc.

Catching Position - Decide the catching position depending on the age/skill level of your players. Really young players can catch as close as the block and older players can catch at the high post or the wing.

One Group - If you have less than 5 players use one group instead of two.

Coaching Points:

- Players must catch the ball in a two-foot jump stop so that they can pivot with either foot.
- Remind the players that the higher they jump before the jump stop, the more off-balance they're going to be when they land.
- Watch out for travels. This is a shooting footwork drill.
- Players must call for the basketball and show target hands when approaching the elbow to receive the pass back.
- When pivoting, players shouldn't come out of their low stance.

Post Move Crossovers

How the Drill Works:

The team starts with one line of players on each wing and a post-up player. The front player on both wing lines has a basketball. The first player feeds the post and then cuts baseline and posts up on the opposite block. Players make a post move and then pass the ball out to the line they received the basketball from.

Purpose:

To work on fundamentals in the post and practice different post moves. A great drill for beginners first learning how to play in the post.

Setup:

- One line on each wing.
- One player in the post.
- The first player in each line has a basketball.

Instructions:

1. Different Post Moves:

- Jump hook - left and right.
- Up and under
- Drop step
- Fade-away
- Face-up jump shot.
- etc.

2. The player at the front of the line on the strong-side of the post player feeds them the basketball and then immediately cuts baseline.

3. The player that receives the basketball in the post makes a move, rebounds their own shot, and then passes the



ball to the line they received it from before joining the end of that line.

4. The player that cut baseline posts up on the opposite block. They receive the pass in, make a move, and pass the basketball back out.
5. This process of passing and then cutting to a post up continues for the coach's desired amount of time.
6. Drill is run for 5 minutes making sure to change the post move often.

Variations:

Add a Defender - Add two set defenders to the drill. You can have them play serious or dummy defense to allow the offense to practice or challenge them.

Different Types of Shots - Make sure to use a variety of post moves. Refer to the list in the 'setup' section for the different post moves you should teach and use.

Coaching Points:

- It's important to teach all footwork on the moves you're going to teach before the drill. The drill is a great time to practice them, but they should know them first.
- Players must cut hard along the baseline.
- The cutters must call for the basketball and show target hands where they want the feeder to pass them the basketball.
- Consider adding a defender to the perimeter player so they challenge the player to make the pass to the post player.
- Players must get low in the post and be strong with the basketball.

Post Play Basics

How the Drills Works:

Players begin the drill on the baseline on the opposite side of the ring to the block they're going to post up on. Players then take it in turns passing the ball to the coach, establishing position on the block, and then making a post move after receiving the ball back from the coach.

Purpose:

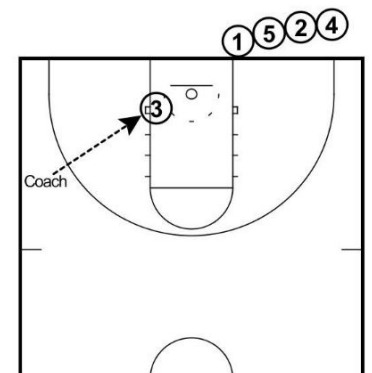
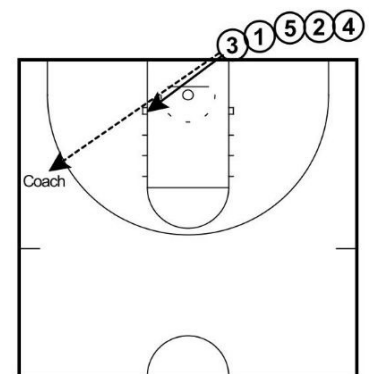
To work on scoring moves from the post with and without a defender.

Setup:

- All players have a basketball.
- Coach on the wing of the side players will post up on.
- All players in one line on the baseline.

Instructions:

1. Different post moves to use:
 - Jump hook
 - Up and under
 - Reverse pivot into shot
 - Drop step
 - etc.
2. To begin the drill, the first player in line passes the ball out to the coach and then establishes position on the low block.
3. The coach then passes the basketball to the player on the block.
4. This player receives the ball and then makes a post move.
5. After making the shot, the player returns to the end of the line.



Variations:

Add a Defender - Offense becomes the new defender after every shot. This way all players rotate and will play both offense and defense. Make sure to mix up the order or players every couple of turns so they're playing against someone different.

Bigs and Smalls - If you have a large group and two baskets, consider splitting the up into bigs and smalls and using both ends of the court. That way bigs have to battle against bigs, and smalls battle against smalls.

Coaching Points:

- Make sure players are practicing different post moves and not just using the one they're good at every time.
- Using the correct footwork in critical. Make sure all players are doing the moves properly without travelling.
- Players must establish a strong low post position with their target hands up before the coach passes them the basketball.

Pressure Jump Shots

How the Drill Works:

Players must complete eight shots (two from each high post) while under the pressure that if they miss the shot they have to join the same line and try again.

Purpose:

Allows players to practice shooting open jump shots while under mental pressure.

Setup:

- 4 lines of players on each elbow. Can be as many players as you like.
- 4 basketballs. One with the first person in each of the lines.

Instructions:

1. When the coach says to start, the first person in each line takes a shot and returns the ball back to the same line.
2. If they make the shot they move to the next line, if they miss they join the same line to try again.
3. This process continues until a player has made a total of eight shots.



Scoring System:

- Each player counts their own amount of makes until they reach eight made shots (make two shots from each elbow).
- You can decide whether to stop after there is a winner or keep playing until everyone is finished depending on the amount of time you have.

Variations:

Shot Distance and Location - Change the shot distance depending on age and put cones where you want the four shots taken from. I have used this drill with very young youth players and shot from the block and with older players shooting from the three-point line.

Swishes Only - A tough variation of this drill that I've used before is that only swishes count. This should be left to the more advanced teams, but it does make this drill interesting!

Coaching Points:

- There will always be one line that inevitably ends up with most of the players in it and it becomes the big pressure shot. Watch it, it's fun!
- Make sure players hustle after their rebound and don't just walk and not care because they missed their shot.
- Make sure players are shooting with good technique. Some players have a tendency to get nervous and shoot off-balance or not follow through on their shot completely.
- Players must give each other room to shoot. Don't stand too close behind the shooter to put them off.

Rainbow Shooting

How the Drill Works:

The drill consists of two basketballs and players shooting from different spots on the floor. Each time a player will pass to a shooter and then perform a half-circle around the back of the shooter before receiving the pass from the opposite line. Each player rebounds their own shot and passes the ball back to the line they received the pass from.

Purpose:

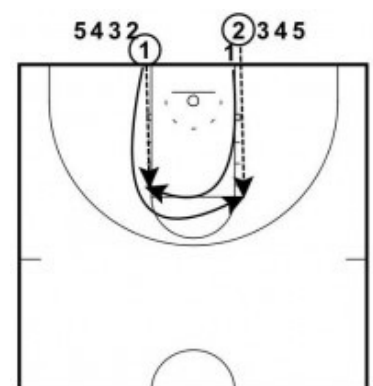
This is a great warm-up and shooting drill especially for youth basketball. It gives players a chance to shoot many repetitions from all different spots on the floor and it's high intensity with everyone encouraging each other.

Setup:

- Two lines on the baseline at about the width of the key lane.
- Two basketballs. One to the first person in one of the lines, and the other to the second person in the other line (because the first person in the line without a basketball will be the first player to cut).
- Players divide up so that both lines have about an even number of players.

Instructions:

1. The player at the front of the line without a ball does a half circle and receives the pass off the player at the front of the other line. The player that received the pass does a layup, rebounds the ball, and then passes to the line he received the ball off. Then joins that line.
2. The player that passes to the shooter does a half-circle behind the shooter to the other side and receives the pass. Same as the first player, they do a layup, rebound, and then pass to the line they received off.



3. This continues until all players have shot a layup from both sides or until you've made the required amount of shots from a particular spot.
4. Once completed, they then move onto the next shot. I have 5 different spots my players must all shoot from twice. Your spots may be different depending on age.
 - A layup.
 - From the block.
 - From the elbow.
 - From the 3-point line.
 - Fake and drive.

Scoring System:

- For this drill the whole team scores together. The coach sets a number of makes from each spot and the players must count out loud as they make shots.
- For example the team might make 20 layups, 15 shots from the block, 10 shots from the elbow, 5 threes, and then 20 fake and drive layups.

Variations:

Different Shooting Spots - Don't limit your team to the 5 examples I use above. You can incorporate shots from the wing, post ups, 1-dribble pull-ups, etc. Be creative.

Coaching Points:

- Make sure players are using both left and right hands on the layup.
- All players should be loud and calling for the ball.
- Showing a target with their hands.
- Square up on the inside foot.

Reversal Shooting

How the Drill Works:

Three lines around the perimeter. The basketball is reversed from one side to the other with the third line performing a jump shot or a layup. They then rebound their own shot and pass it back out for the reversal to start again.

Purpose:

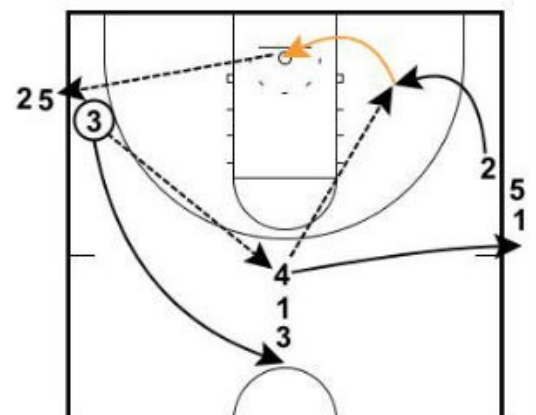
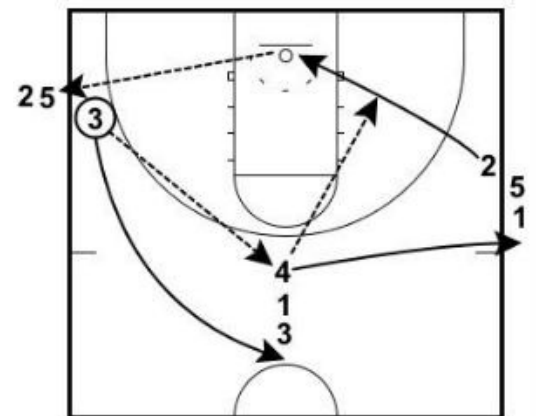
A good team drill to get everyone involved, moving, and energised. Teaches players to catch the ball and finish on the move as well as working on passing.

Setup:

- Three lines around the perimeter. One on each wing and one at the top of the key.
- Two or three basketballs.
- An even number of player at each line.

Instructions:

1. The basketball/s start off on the non-shooting wing. For the diagram and to explain the drill we've only used one basketball.
2. (3) reverses to (4) at the top of the key and then joins the line they passed to.
3. (4) now passes to (2) who is either cutting to the basket or setting themselves up for a jump shot. (4) then joins the next line.
4. (2) takes the shot, rebounds their own shot, and then outlets the ball to the first line before joining the end of it.
5. This reversal cycle continues for 2 - 4 minutes before changing directions.



Variations:

Change Direction - Half-way through the drill make sure to switch the basketballs to the opposite side of the court and swap which group is shooting.

Change Shot Type - Vary the shooting between layups and spotting up for a jump shot.

Competitive - The team has to make a certain amount of each shot before moving on to another shot.

Coaching Points:

- Important that layups are on target to the player cutting from the wing.
- Passes should be passed with force. Don't allow players to throw lazy lob passes to each other.
- Add a second basketball to the drill and depending on the age of the players consider adding a third.
- Players must be using voices to show the passer who to pass to.
- Players must be attacking the ring at full pace from the ring. There's no point practicing half speed!

Sideline Shooting

How the Drill Works:

Two lines on either side of the court. The first player in the line without the basketball cuts towards the other side, receive the pass, and then shoot one of a variety of shots. The passer then becomes the cutter.

Purpose:

This is a great drill to practice all different types of shots. Players also get to practice catching on the move and making hard cuts through the key.

Setup:

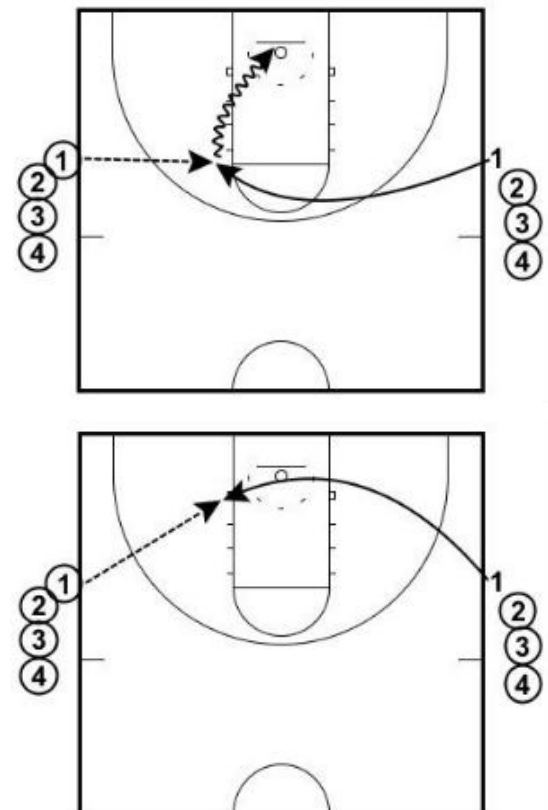
- Split your team up into two lines. Half on each sideline with the first players starting at the free-throw line extended.
- Everyone has a basketball except the first cutter that will start the drill.

Instructions:

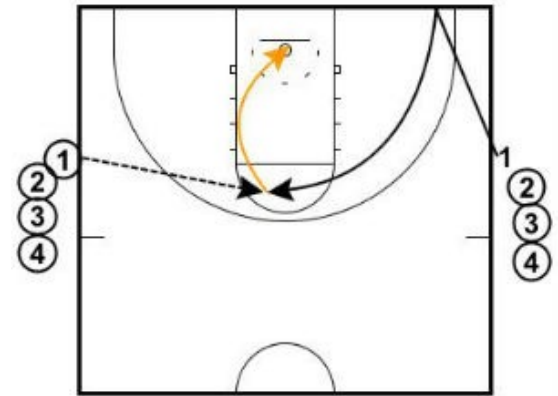
1. Different shots to use:
 - Catch and drive.
 - Catch, pump fake, and drive
 - Catch and shoot.
 - Catch, one-dribble, and shoot from the block.
 - Banana cut to the block for a catch and shoot.
 - Flare and shoot.
 - Etc...

Using catch and drive as the example...

2. The first person without a basketball leads hard towards the other group and catches it at the opposite high post before driving to the basket.



3. As soon as they make the pass, the player cuts towards the opposite high post before catching and driving to the basket.
4. Players must rebound their own shot and join the end of the line that they received the pass from.
5. This continues for a minute or two or until the coach wants to change the type of shot.
6. The drill continues for 5 - 10 minutes.



Variations:

Shot Distance - If your team is capable, move out to the three-point line instead of starting at the high post extended.

Different Shots - Make sure your changing the type of shot the players are shooting so they can practice from different areas of the floor.

Bump the Baseline - On all cuts to the top of the key, instead of making a straight cut the players must touch the baseline before cutting to the top.

Three Basketballs - Instead of every player having a basketball, there are only three basketballs used in the drill.

Coaching Points:

- Players must be cutting hard to the ball. Game speed.
- Keep note of the different types of shots you want to practice so that you don't forget during the drill.
- Players should be catching and making an immediate move. Don't allow them to hold the ball too long.
- Long steps on layups. Players shouldn't need more than one dribble to get to the ring.
- Make sure you use a variety of shots and finishes. Keep the drill interesting.

Swing Shooting

How the Drill Works:

Players are put into groups of three players. A shooter, a passer, and a rebounder. Using two basketballs the shooter moves back and forward between the designated shooting spots for a certain amount of time before everyone switches places.

Purpose:

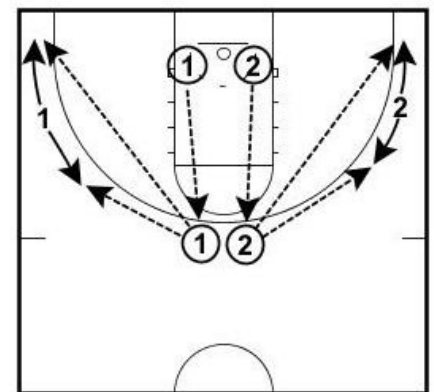
Using a passer teaches players to catch and square up to the ring instead of always receiving the pass from a player that's under the basket. Also two basketballs means many repetitions.

Setup:

- Split your players up into groups of three (use a parent or coach if you don't have the right numbers).
- Two basketballs per group of three. One with the passer and one with the rebounder.
- Groups decide who will be the shooter, rebounder, and passer. Then stand in the correct spots.

Instructions:

1. Drill runs for one minute each per player and they all have two turns at each position. Making the drill a total of 6 minutes.
2. On the coaches call, the shooter moves to the first spot and receives the pass from the passer for the shot.
3. As soon as the passer has released the ball, the rebounder should pass the ball to the passer at the top of the key.
4. It is now the rebounders job to hustle after every rebound and immediately get the ball back to the passer who will then fire a pass off to the shooter in the correct position.



5. When one minute is up the coach calls out and everyone changes positions. Shooter becomes the rebounder, rebounder becomes the passer, and passer becomes the shooter.
6. Continue this until everyone has had two turns at each position.

Scoring System:

- **Players keep score individually** - Each player counts their own number of makes throughout their two minutes of shooting.

or

- **Players keep score as a team** - My preferred option. Players count the number of makes their team scores for the entire 6 minutes. I find players work harder and encourage each other more using this way of scoring.

Variations:

Different Shooting Spots - You can pick any two spots on the floor the shooter has to move between and place the passer somewhere else. As long as the rebounder is passing to the passer and the passer is passing to the shooter, it will be beneficial.

Different Timing - Instead of everyone shooting twice you can extend it to three times (9 minutes) or even shorten it to one round each (3 minutes).

Switch Sides of the Floor - If you run this drill twice make sure that groups of players switch sides of the floor so they're practicing squaring up on both sides.

Coaching Points:

- This is a passing drill as well. Passes must be on target and lead the shooter into the shot.
- Let players decide whether the hop or the 1-2 step is more comfortable for them but either way they must be getting the shot off quickly.
- This is a tough drill for the rebounder chasing around two basketballs. Make sure they're hustling for the one minute!

- Players must receive the pass and square their body up to where they are comfortable shooting.
- Players should be low and in stance when they catch the basketball.

Take it to the Bank

How the Drill Works:

Players line up in two lines opposite each other on an appropriate angle to make a bank shot. The first player in one line shoots and then passes to the opposite side before joining that line.

Purpose:

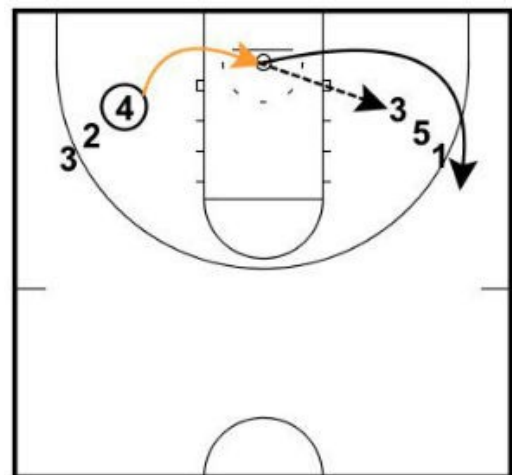
This drill teaches players how to use the backboard when on the correct angle. It's something players must practice because depending on the angle they're on will depend on the spot on the backboard they should aim for and they must get used to that.

Setup:

- Two lines on opposite sides of the floor.
- One basketball at the front of either of the lines.

Instructions:

1. The person with the basketball shoots and rebounds their own shot.
2. This player immediately passes to the first player in the opposite line and then joins the end of that line.
3. After catching the ball in stance, they shoot and rebound their own shot before passing to and joining the opposite line.
4. This continues for a certain amount of makes as a team.



Scoring System:

- The coach can either set a certain amount of makes the players must reach, or set a time limit at the team must see how many shots they can make in that time.

Variations:

Vary Shot Distance - Depending on the age and skill of your players will determine how far out you shoot the bank shot. I start on the blocks with youth teams and obviously the senior teams are further out.

Two Basketballs - Instead of one basketball try using two. A basketball starts on each side of the floor at the start.

Coaching Points:

- Some coaches will tell their players exactly where to shoot the ball off the backboard, this is hard because where the ball should hit the backboard depends on distance and angle of the shot. I recommend explaining this to players but also adding it should be somewhere around the corner of the square closest to them.
- Players must be in stance when receiving the basketball.
- Allow the players to gradually figure out the angles from different distances by themselves.
- Players must call out the score as a team after every made shot.
- Make sure players are hustling after their rebounds.

Team V-Cuts

How the Drill Works:

Players practice v-cuts then receive the basketball from a line at the top of the key before shooting a variety of shots and making a variety of moves. The passer becomes the next cutter and shooter.

Purpose:

To practice v-cuts and the different moves and shots a player can use after the catch.

Setup:

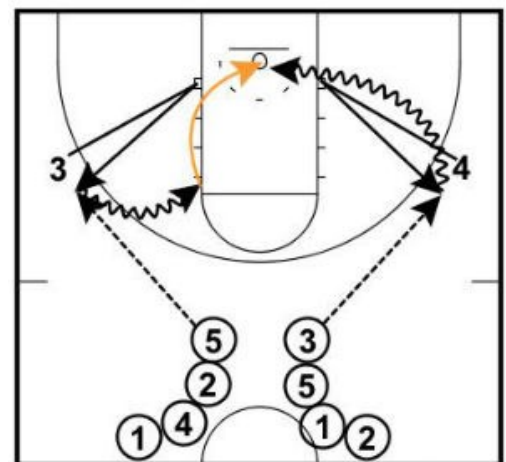
- Two lines of players at the top of the key. Every player in these lines has a basketball.
- One player on each wing without a basketball.

Instructions:

1. Scoring Options:

- Catch and shoot
- Catch, pump fake, drive
- Catch, 1-dribble pull-up.
- Backdoor cut
- Catch, jab step, shoot.
- etc.

2. Demonstrate to your players which moves they'll be using and how to perform them correctly.
3. The two wing players v-cut. There must be a change of speed as they explode out to receive the basketball.
4. The players at the front of the top lines pass them the basketball and then walk to the wing to become the next cutter and shooter.
5. The wing player catches, makes the scoring move, and then rebounds their own shot.



6. The shooter now joins the opposite top line and the passer becomes the next shooter.

Variations:

One Line - If you have less than 5 players use one group instead of two groups.

Add a Defender - Once the players are performing the scoring moves well, consider adding a defender. I usually have the shooter become the next defender on each play. Limit the dribbles the offensive player is allowed to take and they **MUST** stick to their side of the court.

Coach or Parent Passes - Instead of the players passing from the top of the key (which I prefer), you could get a parent or coach to pass and have all the players start on the wing.

Coaching Points:

- There must be an obvious change of pace as the cutter explodes out to receive the basketball.
- Footwork is crucial in this drill. Don't allow players to travel out of triple threat.
- If you add a defender make sure to limit the amount of dribbles the offensive player can take.
- If practicing shots off the dribble, make sure the player gets distance and creates space with their dribble.
- Shooter must be showing target hands and calling for the ball off the v-cut.

Three Point Bombs

How the Drill Works:

Separate your players into teams. Everyone at one basket is on a team and has a basketball each. As a team they continually shoot from the three-point line and see how many makes they can get as a team in a certain amount of time.

Purpose:

To get lots of repetitions into the three-point shot while the players are fatigued from chasing the basketball after every shot.

Setup:

- Split players up into even groups on each basket that you have available.
- Every player has a basketball.

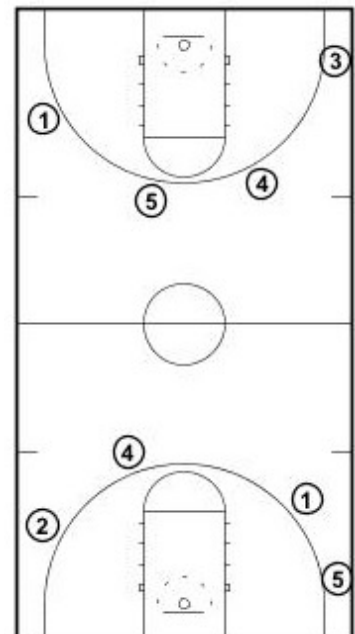
Instructions:

1. On the coaches 'go' all players start shooting three-pointers.
2. Every time a three-pointer is made the shooter calls out the number that the team is up to.
3. Players continue to rebound their own ball, retreat to the three-point line, and then shoot until the time is up or a team reaches the target number of made shots..

Scoring System:

- Every made three-point attempt is worth one point.
- **Time Limit** - Run the drill against a time limit and see which team can make the most three-pointers in a certain amount of time.

or



- **Certain Number of Makes** - Instead of using the time limit, allow the teams to keep shooting until a team reaches a certain amount of makes determined by the coach.

Variations:

Solo Scoring - Instead of scoring as a team, have each player keep their score individually and compete against everyone else.

Distance - This drill can also work from mid-range if you've got a younger team. Just make sure they're shooting from a reasonable distance and not too close.

Coaching Points:

- Players must rebound and shoot their own ball. Don't allow the poor shooters to rebound for the good shooters.
- Everyone on the team should be counting loudly after every make.
- Players must be hustling and not just jogging, we want the players to get up as many repetitions as possible and be fatigued while doing it!
- Make sure players don't follow their shot too early. This will disrupt their shooting form.

Titan Shooting

How the Drill Works:

Players begin the drill in three lines across the free-throw line on one basket. They must shoot, rebound their shot, pass it back to the same line, and then run a certain distance of the floor before returning to any of the lines. The team attempts to make a certain number of shots against a time limit.

Purpose:

A fantastic team conditioning shooting drill if you have a limited number of baskets.

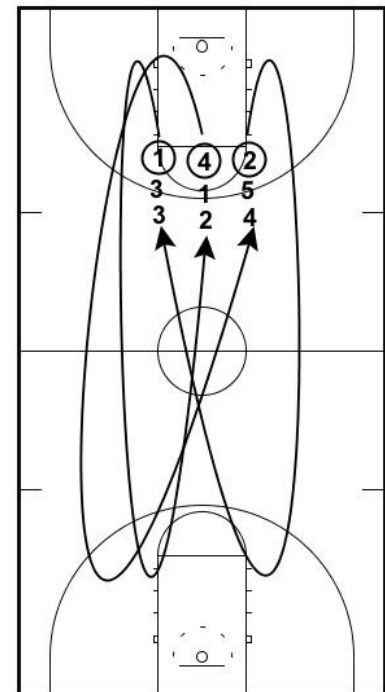
Setup:

- Only one basket needed.
- Three lines of players. One on each high post and one in the middle of the free throw line.
- One basketball at the front of each line.
- The coach picks a line that the players must run to depending on the amount of players and age of the players.

Instructions:

1. The first player in each line shoots the ball, gets their own rebound, and passes it back to the same line they shot from.
2. After passing back to the line, the player must run to the designated line chosen by the coach and then sprint back and join a different line.
3. This process continues for all players until the time limit is up. Usually run for 2 - 4 minutes at a time.

Scoring System:



- The coach sets a target amount of makes before the drill and the players have a certain amount of time to achieve it.
- Each basket is worth one point.
- The coach should write down the score at the end of the drill and that can be used as the target to beat whenever you run the drill in the future.

Variations:

Time - I usually run this drill for three minutes but you can change the length depending on the level and age of your players.

Running Distance - Depending on the amount of players and the amount of space you have, you can vary the distance that players run between these four options:

- a. No running. Join the end of the line after shot.
- b. Run to half court.
- c. Run to opposite free throw line.
- d. Run full court.

Shooting Distance - If you have older players that utilise the three point shot, you can run the Titan Shooting drill from the three point line.

Competition - Instead of setting a target number for your whole squad, you can split the squad into two different teams and run the Titan Shooting drill at opposite ends of the floor against each other.

Coaching Points:

- Players must be showing target hards when preparing to catch and shoot.
- Make sure the players are sprinting at 100%. This is a conditioning shooting drill. Players are tired in the game and so we want them shooting tired in practice.
- Players must call for the ball. There will be a lot of congestion so the passer must know who they're passing to.
- Players must chase down the rebound. Emphasise that the quicker they rebound and get the ball back to the next player, the more shots they'll get as a team.
- The entire team counts out loud whenever a basket is made.

Tough Catch

How the Drill Works:

Players are in partners and shoot 2 sets of 10 shots each. One set from the three-point line and one set from mid-range. Instead of a great pass into the shooting pocket of the shooter, the passer purposely passes out of their shooting pocket but still where the offensive player can catch it before shooting.

Purpose:

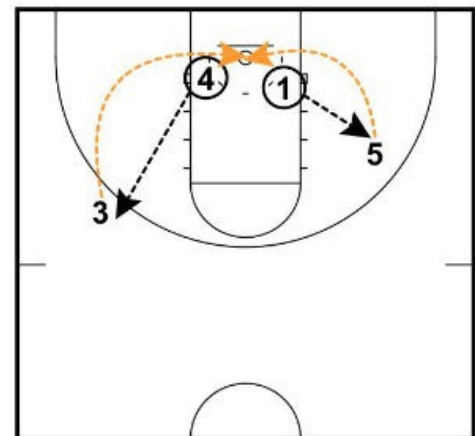
The premise behind this drill is that not all in-game passes are going to be on-target. Players have to learn how to catch out of their comfortable shooting pocket and still go up for a good shot.

Setup:

- Players all find a partner.
- One basketball between the pair.

Instructions:

1. The rebounder starts with the basketball and makes a pass to the shooter outside their shooting pocket.
2. The shooter catches the ball and quickly gets into their comfortable shooting motion.
3. This continues for 10 repetitions before switching over.
4. The drill is complete once players have shot 10 reps from both mid-range and three-point territory.



Variations:

Only Mid-Range Shots - If your team isn't strong enough to make shots from the three-point line, have them shoot both sets from mid-range instead.

One-Dribble Pull-Up - Players don't have to shoot immediately, you can have players make the tough catch and then take one-dribble before shooting.

Coaching Points:

- Explain the importance of this drill and WHY they're practicing it (hint: Not all in-game passes are on target).
- Don't allow players to be silly and throw passes way out of reach of the shooter.
- Encourage players to get their feet under the ball on the catch if the player throws it to their left or right.

Triangle Shooting

How the Drill Works:

Three lines of players with one ball at each line. One on both baselines and one at the top of the key. Players at the front of each baseline shoot, rebound, and then pass clockwise to the next line.

Purpose:

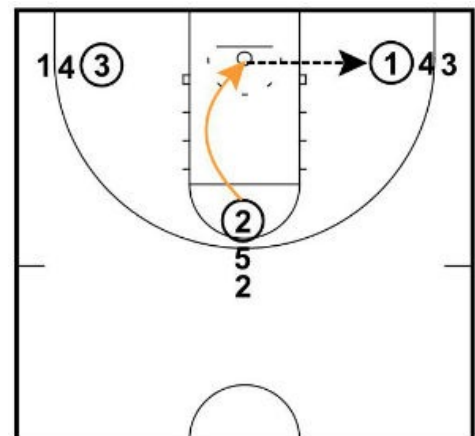
To work on pre-catch preparation and calling for the basketball. A good variation so shooting drills don't all seem the same.

Setup:

- Three lines. One line on each baseline and one line at the top of the key.
- One basketball at the front of each line.

Instructions:

1. All front players shoot to begin the drill and rebound their own shot.
2. After rebounding, instead of passing back to the line they shot from, the players all pass to the next line in a clockwise direction.
3. This continues for the coaches desired amount of time or until a set amount of makes.



Scoring System:

- If using two teams, coach sets desired amount of makes and the first team to reach the target wins.

or

- If you only have one team then use a set time limit. See how many makes the team can achieve in a set amount of time.

Variations:

Competitive - Can split the group up into two teams and use both ends of the court. First team to reach the desired amount of makes wins the game.

Anti-Clockwise - Instead of players passing the basketball clockwise after rebounding, they pass it to the line that's anti-clockwise.

Distance - The drill can be run shooting mid-range shots or three-pointers.

Coaching Points:

- Players must be in shooting stance when they catch the basketball.
- Players should be calling for the ball after every shot so that the rebounder knows where the pass is going. Be loud.
- Make sure players aren't rushing after their shot too quickly and that they're completing the entire shot technique.
- If the team has trouble with three basketballs, consider downgrading to two. Especially with young players.

Two-Ball Shooting

How the Drill Works:

The shooter begins with two basketball's at half-way and dribbles down the court. They then make a 1-handed push pass to a teammate and take a 1-dribble jump shot then immediately receive the pass back for a layup. Rebounder now takes both basketball's and goes to half-way while the shooter now joins the pass receiver line.

Purpose:

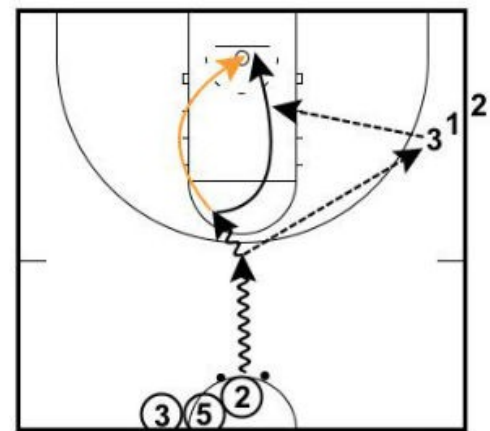
A good drill to work on all aspects of the game. Dribbling, passing, shooting, and layups.

Setup:

- One line of players at half way. Every player in this line has two basketball's.
- One line of players on the wing. No one in this line has a basketball.

Instructions:

1. (2) begins the drill by dribbling both basketballs towards the three-point line.
2. At the three-point line, (2) makes a one-hand push pass to (3) on the wing.
3. (2) then takes a 1-dribble pull up.
4. Immediately after the 1-dribble pull up, (2) cuts hard and receives the pass back from (3) for the layup.
5. (2) and (3) rebound both basketballs and then switch lines.



Variations:

Dribbling - Vary the dribbling aspect of the dribble between dribbling both basketballs simultaneously and alternate dribbling.

Change Passing Side of the Floor - By moving the passing line to the left-hand side of the floor the passer must make the push-pass with their left hand and also shoot going the opposite side of the floor.

Competitive - First player to reach a certain amount of points wins. Pull-up jumper is worth 2 points and a layup is worth 1 point.

Coaching Points:

- Dribbler **MUST** have their head up when dribbling both basketballs.
- The dribbler should stay down in a stance when passing the ball to their teammate and not raise up.
- Must be a hard cut to the ring after shooting the 1-dribble pull-up.
- Hold the follow through after the one-dribble pull-up. Don't rush the shot and go for the layup too quickly.
- Attack the ring hard for the layup.

**FULL-COURT
SHOOTING
DRILLS**

3-Man Fast Break

How the Drill Works:

Players run in groups of 3 down the court. The ball is passed between all three and then the middle player performs a layup while the two outside players receive the basketball for a jump shot. The outside players swap on each trip down the floor while the middle player goes up and back.

Purpose:

A drill that gets players sprinting up and down the floor. Players practice all types of shots and also improve their ability to pass the basketball in transition.

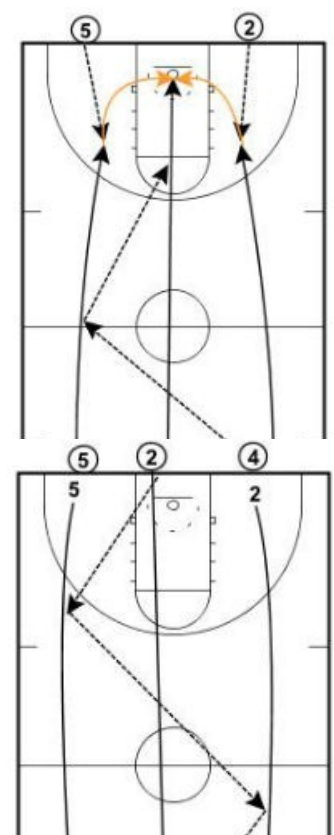
Setup:

- 3 lines of players on one baseline. The middle player has a basketball and the second player in the outside lines has a basketball.
- 2 players with basketballs at the other end of the floor.
- 5 basketballs all up in the drill.
- A minimum of 8 players are required to run this drill.

Instructions:

In this example, outside players shoot a mid-range shot going down the court and a three-point shot on the way back.

1. On the coach's call, the first three players start sprinting down the floor. To make the drill easier to understand, advise players that they must stay in their line at all times.
2. (2) passes to (4), (4) lobs the pass over to (5), and then (5) passes it back to (2) who finishes with a layup.
3. The two outside lines now spot up for a jump shot receiving the pass from (2) and (5) on the baseline who now exchange and become the outside line runners.



4. (5) and (4) take their jump shot, rebound their own shot, and then replace the passers that passed them the basketball.
5. After the layup, (2) must take the ball out of bounds before starting back down the floor.
6. (2) outlets to (5), (5) passes over top to (2), and (2) passes back to the other (2) for another layup.
7. Once again the (2) outside lines receive the pass at the designated spots and the passers become the outside line runners.
8. The middle player is now switched and (3) becomes the new middle player.

Scoring System:

- 1 point for a layup, 2 points for a mid-range shot, 3 points for a three-pointer.
- Decide how long you want the drill to run. I recommend 3 - 5 minutes.
- Run the drill once to teach the drill and set a target amount of makes, and then try and beat your top score each time you run the drill.

Variations:

Shooting Spots - In the above example we shoot mid-range and three-point shots. You can vary these to layups, both mid-range shots, both three-point shots, anything you like.

Coaching Points:

- Players must be running at 100% up and down the court. Short, sharp bursts.
- Passes must be on time and on target. Shooters must be showing target hands and calling for the basketball also.
- Whether a player chooses to use a hop or a 1-2, they must be getting their footwork ready prior to receiving the ball so they can get the shot off quickly.
- Make sure everyone has a go at running the middle, don't just leave it to the guards.
- Players must hustle after the rebound and get back to position ready to make the pass to the next set of shooters.

- After receiving the ball on the run, make sure players aren't off-balance when they're shooting. We don't want players falling forward on their shot.

4-Man Fatigue

How the Drills Works:

Players get in groups of 4 players. There will be two shooters and two rebounders/passers. Shooters start at the half-court and run in to receive a pass and shot. Both shooters then switch sides and sprint to the other end of the floor to receive a pass and shot from the other rebounder/passers. The shooters continue swapping ends for a certain amount of time and then they swap over.

Purpose:

A great drill to practice shooting while fatigued and after sprinting up and down the court.

Setup:

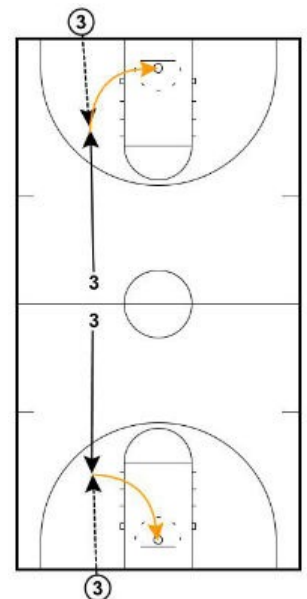
- Players all get in groups of 4.
- Groups choose 2 shooters and 2 rebounders/passers to begin the drill.
- All passers have a basketball.
- All shooters at half-court.
- No more than 3 groups of 4 on a court at once.
- Stopwatch to keep track of the time.

Instructions:

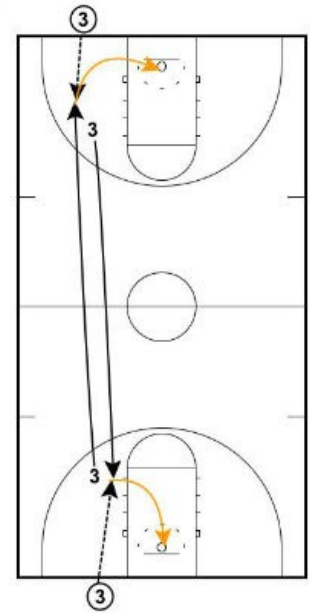
1. Shooting Spots:

- 1 minute mid-range shots.
- 1 minute three-point shots.
- 1 minutes 1-dribble pull-up shots.

2. On the coach's call, shooters at the half-way line run down to one of their partners and receive the ball for the catch and shoot.



3. After shooting they immediately turn and run down to the other end of the court, passing by their shooting teammate, and receive the basketball off the other passer for the shot.
4. This process continues for one minute before the coach calls out 'change!'
5. Players quickly swap over so that shooters become passers/rebounders and passers/rebounders become shooters.
6. Pairs continue to change until both pairs have shot 3 times each and the total for the drill is 6 minutes.



Variations:

Shooting Spots - In the example outline above we have players do 1 minute of mid-range shots, 1 minute of three-point shots, and 1 minutes of 1-dribble pull-up shots. Feel free to vary these in any way you want.

Number of Players - If you find you have an odd number you can make a group or two of 3 players and then run the 'Fatigue Shooting Drill - Page ***' at the same time.

Coaching Points:

- Make sure players are **SPRINTING** each time up and down the court. We want them fatigued when shooting!
- Watch the footwork and make sure no one is travelling. Players sometimes find it hard to go from a sprint to a catch-and-shoot.
- Players should have target hands up and be in stance when receiving the basketball.
- Passes must be on-time and on-target. No lazy passing.

Fast Break Attack

How the Drill Works:

Using both ends of the court, players attack the chair at the top of the key at full speed and perform a dribble move to score. After the score they dribble in and out of the cones on the other side of the floor before joining the other line in the middle of the court.

Purpose:

To practice dribble moves into a variety of shots going at full speed. Also a great drill for working on dribbling skills.

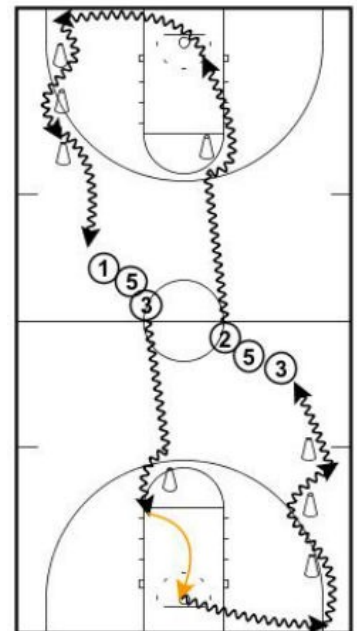
Setup:

- Two lines of players at the middle of the court facing different directions on opposite sides of the circle.
- Every player has a basketball.
- A chair near the top of the key on both ends of the court.
- Optional: Cones set up on either side of the court for players to practice extra dribbling on the way back to the line (as diagrammed).

Instructions:

1. Different Shots to use:

- Hesitation dribble into a layup or floater.
- Hesitation dribble into a jump shot going either direction.
- In-and-out dribble into a layup or floater.
- In-and-out dribble into a jump shot going either direction.
- Between-the-legs dribble into jump shot.
- Behind-the-back into a layup.
- Spin dribble into a floater.
- etc.



2. First you must explain which moves the players will be using at the chair/cones and make sure that every player knows how to correctly perform the move.
3. Once everyone knows how to perform the moves, the first player in each line attacks the cone at the top of the key, performs the dribble move and finishes with the shot.
4. As soon as the first player has shot the basketball the next player in each line starts attacking the cone.
5. After shooting, each player rebounds their own shot and dribbles to the baseline corner towards the cones.
6. They then perform the required dribbling moves around the cones before joining the end of the other line.
7. This continues for 3 - 5 minutes.

Variations:

No Extra Dribbling - You can skip the dribbling on the side of the court if all you want to focus on is shots. Players rebound their own shot and join the next line without extra dribbling work.

Different Shots/Dribble Moves - Make sure you change up which dribble move and shot type the players are working on. Be creative.

Competitive - Get each player to count their made shots. First to reach a certain amount is the winner.

Cone Position - Instead of placing the cone in the middle of the floor you can place it on the wing instead.

Coaching Points:

- Players must **ATTACK** the cone from the half-way line. They won't improve if they're only dribbling half-hearted.
- Watch each players' footwork on the dribble moves and make sure they're doing it correctly.
- On pull up shots, make sure players aren't falling forward and off-balance.
- Players must keep their heads up at all times throughout the dribbling part of the drill.

Fast Break Jump Shots

How the Drill Works:

Players all have a basketball and line up in two lines facing opposite directions at half way. Each player takes it in turns of attacking hard off the dribble and making a variety of shots from around the free-throw line. Players rebound their own shot and return to the end of the next line.

Purpose:

Teaches players how to balance themselves when going into a shot at full speed. This requires great footwork and body control.

Setup:

- Players all line up in two even lines at half way.
- Each player has their own basketball.
- A cone or coach depending on the shots your players will take.

Instructions:

1. **Different shots:**
 - Straight line dribble into pull-up.
 - Make a move at the cone and pull-up.
 - Hesitation pull-up into layup or floater.
 - Pass to coach and receive back for jump shot.
2. The first player in each line attacks hard and pulls up at the free-throw line for a jump shot.
3. As soon as they shoot, the next player in each line can start.
4. After shooting, each player rebounds their own shot and joins the end of the next line.
5. The drill is run for between 2 - 4 minutes.



Variations:

Different Shots - Don't stick to the same shot. Use all four types that are listed in the setup section of this drill.

Competitive - To make the game more competitive have the players count their own number of made shots and the first to reach a target amount of makes wins.

Coaching Points:

- Players should be going straight up on their pull-up. Make sure players aren't leaning forward and off-balance.
- Players must attack at game-speed from mid-court.
- Make sure players aren't travelling before they raise up for the shot.

Fatigue Shooting

How the Drill Works:

Players are in groups of 3 or 4. The drill involves each player passing the ball to a shooter, sprinting the floor, receiving a pass for the shot, and then rebounding their own shot to pass to the next person.

Purpose:

A fast-paced drill that allows athletes to practice shooting while fatigued. Great drill to improve conditioning in all players.

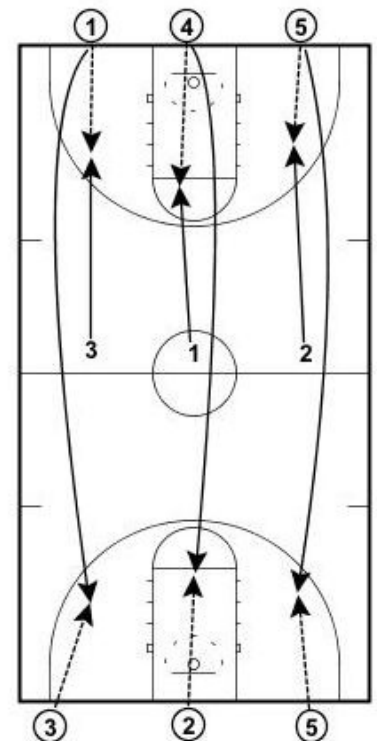
Setup:

- Players must be in groups of 3 or 4.
- In groups of 3 - A player on each baseline and a player in the middle of the court.
- If groups of 4 - An extra player behind one of the players on the baseline.
- Both players on the baseline have a basketball.
- Maximum of 3 groups on one court.

Instructions:

Instructions based on the drill being run with three groups of three players on a court.

1. The three players in the middle of the court all sprint the same direction towards their partner. They receive the ball in shooting stance from the distance designated by the coach and take a shot.
2. After the shot, the shooter rebounds their own ball and dribbles the ball out of bounds and waits to pass to the next player in their group.



3. The player who passes the ball to the shooter immediately sprints down the other end of the court after passing and now becomes the next shooter.
4. They will receive the pass off the player in their group at the other end of the court who will then sprint towards the original end to receive the pass from the first shooter.
5. This cycle continues for 1 - 3 minutes before switching to a different type of shot.

Scoring System:

1. **Score as groups** - The groups keep their own score and are playing against each other.
2. **Score as a team** - All groups on the court count their score together and try to beat a targeted number. This requires the use of at least one coach down each end of the court to keep track of the amount of makes.

Variations:

Everyone has a basketball - This means that players will be full court speed dribbling into a shot instead of receiving a pass. The change over occurs when the player has taken a shot and got their rebound. Then the next player sprints down the other end.

Type of shot - You can run this drill using any of the following shots:

- Layups/Floater
- Mid-range
- 3-pointers
- 1 dribble pull-up.
- 2 dribble pull-up.

Coaching Points:

- Players must sprint to each end of the court.
- Everyone should be down in stance when receiving the basketball to shoot.
- Passes must be flat and on target!
- Remind them that their team is relying on them to work hard!

Full Court Continuous

How the Drill Works:

Players continuously jog around the court in a large team circle while performing layups or small jump shots off the block.

Purpose:

A great warm up drill to get the players legs moving while still shooting and dribbling a basketball. A much better alternative than the players running outside or around the court with no basketball.

Setup:

- Every player needs a basketball.
- One single line on the baseline or at half court to begin the drill.

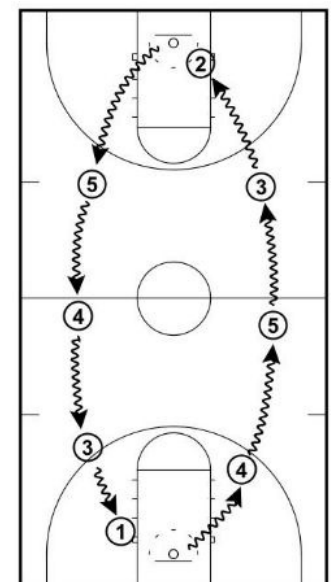
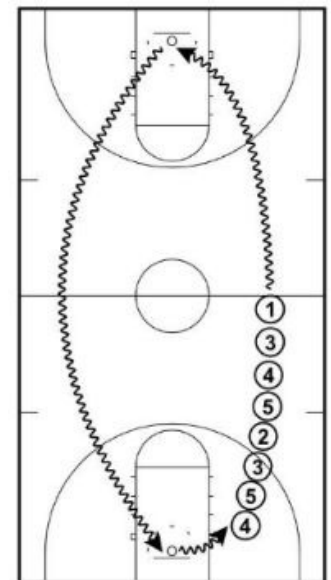
Instructions:

1. When the coach says to start all players begin taking off from the start line trying to space themselves out a reasonable distance apart depending on how many players you have.
2. Players continually do full court layups or jump shots off the block for the amount of time set by the coach. Usually between 2 - 4 minutes.

Variations:

Jump Shots - Instead of layups players can pull up from the block for a small bank shot. I wouldn't shoot much further out or it will result in players chasing basketball's everywhere and mess up the drill.

Change Directions - Half way through the drill change the direction so that players are practicing dribbling and performing layups with their opposite hand.



Competitive - Get each player to count the amount of missed layup they shoot and have a consequence for each miss. This puts pressure on every shot.

Pass and Receive Back - Put a coach on the high post and have players pass the coach the basketball before spotting up and receiving the ball back for a shot.

Coaching Points:

- Players should have their heads up at all times when dribbling the basketball.
- Players should not overtake each other.
- Start the drill off slow but gradually get the players moving faster and faster.
- Correct footwork on all shots is crucial.
- If using the coach, target hands should be up to receive the basketball.

Mac Transition

How the Drill Works:

Two opposite players on the extended elbow will dribble down court and make a pass to a wing player who passes back for a layup. The passer then spots up for 3 and the player that makes the layup passes to the wing player and joins their line. The wing player takes the three-point shot, rebounds the basketball, and outlets to the opposite wing who repeats the process.

Purpose:

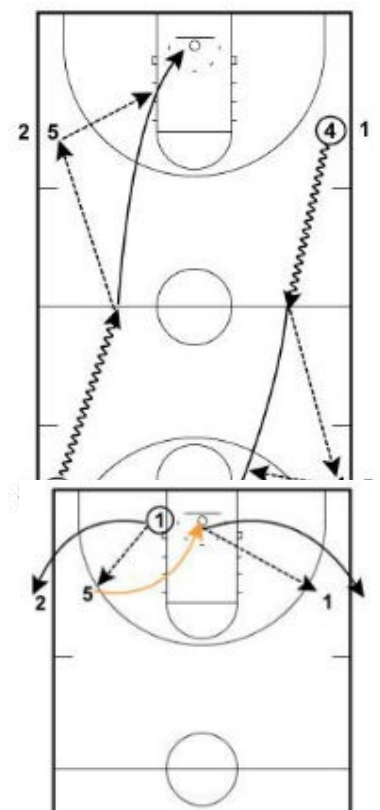
A fast paced full court drill that works on two of the most important shots in basketball: layups and three-point shots.

Setup:

- You will need at least 8 players to run this drill successfully.
- 4 groups. One on each free-throw line extended on both sides of the court.
- Two basketballs on diagonally opposite sides of the court.

Instructions:

1. Diagonally opposite wings start with the ball. On the coach's call, both dribble hard to half court and then make a pass to the wing player on their side of the floor who has stepped in court.
2. The dribblers runs hard after passing and receives the pass back from the wing player for a layup without having to dribble the basketball.
3. The wing player then spots up at the three-point line and the player that performed the layup quickly rebounds their own shot and passes it out to the wing player before joining their line.
4. The wing players takes the three-point shot, rebounds the



basketball, and outlets to the opposite side of the floor.

5. This process continues for the desired amount of time. Usually between 2 - 4 minutes.

Scoring System:

- The team receives 1 point for a layup and 2 or 3 points for the three-point shot.
- Determine your goal amount of points by running the drill once and continually trying to beat your previous score.

Variations:

Both Directions - Make sure you're running the drill both clockwise and anticlockwise.

Add a Dribbling Move - You can add a dribbling move just before half-court. I choose not to because I like the high pace of the drill with players going full-speed!

Mid-Range Shot - If your players can't yet shoot from three-point range, the wing player can spot up at mid-range instead or even perform a simple layup or floater.

Coaching Points:

- The dribbler must SPRINT down the court.
- Passes must be on target and players must show target hands. It's a skill to pass to a player on the run and pass while on the run.
- The player spotting up must be down in stance and ready to catch and shoot.
- The dribbler that receives the outlet pass should be looking to throw the down-court pass to the wing as soon as possible.
- Make sure the players slow down and are balanced on the layup. Long steps.

Push the Break

How the Drill Works:

Players start in pairs with one basketball. The first player throws the basketball off the backboard to themselves and then outlets to their partner on the wing. The wing player dribbles back inside as the outlet passer runs hard down the court. Depending on which shot the coach wants players to take, the dribbler passes to outside to the shooter who takes the shot. They switch roles on the way back down the court.

Purpose:

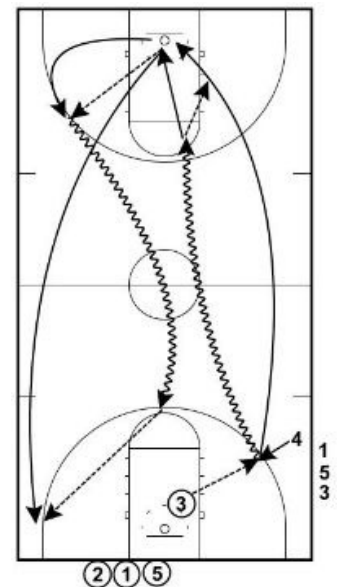
A conditioning drill that works on catching and shooting after sprinting the floor. Being on balance is the key to making these shots and players must learn how to decelerate and balance themselves.

Setup:

- Everyone finds a partner.
- One basketball between two.
- One of the partners on the baseline and one partner on the wing.

Instructions:

1. Different Shots to use:
 - Layup
 - Block
 - Wing
 - Short Corner
 - 3 Point Shot
2. (3) passes the basketball off the backboard to initiate the drill and then outlets to (4).
3. (4) leads the fast break by dribbling down the middle of the floor as (3) sprints down the outside of the court to get in front for a layup.



4. (4) passes to (3) at the right time so that (3) can perform a layup without dribbling.
5. The shooter (3) always continues on after shooting and gets in position for the outlet pass as the passer (4) rebounds the basketball.
6. (4) rebounds and outlets to (3) and they switch roles. (3) sprints down the middle of the floor and (4) sprints down the wing getting in position for a three-point shot from the corner.
7. At the right time, (3) passes to (4) who takes the shot.
8. The next pair should begin as the pair in front of them passes half court on their first trip down the floor.

Variations:

Different Lanes - Instead of the passer dribbling down the middle of the floor they can dribble down the sideline and pass the ball back to the shooter running down the middle of the floor.

Opposite Side of the Floor - Perform the drill from the other side of the floor so that the players have to dribble and make a layup with their left hand.

Odd Number of Players - If you have an odd number of players instead of using pairs just tell the players to rotate through being a passer or a shooter.

Coaching Points:

- When players throw the basketball off the backboard they should keep the basketball high to outlet the ball so that guards don't poke it away.
- Players will be sprinting up and down the floor so make sure they're on balance when they take their shot.
- Players must be running hard on each possession.
- Hitting targets with passes is incredibly important. Don't allow players to throw lazy passes to their teammates.

Shooting Relay

How the Drills Works:

Start with 3 or 4 groups of players on the baseline with one basketball at the front of each group. It's a relay race but each player must make a shot from a certain area of the court. To keep it simple, for the first race everyone might have to make a shot from inside the key and then return the ball back to the line.

Purpose:

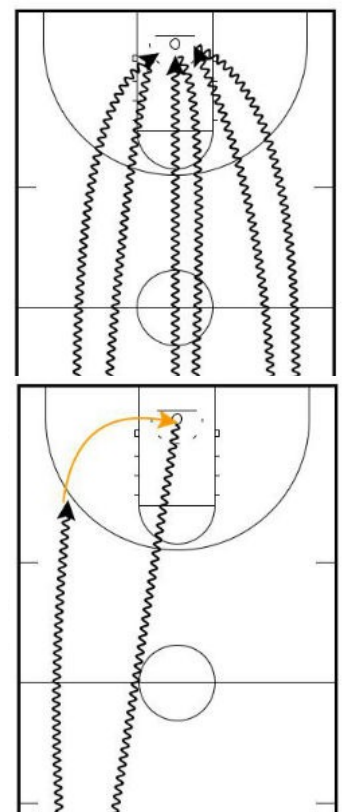
Players love races. A fun variation for a shooting drill that gives all teams a chance to win. Also works on dribbling.

Setup:

- Split your team up into 3 or 4 groups on the baseline.
- Each group has one basketball.

Instructions:

1. Shooting Areas
 - Shot inside the key
 - Shot outside the key
 - Three-point shot
2. Tell the players where they'll be shooting from. Either inside the key, outside the key, or a three-point shot.
3. On the coach's call, the first player in the line sprints down the court and makes a shot from the designated area.
4. If they miss, they rebound their shot and shoot again until they make it.
5. After the made shot the player immediately rebounds their shot, dribbles back down the court, and passes it to the next player in their line.



6. A team wins once all of their players have made the shot and returned back to the group.

Variations:

Two Shots - Instead of just making one shot at the other end of the court, players must dribble back and make a second shot on the closest ring before returning the basketball to their team.

Dribble Opposite Hand - Players can only dribble with their opposite hand at all times.

3 Shot Maximum - If a player doesn't make the shot on their third attempt, they're allowed to skip it and dribble back down to the group.

Coaching Points:

- Your entire team must be capable of making the shot. Don't ask them to shoot three-point shots if you know there's 2 or 3 kids that won't make it and will be humiliated.
- Don't allow players to pass it to the next person in line when they're at half court. They must dribble all the way and hand the ball to them.
- Watch out for players travelling with the basketball.
- Players should attempt to dribble down the court in the fewest number of dribbles possible.
- Players should keep their heads up at all times.

Speed Shooting

How the Drill Works:

Three groups line up along the baseline. The first player in the group sprints the floor with the ball, pulls up for a shot, rebounds, then sprints back down the other end and shoots, rebounds, and passes to the next player in line.

Purpose:

This drill makes sure the players are fatigued when shooting the basketball and works on players learning to decelerate and be on balance when shooting the ball.

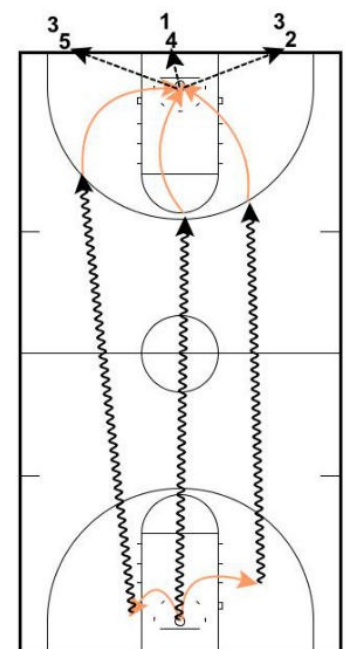
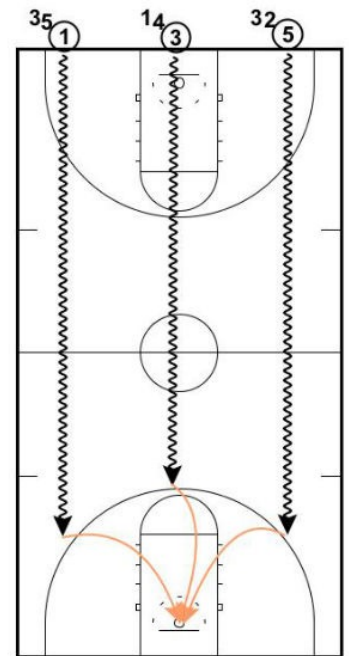
Setup:

- Split the team up into no more than 4 groups (3 works best).
- Best run with 3 or 4 players in each group.
- Each group has one basketball.
- Spread the groups out evenly along the baseline.

Instructions:

Players will either shoot a three-point shot or a mid-range shot.

1. On the coaches call, the first player with the ball sprints to the other end of the court with the basketball before pulling up from either behind the three-point line or from mid-range.
2. Upon shooting, the player rebounds their own shot and sprints to the other end before pulling up and shooting again.
3. They then rebound their own shot and pass it to the next person in line. The next person cannot move from the start until they receive the basketball.
4. The next player repeats.



Scoring System:

- Group Scoring - Each group keep their own score for a certain amount of time.
- or
- Total Scoring - First team to reach a certain amount of makes wins.

Variations:

Shooting Distance - If you have a weaker shooting team you can have them pull-up from mid-range instead of the three-point line.

Number of Groups - Groups should contain no more than 4 players and there should be no more than 4 groups at one time.

Coaching Points:

- Players must be on-balance when shooting.
- Make sure players aren't so occupied with following their shot that they don't shoot the ball with the correct form.
- Only follow your shot once you've completed the full shooting motion.
- Players should be **SPRINTING** up and down the court with the ball.
- Make sure players aren't travelling while decelerating from a sprint to shooting the basketball.
- Players must keep their head up when dribbling or there will be collisions.

Tennessee

How the Drill Works:

The ball starts under the basket. On every trip down the floor there will be two passes and a layup. The first two passers must switch sides of the floor and then take a jump shot from either the high post or three-point line receiving the ball from the players on the sideline. The player that performs the layup then initiates the next trip down the floor with the two players that passed the ball to the shooters.

Purpose:

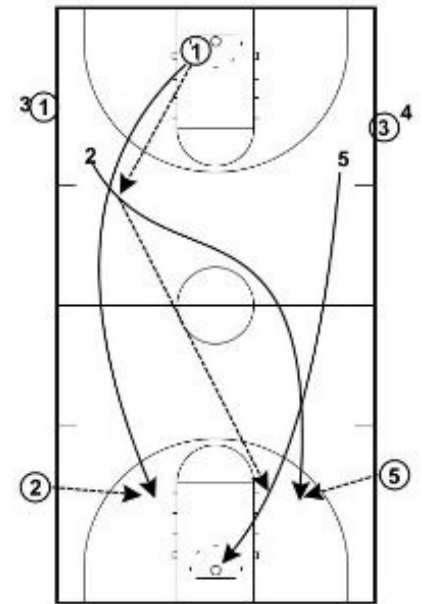
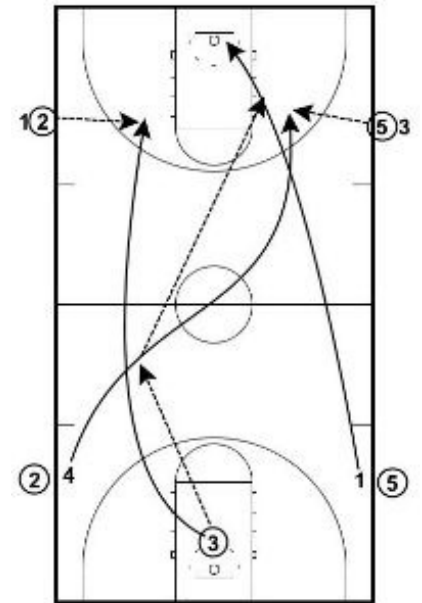
A great drill for players to practice passing the ball ahead of them to a teammate running at full speed. It involves lots of shots at game speed and is great for basketball conditioning since the players must use quick bursts to sprint up and down the floor.

Setup:

- You need about 10 players or more for this drill.
- Five basketballs.
- Set up by placing one player below the ring at one end of the court, and two people out of court on both sides of each free-throw line extended. Refer to the diagram.
- The first person underneath the ring will need a basketball.
- The second players in the two lines closest to the player under the ring will need a ball. (This is because the person starting under the ring passes to the players at the front of these lines).
- And the first player at the start of each line at the other end of the court will need a ball.

Instructions:

1. The drill starts by (3) making an outlet pass to the first person in either line. For diagram purposes (3) passes to (4).
2. (1) seeing this understands he will be performing the layup sprints the floor and receives the pass from (4) for the layup.
3. After passing, players go to the side they passed the basketball to receive the pass for the jump shot. In this case, (3) receives the pass from (2) and (4) receives the pass from (5).
4. (3) and (4) both take a jump shot from the designated area, collect their rebounds, and pass to the person at the front of their line.
5. After completing the layup, (1) rebounds their own shot and now can outlet to either of the players that passed the basketball to the shooters.
6. (1) outlet passes to (2) who then passes to (5) sprinting down the floor for the layup.
7. (1) and (2) both sprint to the side they passed to and receive the pass for a jump shot.
8. (5) now rebounds their own shot and starts the sequence again as (1) and (2) collect their rebounds and pass to the players at the front of each line.
9. The drill continues like this for between 2 - 4 minutes.

**Scoring System:**

- 1 point per made shot. Either by the person performing a layup or the two shooters making a shot from the elbow. A maximum of three points can be obtained at each end of the floor.
- Run this drill without a set goal for your first time and take note of how many points the team scores in total. Then you can get a good idea of where they're up to and set a goal for next time accordingly.

Variations:

Passing Line Change - Instead of the passing lines beginning on the extended free-throw line on each side of the court, each can start on the closest baseline between the middle and the side of the court.

Coaching Points:

- Every players should be sprinting up and down the court. Players can rest when they're waiting on the sidelines.
- The shooters should be low when receiving the pass and be showing target hands.
- There should be lots of communication on each pass.
- For every missed layup, consider getting the team to run and up-and-back at the conclusion of the drill.

**SCREEN
SHOOTING
DRILLS**

Ball Outs

How the Drill Works:

All players have a basketball and start in two lines on the baseline. There are two coaches at the top of the key. Taking it in turns, players pass the ball to their coach, perform a cut, receive the ball for a shot, and then rebound their own ball and join the end of the other line.

Purpose:

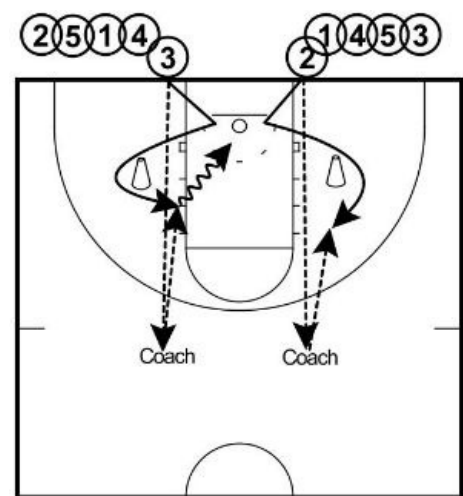
Allows players to practice different types of cuts while getting up lots of shot repetitions.

Setup:

- Two even lines of players on the baseline.
- Two coaches at the top of the key in front of the lines of players.
- Every player has a basketball.
- Optional - Two chairs to use as screens.

Instructions:

1. Different Cuts:
 - Curl cut
 - Straight cut
 - Flair cut
 - Backdoor cut
2. When ready, the first player in the line passes the basketball to the coach and then takes a few steps towards the basket to set up their cut.
3. They then explode out from under the rim and make one of the cuts chosen by the coach.
4. The coach will pass them the basketball and then they'll take the shot.
5. Make or miss, players rebound their own basketball and then join the other line.



Variations:

Player passes - Passing to a cutter on time and on target is a skill. Consider rotating the passers instead of using coaches so player can practice this.

Different Cuts - Make sure the players are practicing all different cuts and not just sticking to the couple that they find the easiest.

Coaching Points:

- Players must be taking a few steps under the basket to set themselves up before exploding to receive the basketball.
- Make sure players have target hands showing.
- If players don't call for the basketball, don't throw it to them.
- Focus on each individuals footwork. If players travel in practice they'll travel in a game.

Ball-Screen Basics

How the Drill Works:

One line of shooters and one line of screeners. Set a normal screen at the top of the key and then make a variety of shots out of the pick and roll. Coach has a basketball to pass to the other player for the shot.

Purpose:

A simple drill that allows players to learn the basics and variations of the pick and roll. Both players involved in the pick and roll get to shoot so there are lots of repetitions.

Setup:

- One line of players on the wing. One line of players at the top of the key.
- 3 basketballs. One with the coach and two on the line at the top of the key.

Instructions:

Instructions will differ depending on the variation of the drill.

1. When everything is set up and the coach has a basketball, the first player from the screening line runs to set a screen for the dribbler.
2. The dribbler uses the screen and dribbles to the elbow for a jump shot.
3. The screener flares to the three-point line to receive a pass from the coach for the jump shot.
4. Both rebound their own shot. The dribbling line player passes their ball to the coach and joins the end of the screening line, the screener rebounds and joins the end of the dribbling line.



Variations:

Dribbler to Screener Pass - Instead of taking the jump shot from the elbow, the dribbler passes to the screener for a layup and then receives the second basketball from the coach for a jump shot.

Dribbler Denies Screen - The dribbler can deny the screen pretending their defender cheated underneath the screen and step back for the jump shot. This means the screener immediately rolls to the ring and receives the pass from the coach for the layup.

Coaching Points:

- The screener should sprint to set the screen. Don't allow the screener to jog over to set the screen. Create separation.
- The dribbler must set the screen up by faking before using the screen and then exploding passing shoulder to shoulder with the screener.
- The screener must practice holding the screen long enough and not rolling too early.
- The screen must be set on the right angle so that the dribbler will be going towards the ring.

Ball-Screen Practice

How the Drill Works:

Puts the dribbler in an advantageous position because there's no help by the screener's defender. The dribbler makes a read and should get an open look most of the time. Then the screener pops out and receives a second ball from a coach for a jump shot.

Purpose:

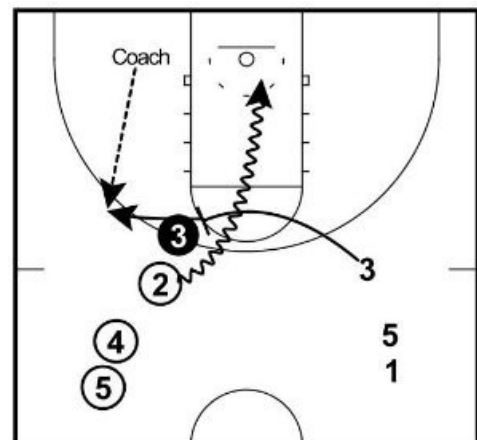
By giving the dribbler a large advantage they are able to learn the basics of how to use a screen with a high success rate. Also the screener works on popping out for a jump shot.

Setup:

- Two lines: A dribbling line (with a basketball) and a screening line.
- One on-ball defender.
- One coach with a basketball.

Instructions:

1. The on-ball defender begins the drill by playing defense on the players dribbling the basketball.
2. The screener sprints over from their line and sets an on-ball screen.
3. The dribbler uses the screen and makes a read on whether they should attack the basket, pull up for a jump shot, step back for a shot, or not use the screen at all. They shoot the basketball.
4. Once the screener has set the screen they pop out to receive a second basketball from the coach and shoot a jump shot.
5. The dribbler becomes the defender, the defender joins the end of the screening line, and the screener joins the end of the dribbling line.



Variations:

Another Defender - You can progress to add the screeners defender and then play two on two. This means the coach won't pass the ball to the screener for the outside shot.

Screen Other Direction - Make sure your players practice coming off the screen with both their left and right hand.

Coaching Points:

- The screen must be set on the proper angle that doesn't allow the defender to easily slip under the screen.
- The dribbler must explode shoulder to shoulder with the player setting the screen so that they can't easily get through.
- The screener must hold the screen until the dribbler has used it. Don't allow them to pop out too early.
- The dribbler also can't use the screen too early or it will be an offensive foul. They must wait until the screen is set.

Dribbler Screen Shooting

How the Drill Works:

Three lines of players behind 3 sets of cones and chairs. Players weave in and out of the cones before setting themselves up to use the chair as a screen which they come off for a jump stop. Players collect their own rebound and then join the next line.

Purpose:

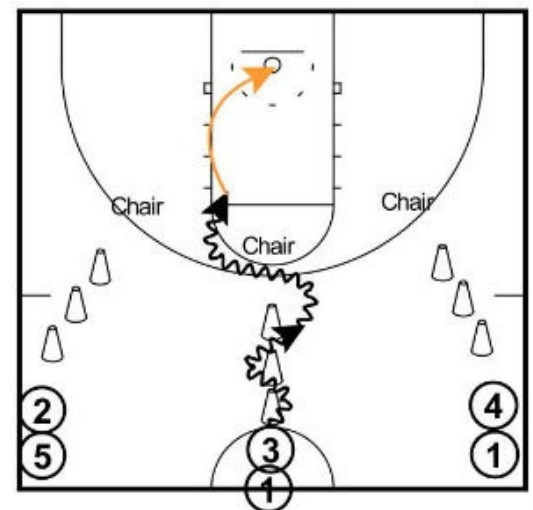
Teaches players how to change speed coming off a screen before pulling up quickly for a jump shot.

Setup:

- Set up 3 sets of 3 cones for players to weave in and out of and a chair that players will use as the screen.
- Every player has a basketball.
- Tell the players if they're rotating to the left or right after each shot.

Instructions:

1. First, tell the players which side to dribble past the first cone. If you choose the left, all players will end up shooting on the right side of the screen which allows good spacing.
2. The first player in each line begins the drill by weaving in and out of the cones with their heads up.
3. These players then set themselves up to use the screen and then make sure to change speed and explode while keeping close to the chair.
4. Take one or two dribbles off the screen and then pull up for a quick jump shot.
5. Players rebound their own shot and then rotate by joining the end of the next line.



6. After the player in front of you has shot the basketball coming off the screen, the next person begins dribbling through the cones.

Variations:

Competitive - Teams - Instead of rotating groups, players stay on the same line on a team. The teams compete against each other to see who can make the most amount of shots.

Competitive - Individuals - The coach sets a target amount of makes and the first players to reach that number wins.

No Dribbling Cones - If you just want players to work on the ball screen action then you can take the dribbling out of the drill.

Coaching Points:

- Players must keep their heads up during the dribbling phase of the drill.
- Explode off the screen using one or two dribbles. Don't allow players to go half-hearted because that won't work in a game.
- Make sure to swap which sides players are coming off the screen half way through the drill so that they practice using both hands.
- Players must be balanced when rising up for the shot.

Flare Screen Shooting

How the Drill Works:

Players dribble down the court from half way before passing to across court to a team-mate. After the pass they flare cut off a screen set by another team-mate and receive the ball for the catch and shoot. The shooter becomes the next screener, and the screener rebounds the basketball and joins the end of the group.

Purpose:

For players to learn how to use a flare cut. Also works on catching and shooting on balance and on court awareness.

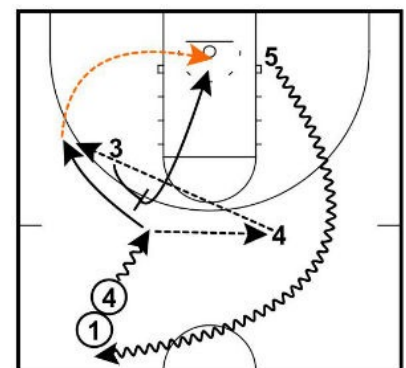
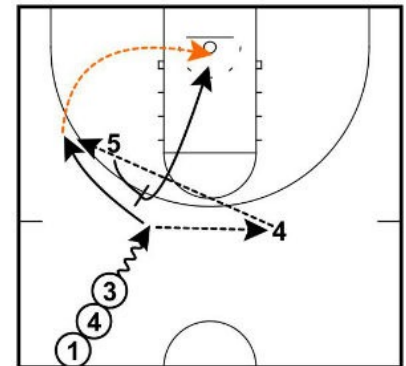
Setup:

- One player to make the skip pass at the top of the key.
- One player to set the flare screen inside the three-point line.
- All other players have a basketball and are lined up near the half-way line.

Instructions:

1. The first player (3) takes a few dribbles and as they near the three-point line, make a one-handed pass with the outside hand to the player at the top of the key (4).
2. After passing, (3) receives a flare screen from (5) and makes a flare cut to the wing.
3. (4) makes a skip pass to (3) who catches and shoots.
4. (5) cuts to the ring after setting the screen, rebounds the basketball, and returns to the end of the line.
5. The shooter (3) sets the next flare screen.
6. The drill is run for 3 - 5 minutes on each side of the court.

Variations:



Rebound and Score - If you're adding competition to this drill, the player that sets the flare screen and dives to the hoop may attempt to score the ball after a miss if they catch it without the basketball hitting the floor.

Opposite Side of Court - Make sure that you're running this drill on both sides of the court. This means players must practice passing with their left hand and practice to catch and shoot in a different way.

Coaching Points:

- If possible, have a coach play dummy defense on the ball-handler so that the screener has someone they can screen.
- It's important that players have the court awareness to flare behind the three-point line (if that's the distance you're running the drill from).
- Change the player that's making the skip pass often.
- The skip pass should be an over-head pass and be hard and on-target.
- Players must catch and go straight into their shot on balance.

Hand-Off Shooting

How the Drill Works:

Players at the top of the key dribble down and perform a handoff with a wing player cutting to the top of the key who then takes the shot or drives for the layup.

Purpose:

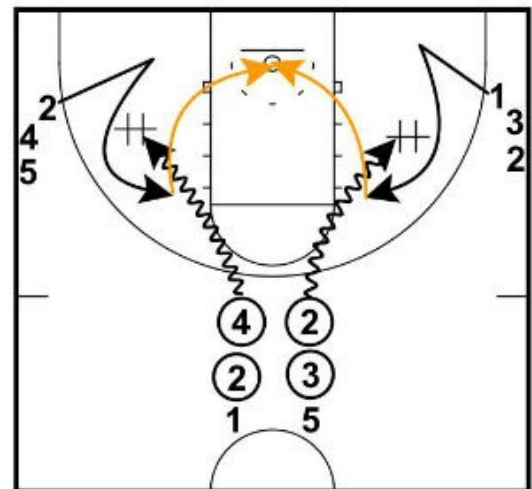
To work on shooting off hand-offs and performing them as they can be tricky for players to master unless drilled often.

Setup:

- Two lines at the top of the key. Both have two basketballs in each line.
- One line of players on the lower end of each wing.

Instructions:

1. The first players from the top of the key dribble down to the wing on their respective sides. At the same time, the wing player should be making cut towards the baseline.
2. Making sure to change speeds, the wing player explodes up towards the wing and receives the hand-off and performs a certain shot.
3. The person that hands off the basketball joins the end of the wing line.
4. The shooter rebounds their basketball and then joins the line at the top of the key on the opposite side from the one they shot from.
5. The drill is run for about 5 minutes.



Variations:

Shooter - Step back and shoot without dribbling, one-dribble pull up from the elbow, two dribble attack the rim for a layup, drive baseline as if the defender cheated under the screen.

Competitive - If you want to add a bit of competition to the drill, set a target amount of makes for the team to reach within a certain time limit.

Distance of Hand-Off - You can run this drill with the players performing the hand-off at the three-point line, mid-range, or even closer for younger players.

Coaching Points:

- The player from the top of the key handing off the basketball should have their hands on the top and bottom of the basketball.
- The player handing off the basketball should turn their body to protect the ball and will also serve as a screen for the receivers defender.
- Be sure to keep an eye on the footwork of all players while first learning the hand-off. It can be tough for players to master without travelling.
- The player receiving the hand-off should take large steps to separate themselves from the hand-off player and their defender.

Off-Ball Screen Shooting

How the Drill Works:

Players will start at the top of the key and start the drill by cutting down the lane until they're under the basket. From here they will cut off one of the screens and receive a pass from the next player in line before taking a shot. They then rebound their shot and return to the line at the top of the key.

Purpose:

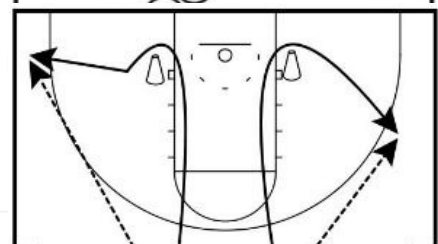
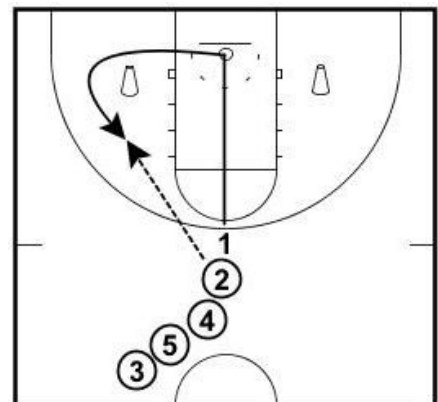
This drill will teach your players how to use different cuts off an off-ball screen and to practice scoring off those cuts.

Setup:

- Two chairs or cones to act as the screen on both sides of the floor.
- All players lined up at the top of the key.
- Everyone has a basketball except the person at the front of the line.

Instructions:

1. The 4 main cuts off the screen are:
 - Flare cut
 - Straight cut
 - Curl cut
 - Backdoor cut
2. Instruct the players which cut they should be using off the screen. You can run 1-2 minutes of each cut or let them choose themselves.
3. To start the drill the first player cuts directly underneath the basket before changing pace and



exploding out to use one of the screens. The next person in line passes to the shooter coming off the screen.

4. After the shot the player that passed the ball then becomes the cutter and uses the screen on the other side of the floor before receiving a pass from the next player in line.
5. This process continues for about 5 minutes making sure to regularly change the type of shot the players are taking.

Variations:

Two Lines - If you have a lot of players, instead of running one line in the middle of the floor you can create two lines at the top of the key. This means each group sticks to their own side of the floor and runs off the same screen every time.

Different Cuts - Make sure you're varying the shots between the four different cuts listed at the start of the instructions section.

Competitive - If you want to make it competitive you can make it a game by setting a target number of makes and the first player to reach that number wins.

Coaching Points:

- There should be a clear change of pace between the player running to underneath the basket and coming off the screen. Make sure they're exploding out at game pace!
- Explain the different types of cuts and the correct footwork to use before running the drill.
- The pass is very important to a shooter coming off a screen. Make sure your players are paying attention and not throwing sloppy passes thinking it doesn't matter.
- The shooter should be showing target hands and calling for the ball as they come off the screen.

Screen Away

How the Drill Works:

The drill begins with 1 player on each wing and a line of players at the top of the key. The middle group screens away to either side and the wing player cuts off the screen for a variety of scores. The screener is now the next shooter on that wing and the shooter rebounds and joins the middle line. This continues using both sides of the court.

Purpose:

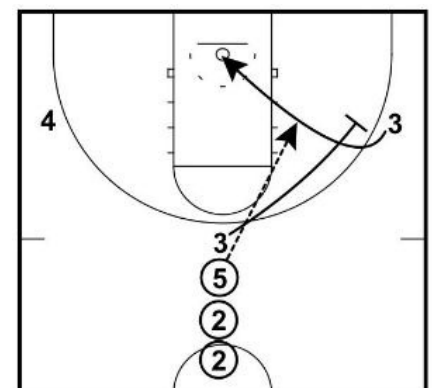
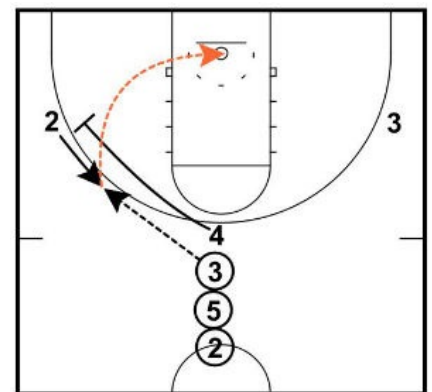
This drill teaches players how to use off-ball screens.

Setup:

- 1 line of players at the top of they key.
- One player on each wing.
- Three basketballs.

Instructions:

1. Shots off the screen:
 - Step out for jump shot
 - Flare to the corner
 - Curl hard to the ring
 - Backdoor cut
2. The person in front of the middle line (4) starts without a basketball and screens away to either wing.
3. The wing player that is screened (2) cuts hard off the screen and receives a pass from the next player in line at the top of the key (3).
4. After screening, (4) becomes the next wing player on the side of the court.



5. (2) takes the shot, rebounds their own basketball, and joins the end of the middle line at the top of the key.
6. Immediately after passing to (2), (3) screens away for the other (3) and the process repeats.

Scoring System:

- The team must make a certain amount of each shot before moving on to the next shot. Eg. 20 step out, 20 flares, 20 curls, 20 backdoor.

Variations:

Different Shots: Make sure to use a variety of shots each time you run this drill. Use the four different shots listed at the start of instructions.

On-Ball Screens - Instead of setting off-ball screens this drill can also be used to set on-ball screens. The changes are that the first player in line will have a basketball and they pass to either wing and set the on-ball screen. The wing player uses this screen and the screener becomes the new wing player.

Coaching Points:

- Players must change pace quickly when coming off the screen.
- Shooters must show target hands.
- Make sure the screener is screening where the defender will be and not the offensive player.
- Passes must be on-time and on-target. The different cuts can make some of these passes difficult so players need to focus on passing it to the shooter's shooting pocket.
- Make sure players aren't setting lazy screens. They should have a solid base and be set at the right angle.

**LAYUP
SHOOTING
DRILLS**

Chase Down Layups

How the Drill Works:

Two lines of players on the baseline at each end of the court. The offensive player starts with an advantage and sprints the court and must lay the ball up while under pressure from the defensive player.

Purpose:

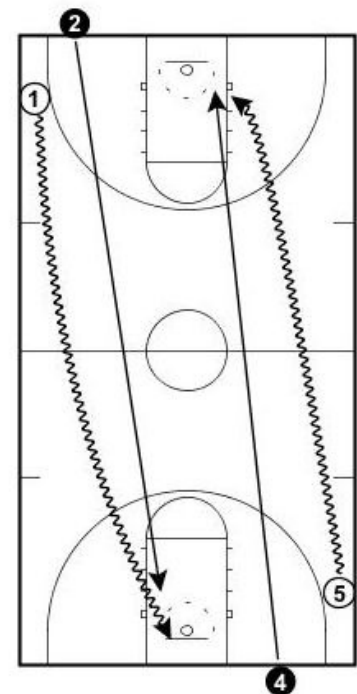
To allow players to practice layups at full speed while under pressure from a defender. This drill also works on chase-down defense.

Setup:

- Two lines of players on the baseline at each end of the court.
- Players in the offensive line all have a basketball.
- A coach at each end of the court to start the drill.

Instructions:

1. Coach starts by bringing the offensive player out a few steps depending on how fast they are compared to the defense to give them the fast break advantage.
2. On the coach's call, the offensive and defensive players sprint the floor.
3. The offensive player's goal is to make the layup and the defensive player's goal is to challenge the layup without fouling.
4. After the make or miss, both players join the end of the lines at their current end of the floor.



Variations:

Opposite Side of the Floor - Perform the drill from the other side of the floor so that the players have to dribble and make a layup with their left hand.

Competitive - Play until a player makes a certain amount of layups.

Coaching Points:

- Offensive player should be taking long steps on the layup to be under control and balance, and then jumping high on the second step before laying the ball in.
- Offensive player must drive in at the correct angle and not be fading away towards the baseline because they're scared of contact or getting blocked.
- All teams must be practicing this drill on both sides of the floor so that your players are working on their opposite hand.
- Defensive player shouldn't be flying out of bounds. If they challenge and offense misses the layup, they should be there for the rebound.
- The defensive players must do their best to avoid contact.

Circle Layups

How the Drill Works:

A team of players at each basket compete against each other to make the most amount of layups with a single basketball around a small course.

Purpose:

A fun team drill to work on dribbling and finishing layups at high speed while under the pressure of time and score.

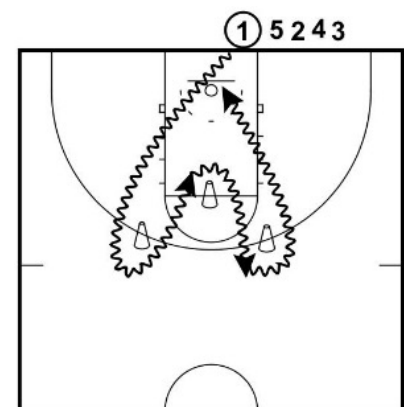
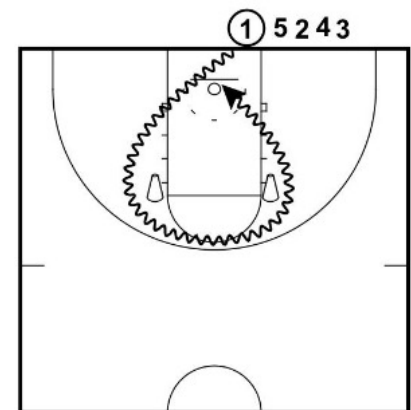
Setup:

- Split the group into teams of between 3 and 7 players and give each team their own ring.
- Set up cones to make a small course that the players must dribble around. Take note of the two diagrams and you'll get the idea.
- One basketball for each team.

Instructions:

1. On the coaches signal the first player in line with a basketball dribbles around the course as quick as they can and finishes with a layup.
2. After the layup they do not grab their own rebound they keep running through.
3. As soon as the layup is completed by the first player the next player in line runs in to rebound the basketball before it hits the ground and then they complete the course.
4. This continues for the amount of time set by the coach. Drill is usually run for 1 - 2 minutes at a time.

Scoring System:



- Each layup is worth one point and the entire team must count together.
- If the ball hits the ground after a layup then the team loses a point.
- The team that finishes with the most amount of points when the time is up is the winner.

Variations:

Another Basketball - On the longer courses like the diagram with 3 cones, you can add another basketball.

Change the Course - The design of the course is up to you. I like to keep them small and have the players dribble in a tight space but you can make anything you want!

Change Direction - Have the players start from the other side and it will mean they have to dribble with the other hand and lay the ball up with their opposite hand.

Coaching Points:

- Players must be dribbling with their head up and using the correct dribbling hand.
- Everyone must be dribbling as quick as they can. Don't allow players to go through the motions.
- Everyone must call out the score after each make. Loud!
- Players should be taking long steps for their layups and raising high off the second step.
- Make sure players are attacking the ring on the right angle and not fading away towards the baseline.

Layup Lines

How the Drill Works:

Players form two lines on opposite sides of the court. One line has two basketballs (the layup line) and the other line have no basketballs (the rebounding line). One player from each line runs in at the same time, the layup line shoots and joins the end of the opposite line while the rebounding line rebounds the basketball and passes it to the next player in line on the layup line before joining the end of that line.

Purpose:

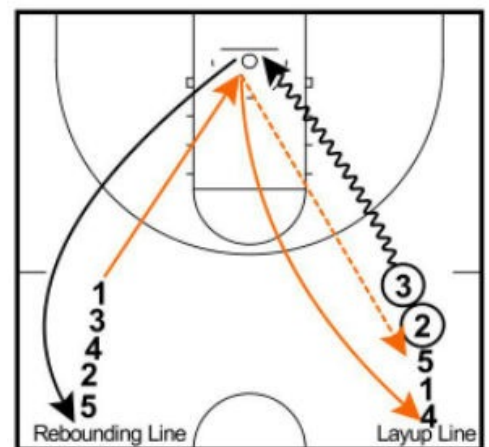
A great drill for beginners and commonly used as a warm up by many teams before a game. Simple to execute while players get some run in their legs.

Setup:

- Split the team into two halves on opposite sides of the floor. One line is the layup line and the other is the rebounding line.
- The layup line should have two basketballs.

Instructions:

1. The drill begins with the first person in the layup line dribbling in and performing a layup. Once they've done a layup they continue running through and joining the rebounding line.
2. At the same time the first person in the rebounding line runs in, rebound the layup and then passes to the next player without a basketball in the layup line before joining the end.
3. Once the person in front of you has performed a layup, the next person starts immediately.
4. This continues for a set amount of time or until the coach decides to swap sides or change the shot.



Variations:

Layups on Both Sides - Be sure that half way through the team switches sides and performs layups with the other hand.

Different Shots - Instead of layups players can pull up for shots from the block, from the elbow, from the three, or anywhere else on the court.

Pass - Instead of dribbling all the way in for a layup, the layup line can first make a pass to the rebounding line, and then receive the pass back for the layup.

Coaching Points:

- Players should be taking a long first step and a high second step on their layups.
- Make sure players are comfortable with the correct footwork. If they're not, start closer and without layups at practice.
- Players should have the correct footwork using both their right and left hand.
- You can have your team practice euro steps, floaters, and other layup shots.
- Communication is important. Make sure the players are calling out to receive the pass.

Layup Technique

How the Drill Works:

Players practice performing a layup off 1 step, 2 steps, and then a layup after dribbling the basketball.

Purpose:

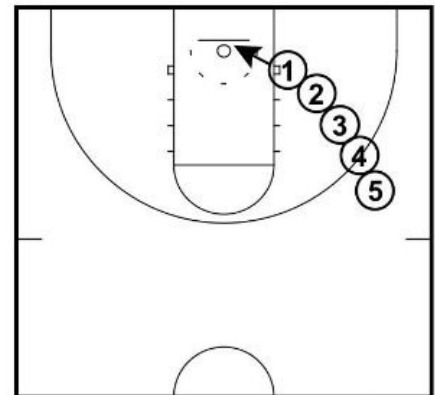
Developing great layup technique for all players. It's important that players master the basic technique before they use them in practice and games at game pace.

Setup:

- All players need a basketball.
- One line of players starting on the block.

Instructions:

1. The coach must explain and demonstrate how to perform the layup from each spot before the players practice.
2. The players start on the block, take one step with the foot closest to the middle of the court, and finish the layup.
3. Once a player completes they layup they join the end of the line.
4. Continue this for a couple of minutes before moving back.
5. Next players take one step back from the block to perform a two step layup (place a cone if you have one so the players always know where to start from). Players step first with their outside foot, then inside foot before laying the ball in.
6. Lastly, the players all line up behind a cone at the three-point line and practice dribbling in and performing a layup.



Variations:

Both Sides - Players must learn how to perform a layup with the right technique using both their left and right hand.

Coaching Points:

- Layup technique for both sides of the floor is always step with outside foot first, then finish the layup jumping high off the inside foot.
- Encourage your players to try and 'swish' the ball off the backboard so that they make the layup without the ball touching the ring.
- This is a great drill to use with beginners who are just learning the game until they get a grasp of how to perform a layup.

Russian Layups

How the Drill Works:

In this continuity drill, players will make a long pass down the floor and then sprint down the court and receive a pass from another line for a layup.

Purpose:

A great conditioning drill that works on long passing and finishing layups at full speed.

Setup:

- 3 basketballs. 2 basketballs in the corner the first player will start from, and 1 with the player in the opposite corner.
- A minimum of 5 players are needed for this drill to work. Preferably more as it involves a lot of sprinting.

Instructions:

1. (3) starts the drill by dribbling until within passing distance of (5) and then makes the long pass.
2. (3) continues sprinting and receives the basketball from (1) for the layup.
3. (1) immediately sprints up the court after passing and receives the pass from (5) at full sprint and passes to (2) on the opposite high post.
4. After the first layup, without rebounding their own shot (3) quickly curls around and replaces (5) on the high post.
5. After making the pass to the player sprinting up the court, (5) rebounds the layup from (3) and passes it to the next person in line in the corner.
6. This same process continues at both ends of the court for 3 - 5 minutes.



Scoring System:

- Set a target amount of makes for the drill. This will push the players to work as hard as possible to beat it as a team.

Variations:

Coach on the High Post - This drill can get very confusing if you have a young team. An easy way to make this drill simpler is to put a coach or parent on each high post. Then players just rebound their own shot and rotate through the one group at each end of the floor.

Ball Can't Touch the Floor - For older players who can pass the full length of the court challenge them to not take a dribble before passing. The only time the ball should hit the floor is after the layup. Every time the basketball hits the floor the team loses one point.

Coaching Points:

- As this is a drill that players can get confused in, it's very important that all players are communicating and calling for the basketball.
- Players must SPRINT up and down the floor.
- Passes should be hard and flat. If the player has to lob the pass too much, tell them to take and a few extra dribbles.
- Players should be taking long steps on their layups.

Speedy Layups

How the Drill Works:

Players line up in two lines on baseline of opposite corners of the court. The first player in line dribbles as fast as they can to the opposite ring and finishes with a layup. They then rebound their own shot and pass it to the next player in line on the baseline who repeats the same process.

Purpose:

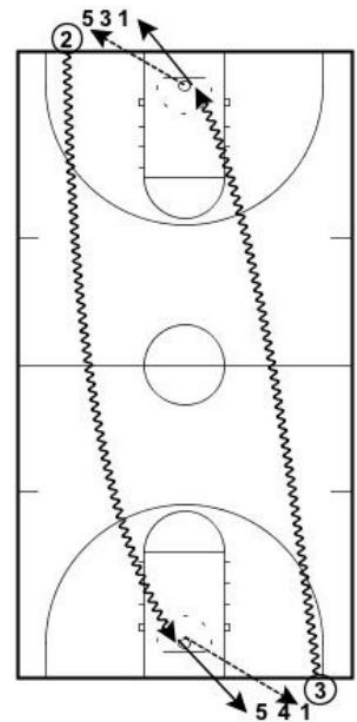
To practice finishing layups at the rim under control after sprinting the full court. A lot of youth players struggle with the footwork after running full court. Also works on dribbling at full speed.

Setup:

- Two lines of players on the baseline at opposite corners.
- The first player in each line has a basketball.

Instructions:

1. On the coach's call, both players with basketballs dribble down the court as fast as they can towards the opposite ring and finish with a layup.
2. They both rebound their own basketball and pass to the next player in line who must be behind the baseline when they receive the pass.
3. The shooter/passer now joins the end of the line they passed to.
4. The next dribbler begins as soon as they catch the basketball.



Scoring System:

- The coach sets a certain amount of time and a target amount of makes and the team has to attempt to score that many layups in the set time.

Variations:

Limit Dribbles - Limit the amount of dribbles players can take from one end of the court to the other. The amount of dribbles the players can take will depend on their age and skill.

Outlet Pass - Instead of passing to the player behind the baseline, the next person in line is allowed to lead up the court and the rebounder must make an outlet pass in front.

Change Directions - As both groups will always be using the same hand, make sure half way through the drill you get each group to swap sides of the court so they're laying up and dribbling with their left hand.

Coaching Points:

- Players should try to take the least amount of dribbles possible when sprinting up the court.
- The next person in line **MUST** be behind the baseline when they catch the basketball or their score does not count.
- Find a parent to keep track of the amount of made layups. It's hard to focus on players' footwork and technique when you're trying to keep score as well.
- Players should be attacking the ring at the correct angle and not fading away out of bounds.
- Make sure the players are decelerating and taking long steps on the layups to balance themselves and ensure the layup will go in.

Star Layups

How the Drill Works:

Players start in 5 spots in a star format. After making each pass they join the group they passed to. The last player to receive the ball performs a layup.

Purpose:

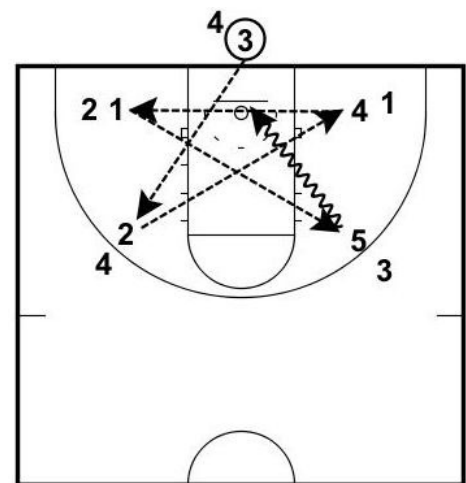
This drill works on passing and reading the play as well as finishing layups under mental pressure.

Setup:

- Must have at least one player in all 5 spots as per the diagram.
- One basketball.

Instructions:

1. The drill begins with (3) passing the basketball opposite to (2) and cuts across to join the line he passed to.
2. (2) passes to (4) who immediately passes to (1) and all cut to the line that they passed to.
3. (1) finally passes to (5) and (5) must finish with a layup.
4. If you have enough players there will be a rebounder waiting (4) who will rebound and immediately start the next turn by passing to the other (4) at the top of the key.
5. This continues for a set amount of time or until the team reaches a consecutive number of made layups.



Scoring System:

- You can score this drill by either counting how many layups your team makes in a certain amount of time or setting a target amount of makes in a row that the team must beat.

Variations:

Add Another Basketball - Instead of doing the drill with just one basketball, use two. This can make the drill a lot more complicated and will require the players to think and communicate a lot more.

Left Hand Layup - If the baseline player starting the drill passes to their left at the top of the key the drill will end in a left hand layup instead of a right hand layup.

Coaching Points:

- Tell players to attack the rim when it's their turn to layup. Many players will be nervous about missing and go slow and soft and end up missing.
- Passes must be hard and sharp.
- Players must call for the basketball and show target hands.
- Make sure players cut quickly across to the next group after passing so that they don't get in the way of the next pass.

Texas Layups

How the Drills Works:

The drill begins with 4 lines around the court at the free-throw line extended and a player under each ring with a basketball. The players under the ring each make two passes to the sideline before receiving the ball back for a layup. The last person to pass them the ball follows them in and rebounds the layup and then they become the next person to sprint down the court.

Purpose:

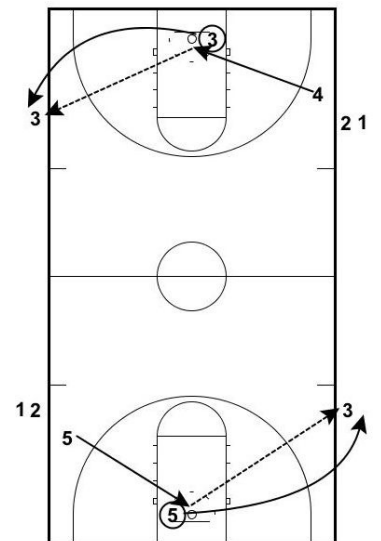
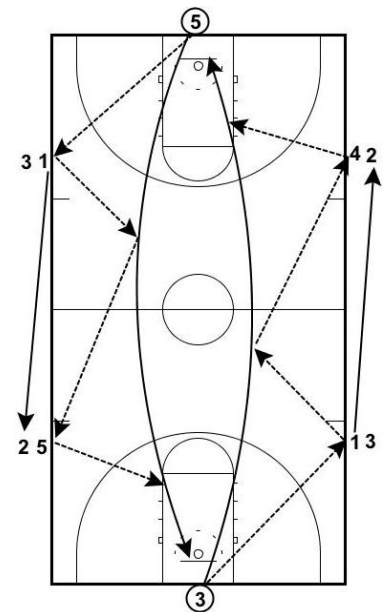
This is a great drill to increase the intensity of practice and work on finishing layups at full speed.

Setup:

- 4 lines of players on each free-throw line extended on the sidelines.
- One player with a basketball under each ring.
- Minimum of 10 players.

Instructions:

1. The drill begins with both players under the ring passing to the player on their right.
2. Immediately after passing they sprint up the court and receive the pass back.
3. Since the basketball can never hit the floor, they catch and immediately pass to the next line of players up the floor before continuing on to receive the basketball for a layup.
4. The player that passes the basketball to the player laying the ball in must sprint in and catch the basketball before it hits the floor



and then pass out to the opposite side of the court and now they become the runner.

5. This continues for the coaches set amount of time.

Scoring System:

- Drill is run for 3 - 5 minutes.
- Run the drill once and see how many layups your team scores and then continually try and beat that number.

Variations:

Left Hand Layup - To practice finishing layups with the left-hand, reverse the drill so that player are passing to their left.

Consequences - You can add consequences for every time the ball touches the floor or for every missed layup.

Coaching Points:

- The ball must never touch the floor.
- Make sure players aren't traveling when they receive the basketball. Many youth players will take too many steps before passing.
- Players should be communicating loudly and showing target hands to receive each pass.
- The runner must be sprinting down the court on each possession. No jogging!

Weave Layups

How the Drill Works:

Players weave from half court ending in a layup by a wing player. The middle player rebounds the ball, outlet passes, and then the ball is back to the start.

Purpose:

A fast paced drill that works on passing and layups while at full speed and under time pressure. A great drill to get the intensity up at training.

Setup:

- Three even lines at half court with at least two players in each. Can be as many more as you have.
- One basketball in the middle line.

Instructions:

Instructions for doing this drill for a right hand layup. Reverse everything for left hand.

1. The middle line player passes the ball to the player running down the left wing who immediately passes it to the player running down the right wing for a layup.
2. Immediately after the left wing player passes the ball they must sprint across the court and get ready to receive the outlet pass.
3. The middle player who started the drill runs down the middle and rebounds the ball after the right wing has performed a layup and continued through.
4. The middle player then turns and passes the ball to the outlet player who catches and immediately passes to the next person in line in the middle line at half court.
5. As soon as the middle player catches the ball the next group



repeat the same process.

Scoring System:

- The team competes against the clock to make as many layups as they can in a certain amount of time.
- The drill is run for 2 - 3 minutes.

Variations:

Left Hand - Reverse the whole drill and have your team perform the drill with a left hand layup instead of right hand.

Shoot from the Block - Instead of a layup players take a jump shot from the block. I wouldn't recommend shooting from much further out or the rebounds will be too long and it will ruin the drill.

Coaching Points:

- Run the drill the first time without a goal for a number of makes. Use that as your base and have your team keep trying to beat it every time you run this drill.
- The ball should never touch the ground. Consider deducting 1 point from the teams score every time the ball touches the ground.
- Passes are crucial in this drill. Make sure they are all on target.
- Make sure the rebounder isn't doing a full 360 before passing the ball and is only making a half turn to the correct side of the outlet pass.
- Players should be going to every line and not just their favorite line!

**FREE THROW
SHOOTING
DRILLS**

30 Seconds

How the Drill Works:

Players get in groups of 3 players per basket. At one time there will always be a shooter, rebounder, and a runner. After each 30 seconds the players rotate positions.

Purpose:

This drill works on conditioning your players and making sure they're fatigued when they practice their free-throw shooting.

Setup:

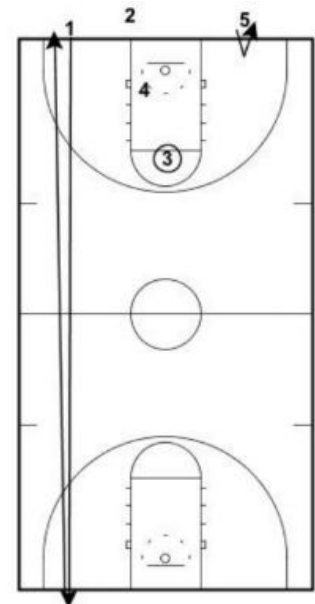
- 3 players at each basket.
- One basketball per group.
- A stopwatch, scoreboard, or other device to keep track of seconds.

Instructions:

1. On the coach's call, each player begins their activity.
2. At each 30 second interval, the coach calls out 'change!' and all players must quickly rotate and begin the next activity.
3. The drill finishes after each player has shot 3 sets of free-throws. This should be at 4:30 if each group has 3 players.

Scoring System:

- Players should add up the amount of free-throws they make during the 1:30 they're shooting for. The player with the highest total from each group is the winner.



Variations:

More than 3 Players - If you have more than 3 players at each basket, then add extra conditioning drills that you can find in the next point. I recommend a maximum of 5 players.

Different Conditioning Exercises - If you have more than 3 players or don't have a full court to run, you can use different conditioning exercises to mix things up. These can be star jumps, line jumps, push ups, sit ups, burpees, etc.

Coaching Points:

- The free-throw shooter doesn't complete their full routine on each shot. Since this is a speed drill they must be in stance and simply catch and go into their shooting motion.
- As always, the runner must be sprinting hard up and down the court. No jogging!
- Even though it's a time to rest, the rebounder must be getting after the rebounds so that the shooter gets as many shots as possible in the time frame.

Baseline Free Throws

How the Drill Works:

The team lines up on the baseline. Players take it in turns of shooting one free-throw each. Each time a player misses the whole team has to run up and back or perform a consequence.

Purpose:

This drill puts extra pressure on the shooter at the line to make the free-throw. The pressure makes the free-throw much more realistic and game-like.

Setup:

- All players line up along the baseline.
- One basketball.

Instructions:

1. The coach picks a player to shoot first and they go to the line while everyone else waits on the baseline.
2. If the shooter misses the free-throw the entire team has to run up the court and back.
3. Change shooters until all players have had the opportunity to take a shot.



Variations:

Players Dribble a Basketball - I like youth basketball players to have a basketball in their hands for as much of practice as possible. Be sure to make it clear that they aren't allowed to dribble the ball on the baseline, only when running up and down the court.

Different Consequences for Missing - Instead of an up and back on every miss, you can change things up each miss. For example players might do the crab dribble, a suicide, 10 star jumps, 10 pushups. Be creative.

2 Consecutive Makes - Instead of only making one shot, older player have to make two consecutive free-throws to avoid the consequence.

Coaching Points:

- Players should be using their normal in-game free-throw routine when shooting their free throw.
- Make sure players are encouraging each other and not getting angry at one another when there is a missed shot.
- Players must sprint hard up and down the court after a miss. No jogging!

Free-Throw Contest

How the Drill Works:

Split the team up into two even groups. One group at each ring. Every player must shoot 2 free-throws. All free-throws are worth 1 point. Add up the score as a group and compare. Losing group must do a consequence.

Purpose:

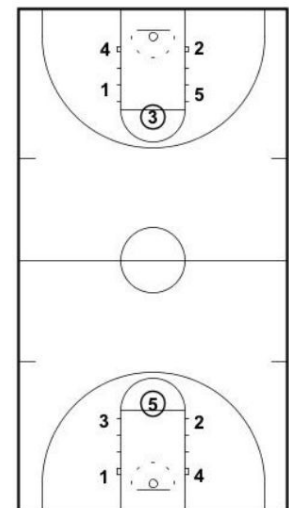
This drill puts pressure on the shooter to make their free-throws and also adds some fun into free-throw shooting.

Setup:

- Split the team up into two even-numbered groups.
- One basketball per group.

Instructions:

1. The first player for each groups shoots both their free-throws and receives one point for each made shot.
2. Players in each group rotate clockwise and the next player shoots and adds their points onto the first player's score.
3. This continues until all players in the group have shot both their free-throws.
4. Finally, each group calculates their total score and then compares with the other group. The losing team receives a punishment. This can mean a lap of the court, two up-and-backs, 10 push-ups, etc.



Variations:

Shoot More Than 2 Free-Throws - Instead of only shooting 2 free-throws each, you can make this number anywhere from 2 - 5 free-throws.

Odd Number of Players - If you have an odd number of players have one player from the group with less players shoot twice.

Coaching Points:

- Players must complete their entire free-throw routine.
- Players should always be encouraging each other. We don't want to see any poor sportsmanship such as expressing disappointment in a teammate after a missed shot.

In-A-Row

How the Drill Works:

Players get in groups of 3 - 5 on each ring. They then take it in turns trying to make a certain amount of free-throws in a row. If a player misses, it's the next player's turn to shoot.

Purpose:

This drill puts a lot of mental pressure on the shooter to make consecutive free-throws.

Setup:

- 3 - 5 players at each group starting in a circle around the key.
- 1 or 2 basketballs.
- A stopwatch to time the drill.
- Coach decides on how many free-throws in a row a player must make. This can be anywhere from 2 - 6 depending on age and skill.

Instructions:

1. The first player shoots until a miss.
2. If the first player makes all free-throws in a row, they finish the drill and can rest.
3. If the first player misses before making the required amount of shots, they join the end of the line and wait till their turn again.
4. This continues until all players have made the required amount of shots or the time is up.



Variations:

Consequences - After a miss a player must perform a consequence. For example, run and up-and back or run a lap of the court.

Must Make First Shot - Instead of potentially going out on the first free-throw, the shooter keeps shooting until they make their first shot and then they will go out when they miss their next shot.

Time Up! - After a certain amount of time and after each player has had a fair amount of chances, you can call 'time up!' and the players that still haven't finished must perform a consequence.

Number of Makes - Depending on the age of the players, change how many shots they have to make in a row.

Coaching Points:

- Players must complete their entire free-throw routine.
- Players must SPRINT the court for their consequences. No jogging.

Laps

How the Drill Works:

Players get in groups of 3 - 5 at each basket. They then take it in turns shooting 2 free-throws each and there are running consequences for missing.

Purpose:

Free-throws should always be shot when fatigued. The running in-between the shooting makes sure players are fatigued like they would be during a basketball game.

Setup:

- 3 - 5 players at each basket.
- 1 or 2 basketballs.
- A stopwatch or way to keep time.

Instructions:

Consequences:

1. If a player makes both free-throws, they don't have to run.
2. If a player misses one free-throw, they have to run an up-and-back.
3. If a player misses both free-throws, they have to run a lap of the entire court.
4. Players set up in a circle with one player at the free-throw line.
5. The first player shoots both free-throws and then performs the consequence if they need to.
6. Players then rotate clockwise and the next shooter takes their shots.
7. This continues for the desired amount of time by the coach. I recommend 5 minutes.



Variations:

Change the Consequences - Instead of having the players run you can have them do pushups or sit-ups for example. Be creative!

Dribble a Basketball While Running - I try to keep a basketball in a players hands as much as possible throughout training. While the players run their lap or up-and-back have the dribble a basketball. Have older players only use their weak hand!

Coaching Points:

- Players must complete their entire free-throw routine.
- Players must SPRINT the court for their consequences. No jogging.

Mushball

How the Drill Works:

The drill starts with one player on each block and one player shooting free-throws. The free-throw shooter shoots until a miss. On the miss all 3 players crash the boards and try to score. Whoever rebounds the ball becomes the offensive player and the other 2 are on defense.

Purpose:

This drill works on free-throw shooting, rebounding, and scoring around the basket.

Setup:

- One player on each block.
- One free-throw shooter with a basketball.
- The rest of the players behind the free-throw shooter.

Instructions:

1. The drill starts with the free-throw shooter shooting until a miss or they make 5 consecutive free-throws.
2. On a miss, all three players battle to rebound the ball and then score. Whoever rebounds becomes the offensive player and the other two players are on defense.
3. They play until a basket is made or the basketball goes out of the 'playing area'. The playing area is about one step outside of the key and in. The coach is the judge of when the ball leaves the playing area.
4. After this, player rotate clockwise. The next player in line is the next free-throw shooter, the free-throw shooter becomes the player on the left block, the left block player becomes the player on the right block, and the right block player joins the end of the layup line.



Scoring System:

- Traditionally we play first player to reach 11 points but the coach can decide on the target number of points. Players keep their own score.
- Free-throws are worth 1 point (can only make 5 in a row each time).
- Scores off a rebound are worth 2 points.

Variations:

Fouling - With my youth players I generally don't allow fouls and tell players to play clean, but for senior players we allow contact as long as the players don't do anything that could injure a teammate. You make the decision based on the team you coach.

Bigs and Smalls - If you have a large group and two baskets, consider splitting the up into bigs and smalls and using both ends of the court. That way bigs have to battle against bigs, and smalls battle against smalls.

Switch Positions - Make sure every few rounds you have the players change the order so that they're playing against different teammates.

Time Up! - If a group takes more than about 10 seconds to score or for the ball to go out of the playing area, call 'time up!' and no one scores a point.

Coaching Points:

- Players must go up strong when in the paint.
- Always use the exact same free-throw routine.
- Players in the paint should use the pump-fake to get the defenders out of position.
- Rebound strong and with two hands!
- If a player rebounds the ball they can't hold it and wait. Encourage your players to attack immediately.

SHOOTING GAMES

Around the World

How the Drill Works:

Players are split into teams and then compete against the other team to make 10 shots each from 10 different spots around the key.

Purpose:

A fun kids drill that has all players working as a team and encouraging each other as they practice shooting from close range around the key.

Setup:

- One basketball per team.
- No more than 5 players in each team.
- Each team must have a basket to themselves.

Instructions:

1. When the coach says 'Go', the first person in line shoots from the first spot, rebounds, and passes back to the next person in line.
2. This continues until all the team has made 10 shots from the first spot.
3. When the 10th shot is made, the entire team moves on to the next spot and they keeps shooting until they've made 10.
4. This continues until the team has made 10 shots from all 10 spots on the diagram. 9 around the outside of the key and then a free-throw to finish for the 10th shot.



Variations:

Everyone makes one shot - Instead of making 10 shots as a team, when a player makes a shot they move onto the next spot and encourage their teammates while they wait. If they miss, they join the end of the same line and each player keeps shooting at the same spot until they make the shot before moving onto the next spot.

Number of Made Shots - 10 made shots can be a lot to a young team. Instead of 10 makes you can pick any number. With some of my youngest teams we start out with just 3 makes.

Different Shooting Spots - The shooting spots for around the world don't have to be around the key. You can move them out to mid-range or even three-point range.

Coaching Points:

- All players should be encouraging each other.
- Make sure the players are all shooting with the correct form and holding their form until the ball has touched the ring.
- On the free-throw the players should be going through their full routine.

Corners

How the Drill Works:

Players start in two even lines on opposite corners of the court. There are no teams. The first players in each line are against each other to be the first to make two layups at opposite ends of the court. The player that loses is out.

Purpose:

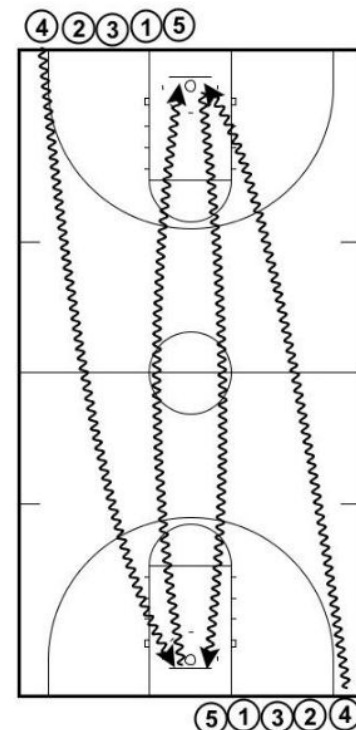
A fun game that all players love. Works on layups and dribbling at full speed while under pressure.

Setup:

- Split the team up into two groups and send each group to an opposite corner of the court.
- One basketball at the front of each line.
- Coach has a whistle or a loud voice.

Instructions:

1. When the coach blows the whistle, both players dribble as fast as they can to the opposite end of the floor to make a layup.
2. After they make the shot, they must rebound their own shot and dribble to the opposite end of the floor again and make another layup.
3. The first player to make two layups is the winner and joins the end of the line. The player that loses is out and must sit in the middle of the court and wait for the others to finish.



Variations:

Opposite Hand - Switch the sides of the court for each time and then they must dribble and perform a layup with their left hand.

Different Shot - Instead of layups players must make a shot from outside the key. For older players they might have to make a shot from outside the three-point line.

More Layups - For the last two players (the grand final), sometimes I've had them make 3 or 4 layups instead of 2.

Coaching Points:

- The biggest problem with this drill is the amount of standing around the players do when there's a large group. But since every practice the players beg me to play this game, I figured I better include it!
- I've occasionally had a silly kid who's out and while sitting in the middle tries to trip or steal the ball from one of the players dribbling. Watch out for that.
- Don't allow players to throw the ball out in front of themselves or else the dribbling part of the drill will be pointless.
- Encourage players to slow down on the layup and jump up high while under control instead of sprinting too fast and throwing it hard off the backboard.

Elimination

How the Drill Works:

Everyone lines up in a single line. The first two players have a basketball. Players must shoot until they get it in. If the person behind you scores before you, you're out.

Purpose:

Practice shooting the ball under pressure and following the shot for a rebound while having a lot of fun. This is a great drill I usually run at the end of practice because the players love it.

Setup:

- For this drill all you need is two basketballs.
- Designate a spot the players will take their first shot from.
- You can have as many players as you want. There is no limit. The more players you have, the funner the game will be.

Instructions:

1. To begin the drill, the first player in the line shoots from the designated spot.
2. As soon as the ball leaves the shooter hands, the second player can shoot the ball.
3. If the second player gets a basket before the first player, the first player is out.
4. If the first player makes a shot before the second player, then they quickly rebound the ball and pass it back to the next person in line.
5. The goal of the game is to receive the ball and make a shot before the person in front of you.



Scoring System:

- If the player behind you scores before you do, you're out.

Variations:

Shooting Spot - Change the spot the first shot is taken from. Free throw for younger players and you could make it the three point line for older players.

Coaching Points

- If the player misses and gets the rebound, make sure they're using their correct hand to make the layup.
- Don't allow the players to intentionally miss the first shot so they can get a quick rebound and put it back in.
- The person next in line should be down in a stance and ready to receive the ball.
- This drill is meant to be fun for the kids, keep it entertaining!
- As the coach, don't be afraid to join in! Or even the parents.

Follow the Leader

How the Drill Works:

Players all start in a line on the baseline on the right side of the court. The first person in line dribbles down the court and takes a shot from anywhere on the right half of the court. The rest of the players are spaced out about 3 metres apart and will all shoot this shot too. Everyone rebounds and stays in their line as the same happens going back down the court. Every lap the person in front goes to the end of the line and there's a new leader.

Purpose:

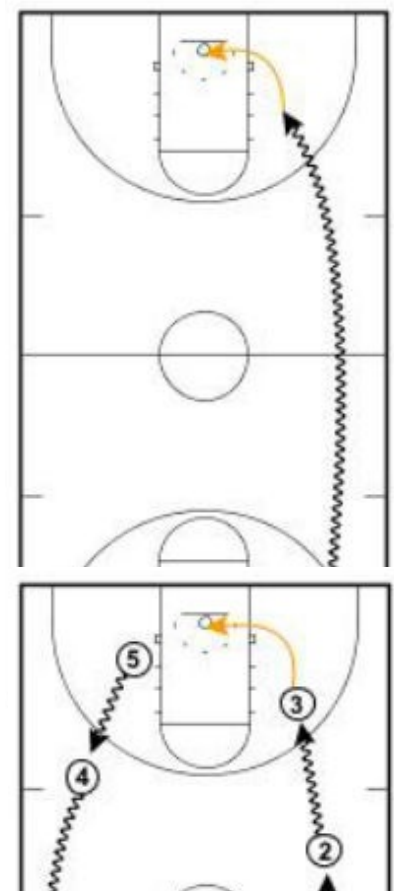
A full court drill for conditioning as well as working on your players' jump shot and ability to communicate between each other.

Setup:

- Every player has a basketball.
- All players in a straight line along the baseline.

Instructions:

1. The first player begins the drill by dribbling to the other end of the court.
2. Players space themselves out about 3 - 5 metres apart and start following when it's their turn.
3. The first player pulls up for a jump shot from anywhere on the right side of the court.
4. The rest of the players, as they're following the first player, also pull up from the same spot on the court.
5. After the rebound the first player continues down to the other end of the court and makes a jump shot.
6. The rest of the players again mimic the first player.



7. All players rebound their shot and line up along the baseline again. The first person in the line goes to the end and there's a new leader.

Variations:

Add a Dribble Move - Place chairs at the half-way line on either side of the court and players have to perform a dribble move each time they pass the chair.

Change Direction - Half way through the drill make sure to change directions so that players can practice on the left side as well.

Coaching Points:

- Found this to be a great player communication drill. If a player is collecting their rebound or doesn't know what the next shot or dribble move is then it's up to them to talk to their teammates.
- Players must keep their head up when dribbling.
- Make sure players aren't off-balance when they pull up for a jump shot. Young players have a tendency to fall forward when shooting off the dribble.

Game Winner

How the Drill Works:

Every player takes a single shot from a distance far outside their comfortable shooting range. Players that make this shot get a reward.

Purpose:

A great drill to finish off practice with. The players always look forward to this drill in practice and it always causes everyone to finish practice laughing and with a smile on their face.

Setup:

- All players line up in one line far out from their comfortable shooting range.
- All players have a basketball.

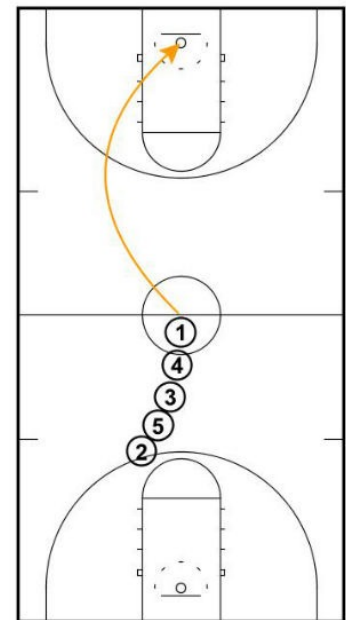
Instructions:

1. One by one, the players take it in turns taking one shot each from this distance.
2. Players that make the shot are entitled to a reward of some sort.

Variations:

One Winner - If two or more players make the shot and you only want one winner, have them shoot again until one of them makes the shot.

Distance of Shot - For older players we usually use the half-way line. For youth players, it varies. Really young players can shoot from the three-point line if they'll struggle to get it in.



Coaching Points:

- This drill is meant to be fun to conclude practice. Make sure you're joking around with the players.
- Make sure there's no one under the ring that will get hit from a wild shot attempt.
- Make sure you take a shot too!

Golden Child

How the Drill Works:

Players are split into two even teams. One shooting team and one dribbling team. The dribbling team's goal is to try and make as many home runs as possible while the shooting team's goal is to make shots to stop the running team.

Purpose:

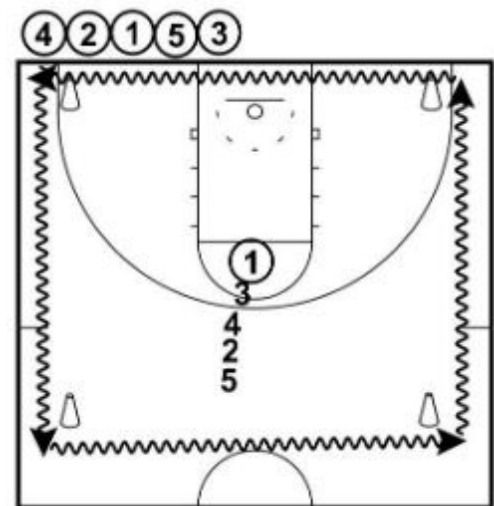
A drill that will inject a lot of fun into any practice while working on shooting with pressure and dribbling at a high speed.

Setup:

- Split the team up into two even groups. One starting on the corner (dribbling team) and one starting on the free throw line (shooting team).
- All of the dribbling should have a basketball. One basketball for the shooting team.
- Place cones to mark where the dribbling team must run around.

Instructions:

1. When the coach says to start, the first player on the dribbling team starts dribbling around the bases while the first shooter puts up a shot.
2. If the shooter makes the shot, the dribbling player must immediately freeze where they are and the next dribbler in line starts running around the bases. If the shooter misses, they must rebound their own shot and pass it to the next player before joining the back of the line.
3. For every dribbling player that gets around all the bases and to the finish line, their team receives one point.
4. This process continues until the last player who is known as the 'golden child'.



5. When the golden child starts dribbling everyone they pass who has been frozen is allowed to continue dribbling behind them and potentially make it home to receive a point. This is added pressure to make the final shot.
6. After the golden child has run add up the points the dribbling team made and swap over.

Scoring System:

- The only time a team can earn points is when they're the dribbling team.
- The dribbling team receives one point for every dribbler that makes it all the way around and back to home base.

Variations:

No Basketballs for Dribbling Team - If you have a young team and are just looking to have fun, the dribbling team can just run around the bases and try to get home without dribbling a basketball.

Two Lines of Shooters - If the players are having a hard time making a shot and getting people out, create two lines of shooters instead of one and double their chances.

Vary Shooting Distance - Change the shooting distance depending on the age and skill of your team. Young players might shoot from only a few feet out while older players can shoot three-pointers.

Coaching Points:

- Players must rebound their own shot and pass it back to the next person in line. No cheating by having a rebounder.
- Make sure the frozen dribbling players move to the side so that they don't trip the next dribbler or get in the way.
- Vary who is the golden child because all players will want to be it!

Golf

How the Drill Works:

There are 9 different shooting spots on the court. Players take it in turns and must make a shot from each of the 9 different spots. The player with the least amount of attempts after 9 holes is the winner.

Purpose:

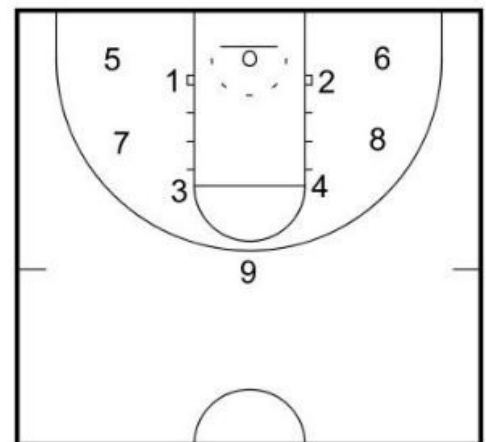
A fun shooting game that adds pressure on every shot attempt.

Setup:

- The coach first decides 9 different spots on the floor that the players will shoot from.
- Players can either use their own basketball or just share one.
- All players lined up behind the first hole (first shooting spot).

Instructions:

1. Players all line up behind the first hole.
2. The first player in line shoots until they make the basket. The coach or a parent must write down how many attempts it takes them to make the shot.
3. This continues for all players from the first hole.
4. When everyone's made a shot at the first hole, they all move onto the second and repeat the process.
5. This continues until all 9 holes have been completed by all players.



Scoring System:

- Count the amount of shots it takes each player to make a basket from each spot.

- The player with the least amount of attempts overall after 9 holes is the winner!

Variations:

Maximum 5 Shots - After 5 shots the player must move onto the next hole and they receive 5 as their score for that hole.

More or Less Holes - Instead of only playing 9 holes, why not play more?

Coaching Points:

- Make the shooter become the rebounder after each made basket.
- This can be a time-consuming drill but it's a drill the players do have a lot of fun with. I'd advise against it if you have a big group.

On the Rack

How the Drill Works:

On the rack is a three-point shooting drill. Players take it in turns shooting from a spot around the three-point line. If the player before you makes their shot there is 1 'on the rack' and if you miss you lose a point.

Purpose:

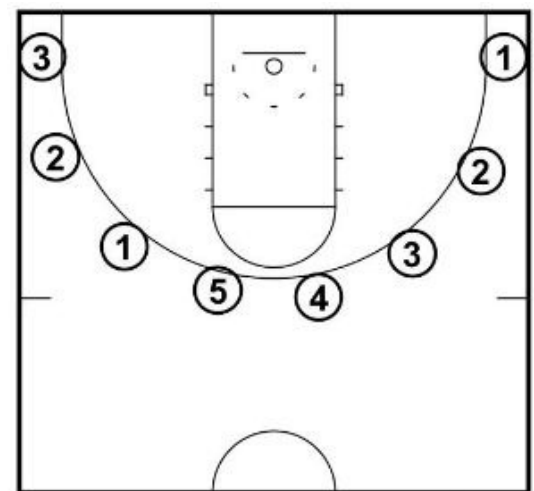
A fun three-point shooting game that works on shooting while under pressure.

Setup:

- Players find a spot around the three-point line that will be the only place they can shoot from for the rest of the game.
- All players start on 3 - 5 points.
- The first player to shoot will be a player closest to the baseline. Doesn't matter if the drill goes left to right or right to left.

Rules:

1. The game must be played in order around the three-point line and each player only takes one shot turn.
2. For every shot that is successful, 1 point goes 'on the rack'.
3. If consecutive shots are made in a row they add up on the rack.
4. The player that misses when there are point on the rack, loses that amount of points off their score.
5. Once a player has lost points for missing, the amount of points on the rack is cancelled back to zero.



Example:

- All players starting on 5 points.
- (1) takes the first shot of the game and misses. He loses no points since there are none on the rack.
- (2) takes their shot and makes it. There is now one point on the rack.
- (3) takes their shot and misses. They are now on four points since they lost one point because there was one on the rack.
- (4) and (5) both make their shots. There is now two points on the rack.
- The next (1) in line misses and loses two points since there are two points on the rack. They are now on 3 points.
- The game continues until there is only one player left and they are the winner of the game.

Variations:

Missed Shots - Players lose one point for every missed shot even if there are no points on the rack.

Half Court Shot - When a player is eliminated they get one chance to save themselves by shooting a half court shot. If they make it they come back into the game on the same amount of points as the player with the highest point total.

Pressure

How the Drill Works:

Players take it in turns shooting free-throws. If the player before you makes the free-throw you are under pressure and must make the shot or you are out of the game.

Purpose:

As the name suggest, pressure is designed to put the players under pressure at the free-throw line to simulate the pressure of an in-game free-throw.

Setup:

- All players participating lining up in a straight line from the free-throw line.
- One basketball at the front of the line.

Instructions:

1. When the player in front of you makes a shot you are under pressure.
2. If you miss a shot while under pressure you're out.
3. If you make a shot while under pressure, the pressure continues on to the next person until someone misses.
4. Once someone misses the pressure shot and goes out, there is no pressure until someone makes another shot.



Variations:

Jump Shots - While this was created as a free-throw drill, there's no reason you can't use it to put pressure on other shots on the court. You can use this drill on any shot.

Pressure Continues - Traditionally, when the player under pressure makes the shot the pressure is cancelled out. A way to make the game quicker is once someone makes a free-throw the pressure never cancels. The first person to miss is out.

Coaching Points

- Make sure the players are going through their full free-throw routine.
- Don't allow players to put each other off at practice. I find this leads to players getting angry at each other and ruining the game.
- Keep in mind this drill involves a long line which we're against for youth basketball practice. I don't recommend using this in the middle of practice but just at the end as something fun as the players cool down.

CONCLUSION

I hope you enjoyed the 101 Team Shooting Drills and that they can improve your team's ability to put the ball in the basket!

Two more things before you go...

1. If you have any questions, suggestions, or comments, feel free to reach out to me at coachmac@basketballforcoaches.com. I welcome all feedback and love hearing from the readers of BFC.
2. This PDF is part of the '*Championship Coaching Course*' program from the team at Basketball For Coaches. If you're reading this PDF without having purchased the program, please send us an email at coachmac@basketballforcoaches.com and let us know where you accessed it. We put a lot of work into these PDF's and would like to keep them exclusive for those who purchased.

Thanks!

— Coach Mac