# Drills for Your Shooting Improvement

1. THREE LINES
    - Start in close. You can even groove your shot with one hand.
    - Rotate right or left but do not go under the basket. As in all drills:
        - Keep it straight
        - Get it up
        - Hold a high one-second follow-through
        - Land six inches closer for balance
2. THREE LINES WITH A CLOSE OUT
    - Same drill as above only we add a defensive close out to pressure the shooter.
3. MAKE TEN SHOTS; DON'T MISS TWO IN A ROW
    - Make offensive moves taking game shots from game spots at game speeds.
    - Encourage younger players to take a lay-up after a miss
    - This drill combines rhythm, pressure, and shot selection.
4. MAKE FIVE IN A ROW; PUTBACKS COUNT
    - This drill is geared to post players. The post player flashes high and shoots a jump shot. As long as the ball never hits the floor, a miss is not counted. You will learn to follow your shot by using this shooting game.
5. THIRTY-FIVE POINTS
    - This drill is a perimeter player drill.
    - Shoot in the following order:
        - Three-point jumpshot (3 points)
        - Up fake, one quick dribble and pull up for a jumpshot (2 points)
        - Shoot fake and drive for layup (1 point)
        - Shoot five free throws to finish the game (1 point each)
    - Goal is to obtain a perfect score of 35. Work on going both ways (left and right) when driving for a shot.
6. FIFTY POINTS
    - Use half-court and score 50 points. Call out your score on each basket. Work on your individual moves including jump shots, shot fakes, drives, and free throws. This drill is for perimeter and post players.
7. TWO BALLS; THREE CLOSERS OUT
    - One shooter shoots threes over a defender closing out and jumping to try and block the shot. Players closing out rotate rebounding shots and closing out on the same shooter until the shooter is changed. You can change on a time period, number of shots, or number of makes. Use any three-point spot. If you have a shot blocked, then shot fake (with no foot fake) on the next shot.
8. THIRTY-FIVE SHOT DRILL
    - All shots are guarded if you have a partner.
    - **First Five**- Lay-ups one or two feel guarded by a teammate. Try to make the lay-up clean. Shoot the ball of the glass and bank it in without hitting the rim.

- **Second Five**- Call for the ball from your partner and shoot jump shots well within the three-point arc. You can spin yourself a pass if playing alone.
- **Third Five**- Shot fake without a foot fake outside the arc. We want a two-inch shot fake. Finish at the basket or in the lane with a shot. Get to the basket in one dribble. You can use two dribbles if you hesitate to take out the defensive helper. Stay low on your hesitation move.
- **Fourth Five**- Shot fake with no foot fake outside the three-point arc. We want a two-inch shot fake. Drive hard, go somewhere with your dribble, and take a jump shot. You can vary your dribble move by using the hop back move for a three-point attempt.
- **Fifth Five**- Three point attempts where your partner tries to block your shot.
- **Set of Ten**- Mix up your moves and use all of the moves and shots you have executed in the first five sets

When working with a partner this drill takes six minutes. Shoot free throws when finished. In a team practice a coach can then determine when the drill is finished. This drill can be charted or done competitively. Modify the drill for post players.

9. FREE THROW SWISH
    - A made free throw hitting the rim = 0
    - A missed free throw= -1
    - A swished free throw not hitting rim= +1
    - You can play +2/-2 and you win or lose accordingly. Great shooters can play +6/-2 to put more pressure on themselves. This drill teaches concentration.

10. TEAM FREE THROW BONUS

Each team member shoots a one-and-one bonus free throw. A specified number of free throws must be made or the team runs a sprint, suicide, etc. An example would be make twenty free throws with a twelve man team. Concentration on the free throw is enhanced by this drill and the importance of the first shot of the one-and-one bonus is taught.

PERFORM ALL SHOOTING DRILLS

- TAKING GAME SHOTS
- AT GAME SPOTS
- AT GAME SPEEDS

WORK TOWARD PERFECT FREE THROW TECHNIQUE

The mistakes made at the free throw line are repeated in field goal shooting. E.g. dipping the ball, negative motion, not holding your follow through, etc.

IF YOU DO NOT HAVE A PARTNER IN A DRILL, SPIN YOURSELF A PASS IN ORDER TO EXECUTE A V-CUT AND MOVE TO GET OPEN.