MAYVILLE STATE UNIVERSITY

WOMEN'S BASKETBALL

COMPETITIVE IDW SHOOTING DRILLS

1. **Make 10 Shots Without Missing 2 in a Row**
   - -Work at a pace that is "game like"
   - -Try to make 10 shots w/out missing 2 shots in a row
   - -If you miss 2 shots in a row, allow a "swish" on the next shot to continue the string.
   - -All shots are shot with the player spinning themselves a pass – Rhythm Shooting
   - -Can do this drill with stop and pop shots as well as jump shots

2. **Make 10 Shots is 1:15**
   - -Player has 1:15 to make 10 total shots
   - -All shots are shot with player spinning themselves a pass – Rhythm Shooting
   - -Have to work at a pace that allows you a chance to make 10 shots
   - -Player gets their own rebound on all shots
   - -Great warm-up drill to "heat up" player before workout begins

3. **"25" Point Shooting Drill**
   - -Player alternates between shooting a "3" and shooting a stop and pop
   - -3's are worth 3 points, and stop and pop shots are worth 2 points
   - -Player tries to get to 25 points in 2:00
   - -Player can't catch ball in same spot twice in a row – use entire floor
   - -Use a rebounder with this drill
   - -Player alternates between right hand and left hand when attacking the rim

4. **10 Spots in 2 Minutes**
   - -Player has 2:00 minutes to complete this drill
   - -Player shoots from five spots: corner, wing, top, wing and corner
   - -Player shoots from a spot until they make 2 in a row – start in corner
   - -After 2 makes in a row, player advances to next spot
   - -Spots 5 & 6 are in the same corner
   - -Use a rebounder for this drill, and an extra ball if there are long rebounds

5. **"21" Point Drill – Individual**

-Player starts at half line
-Player shoots a lay up, a stop and pop and a "3" in that order
-Lay up is worth 1, stop and pop is worth 2, and 3's are worth 3 points
-Player shoots shots in the order of lay up, stop and pop and 3 –continuous
-Player sprints from half line and receives ball from coach at arc
    -drives in and shoots a lay up – 1 point – then sprint to back to half line
    -attacks rim and shoots a stop and pop – 2 points – then sprint to half line
    -shoot "3" from top of the key
-Player continues shot order until they get to 21 points
-Great toughness/condition drill

6. **"30" Point Shooting Drill**

-Player shoots shots from four spots: wing, pro spot, pro spot and wing
-Set up a chair or cone at each spot on floor, just outside of the three point line
-Player receives pass and attacks the chair or cone
-Player will shoot three shots from each spot
-Player shoots stop and pop "3", then a right to left crossover move to a stop and pop and then a left to right crossover move to a stop and pop shot
-Player shoots ball and then sprints back behind chair/cone to receive ball and makes next move
-"3" worth 3 points, stop and pops worth 2 points
-7 points per spot for a total of 28 points – finish drill with 2 FT's for a total of 30
-Try to achieve a goal of 23 points or higher

7. **"44" Point Shooting Drill**

-This drill is done with a rebounder, and try to complete drill in 1:30
-Shots are shot in increment of 4
-Player receives ball at top of key and attacks basket for lay up – 2 with right hand and 2 with left hand – alternate hands
-Player receives ball at top of key and attacks rim and shoots 4 stop and pop shots – attack twice with right hand and twice with left hand.
Player then shoots 8 three point shots (wing, pro spot, wing pro spot) on the left Side. (Wing, pro spot, wing pro spot) on the right side.
-Finish drill with 4 free throws
-Lay ups and stop and pops all worth 2 points
-3's all worth 3 points
-Free throws worth 1 point for a total of 44 points

8. **Free Throw Game**
    -Have to make 16 Free Throws in 6:00
    -Free Throws are shot in 1 and 1 increments.
    -Player makes both free throws they sprint to half line and back
    -Player makes first FT and misses second they have one full court sprint
    -Player misses front end of 1 and 1, they have a double sprint (down and back twice)
    -All sprints, player dribbles ball with weak hand
    -Player continues drill until they either make 16 FT's or use all 6:00
    -Consequence is push ups
    -16 – total makes x 2 = total number of push ups at the end

TEACHING CONCEPTS AND PHRASES WITH SHOOTING IDW's

-Make your workouts like a game, so your games can be like your workouts
-The single best way to improve the team is to improve the individual player's skills
    -When you get better, the TEAM gets better
-Game shots, game spots, game speed with game conditions
-60% workouts – chart shots and have player make 60% of shots for entire workout
-Three Keys to Shooting
    1. Get the Ball Up
    2. Get the Ball Straight
    3. Hold a High One Second Follow Through
-Don't miss two shots in a row – THE SAME WAY – Focus and Finish
-Always warm up with Shooting Progression and Stick the Stance Progression
-Consistent technique will bring about consistent results
-If you want to add competition to any drill or IDW, add time or score to the drill – gets the player to workout at game speed.
-Be a "back half of the rim" shooter – don't leave the shot short
-FIND A WAY TO WIN!!!!!!!!!!!!!!!!!! – Teach players to "find a way to win" at each drill