



# Shooting Drills



# Shooting

## Keys to Great Shooting Form

- Feet shoulder width apart with your dominant foot slightly ahead of your non-dominant foot.
- Toes toward your target. (Point both feet at the basket)
- Knees slightly bent in an athletic position
- The ball should rest on the finger pads of your shooting hand allowing some space between the ball and your hand.
- Your shooting arm should form an “L” directly over your shooting leg and the ball should be over your elbow.
- Your wrist should be flexed far enough that you should see wrinkles where the back of your hand meets your arm and the ball should rest on the top of your finger pads.
- Your eyes should be focused on the center of the basket, not the front or the back of the rim. Your target is the center of the hoop.
- When shooting, remain focused on your target and do not look at the flight of the ball.
- Your other arm is used to balance the ball and when placed in the correct position on the side of the ball your thumbs will form a “T”
- Bend your knees and extend your shooting arm until your elbow is above your eyebrow.
- Flick your wrist and follow through so your index finger and ring finger are pointing straight down at the ground. Your follow through creates proper rotation of the ball.
- Hold your follow through until the ball goes through the net.
- Shoot through your balance hand, which should finish pointing at the basket.
- You should finish your shot on your toes.

## *Shooting Form*

### 1. One Hand Form Shooting

1. Stand directly in front of the basket about 2 feet away and have your partner stand under the basket.
2. Do Not use your balance hand.
3. Make 10 in a row from that spot and then take one step back
4. Every time you make 10 in a row take one step further from the basket until you reach the free throw line
5. As you get further away from the basket you need to bend your knees and get power from your legs. Once your form starts to change in order to reach the basket, you are too far away from the hoop.

### 2. Form Shooting with your Balance Hand

1. Begin in close and work your way further from the basket.
2. Hold your follow through until the ball goes through the hoop.
3. Make 10 in a row; take one step back until you reach the three-point line.



## *Shooting off the Pass*

### *1 Person Shooting*

- **Spinouts:** Gently throw the ball out underhand a few feet left or right. Use backspin on the throw. Go retrieve the ball, square up to the hoop by pivoting on your inside foot (foot closest to the hoop), get balanced and shoot the ball. Start near the hoop and gradually increase the distance.
- **Spinouts from 5 spots:** Both corners, both wings, and the top of the key. Make 10 and move to the next spot.
- **Spinouts to 1 Dribble:** Spin the ball out, catch and square up. Pump fake, 1 dribble into shot. Use both corners, both wings, and the top of the key. Make 10 and move to the next spot.
- **Half Court Dribble Move:** Start at half court with a speed dribble. Remember to push the ball out in front, use a dribble move into a shot from the elbow. Crossover, Inside-out, spin, stutter-step, etc.

### *Partner Shooting*

- **Straight Step Ins:** Shooter starts at top of the 3-point line or closer based on range. Passer passes, shooter is in athletic stance, catches, (if rightie) plants left pivot foot, steps into his shot with his right foot, shot.
- **Wing Denial:** Shooter starts at elbow and faces opposite the basket. He slides to the sideline denying the ball with his hand out in the passing lane. Once he reaches the sideline, he pivots back to the elbow planting his inside foot in to his shot.
- **Defensive Slides w/ Roll:** Shooter gets in defensive stance and slides around the three-point arc or at his range. Passer throws ball when he feels the shooter is working hard. Shooter catches, squares, and shoots.
- **Half Court Back Pedal:** Shooter starts at half court and sprints in, remaining in low aggressive stance with his hands out and ready. Passer passes the ball when shooter steps inside the 3-point line. He catches and 1-2 steps into his shot. After he shoots, he back pedals to half court and repeat steps above.
- Passer throws out to shooter on the three-point line, and then sprints out to the shooter with the ball. The shooter should shoot, if possible. If the shooter cannot get off a shot, use a fake and one dribble to spot up for a jumper.

## *Shooting off the Dribble*

- **Dribble Outs:** Same as spinouts except, instead of throwing the ball, we are going to use our dribble. Start at the foul line extended. Take one or two dribbles to the corner of the foul line and pivot on your inside foot, square and shoot. Repeat from the opposite side.
- **Defensive Slides w/ Roll:** Shooter gets in defensive stance and slides around the three-point arc or at his range. Passer throws ball when he feels the shooter is working hard. Shooter catches it, shot fakes, one dribble and shoots.