



# NC State Basketball

**Presents**

*Dave Hopla's  
Building Blocks of Shooting*



# Shooting Building Blocks #1

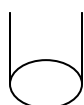
## 1 Hand Form Shooting

- Feet shoulder width apart
- Lead foot is front
- Toe to target
- Form the letter L
- Wrist wrinkles
- Ball off the palm
- Bend and extend
- Elbow above eyebrow
- Hand in hoop
- Freeze follow thru
- Make sure panels on ball are right.

## Add Balance Hand

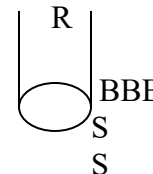
- Hand on side of ball
- Palm does not touch ball
- Hold hands high
- Left hand stays on left side of body, right hand stays on right side.

## 1-2 Step Spinouts



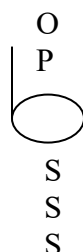
- Start triple threat position at the top of the key.
- Low, spin ball out, 11-2 step, shoot and stay until ball hits the floor.
- Get ball back and dribble to the end of the line with weak hand.
  - R-L if left-handed. L-R if right-handed.

**Note Youngest Group** - T Ball style  
 B Kneels down holding ball out  
 S 1-2 steps into shot  
 S goes to R, R to B, B to S



## 1-2 Step with Passer- \*Younger group do Spinouts

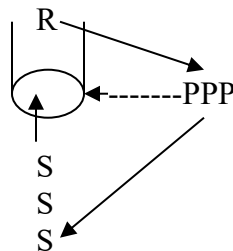
- 1 Ball, 2 people under.
- L-R into shot for right-handed shooter, freeze follow thru, shoot and stay.  
 Good passes. P to S O to P S to O rotation.
- Shooter call for ball.





### Triangle Shooting

- 1-2 step into shot, call for ball.
- Good passes.
- R don't let ball hit the ground.
- Dribble out with weak hand to P line. P to S S to R



### 1 Dribble Shot

- Dribble with strong hand, shot.
- If right-handed Right dribble, If left-handed, Left dribble.
- R rebounds and dribbles out with weak hand. S to R R to S



### 1 Dribble Shot with weak hand

- Same drill as above.
- The pick up is key.
- Bring the ball to shooting hand. This keeps the elbow tucked in an L.
- "Load the Gun."

### Strong Hand pull up for J

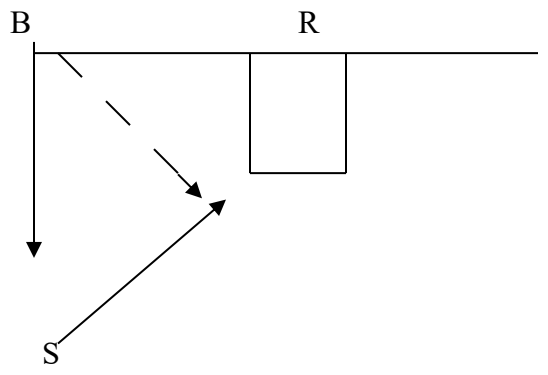
- Start at mid-court, dribble in with strong hand, pull up, shot.

### Weak Hand pull up for J

- Start at mid-court, dribble in with weak hand, pull up, shot.

### Warrior Drill ½ Court

- B passes to S for elbow jumper.
- 1-2 step into shot, call ball, hands ready.
- R goes to B, B sprints to mid-court touches with hand, this keeps the player low.
- S goes to R position.





## Shooting Building Blocks #2

**One hand Form shooting with 2 minute drill**

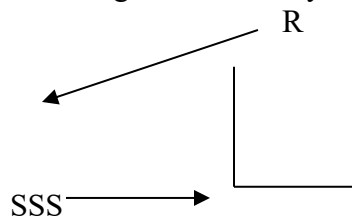
**Add Balance hand with 2 minute drill**

**1-2 Steps with spinouts**

**Triangle Drill**

**Left to right off of dribble**

- Dribble with right hand, plant left foot (inside foot).
- S goes to R
- R dribbles to end of S line.
- Emphasis on pickup.
- Bring ball to shooting hand for Lefty's.

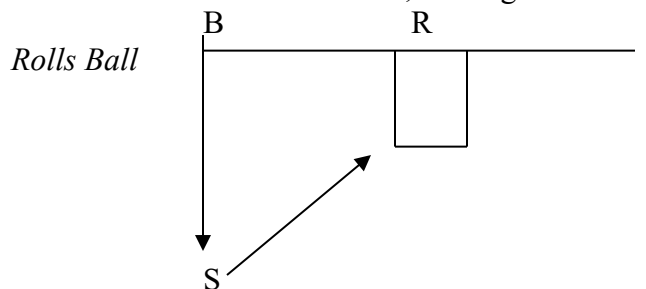


**Right to left off of dribble**

- Same as above. Emphasis on pickup for right handed players.

**Warrior Rollouts**

- B rolls ball out.
- S picks up ball and dribbles into jumpshot at the elbow.
- R goes to B, B runs to mid-court and touches line, and S goes to R.



**Wrap up**



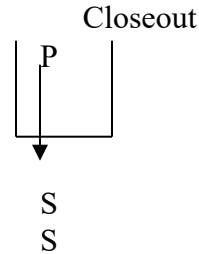
# Shooting Drills #1

**One hand form shooping with 2 minute drill-**

**Add Balance hand with 2 minute drill-**

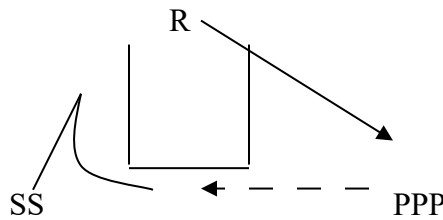
**1-2 Steps with passer closing out on shooter-**

P passes to S and closes out on S.



## Left to Right Catch and Shoot

- S makes V cut for jumpshot at FT Line.
- Plant inside foot. Inside foot for everyone. Lefty's must stub back foot.
- P to S S to R R dribbles to P

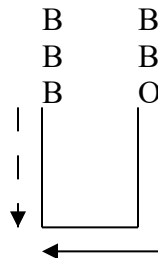


## Right to Left Catch and Shoot

- Same as above. Right-handed players plant right foot must stub left foot.

## NC State Drill Catch and Shoot

- O starts up lane line, plants inside foot angle cuts at elbow and goes to opposite elbow for J. Plants inside foot, shoots, gets own rebound, and goes to the end of the opposite line. B passes to O and starts up lane line uses inside pivot and goes to opposite elbow to get pass from B.



## Continuous Left to Right, Right to Left with dribble

- B starts with L hand dribble
- Plants inside foot
- Gets own shot and dribbles to opposite line.
- B dribbles with R hand & plants inside foot.
- Emphasis on being low and in athletic stance

**Wrap-UP-**



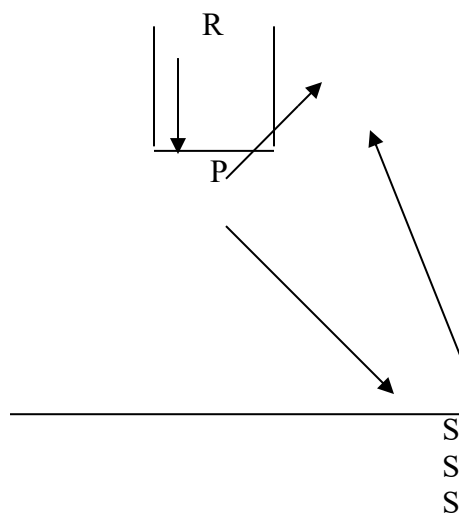
## Shooting Building Blocks #4

### One hand Form shooting with 2 minute drill

### Add Balance hand with 2 minute drill

### Run into shot from mid-court-

- S runs from mid-court to range for J, P passes then goes to S line.
- S goes to R, R dribbles to P.



### Spinout into Shot fake Shot

- Start triple threat position, spinout 1-2 step into shot-fake.
- Ball goes to head level on fake.
- The fake is the same speed as your shot.

### NC State Drill with Shot-fakes

- Same as earlier but add shot-fakes.
- Make sure player is squared up on shot-fake.

### Jab Jumpshot/Stationary

- Only movement is a 2 inch jab at the defender
- Do not jab sideways, over jab, stomp your feet or pull jab back.
- From the elbows alternate sides.
- Just jab with shooting foot.
- On right use jab with right foot, on left use left foot.

### Spinouts into jab jumpshot

- Make sure that after 1-2 step we pause then jab.
- This is not just a 1-2 step it is 1-2 step then a 2 inch jab. Short quick jab.



## **Shooting Drills #2**

**One hand form shooting with 2 minute drill**

**Add Balance hand with 2 minute drill**

**Show and Go Strong side**

- Shot fake, dribble out in front

**Show and Go Weak Side**

- Shot fake, rip to hip, dribble out in front

**Jab and Go Strong Side**

- Jab and explode dribble out

**Jab and Go Weak Side**

- Jab and sweep the floor, dribble out.

**Olympic Shooting**

- Demonstrate for coaches

## **Shooting Building Blocks #5**

**One hand form shooting with 2 minute drill**

**Add Balance hand with 2 minute drill**

**Pull-up Jumpers**

- Start at mid-court, dribble to free throw line, left or right hand dribbles.

**Left to right with Dribble**

**Right to left with Dribble**

**Step-backs Left to right**

- On step-backs push off of inside foot, stay low, shoulders low for balance.

**Step-backs Right to left**

**3 on 2 on 1**

**Olympic Shooting**



## **Shooting Drills #3**

**One hand form shooining with 2 minute drill**

**Add Balance hand with 2 minute drill**

**Spinouts from block**

- Outside pivot left

**Spinouts from block**

- Outside pivot right

**Spinouts from block**

- Inside pivot left

**Spinouts from block**

- Inside pivot right

**Olympic Shooting**

**Wrap-Up**





# Money Game

## *Object of Game*

- Win as many times as you can at the money basket.

## *Start*

- Youngest 2 teams at the money basket
- Oldest 2 teams at the next basket

## *Rules*

- Shots are taken from elbow
- 1<sup>st</sup> team, of all the teams, to 7 wins.
- Winning team and their ball rotate to next basket
  - Winning team at the money basket stays
- Teams who stay at their basket may begin shooting after whistle
  - Forces teams who are moving to the next basket to run

