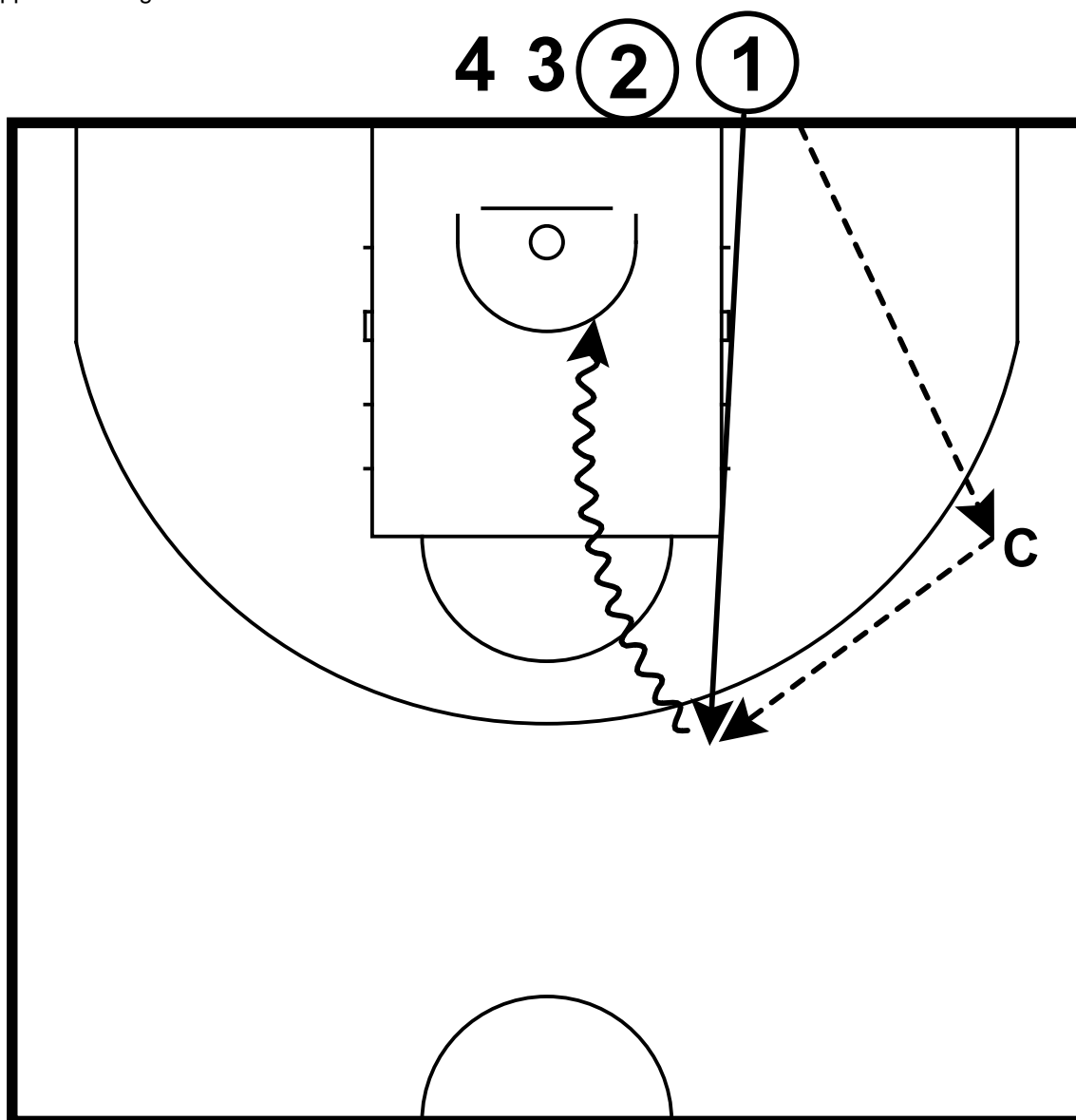


Shooting Drills

Drill 1: Zipper Shooting

Drill 1: Zipper Shooting



Team & Individual Drills

Set Up:

Players start behind the baseline with 2-3 basketballs

A coach starts on the wing as a passer.

Running the Drill:

Player 1 passes to coach then makes a zipper cut to the top of the arc.

Coach passes to player 1 who then rips the ball through, drives the ball to the basket for a finish.

Variations:

- Jab fake way then attack other way
- One dribble pull-up jumpshot
- Jab fake one way then pull-up jumpshot other way
- Spin dribble & lay-up finish
- Jab fake & spin dribble and finish

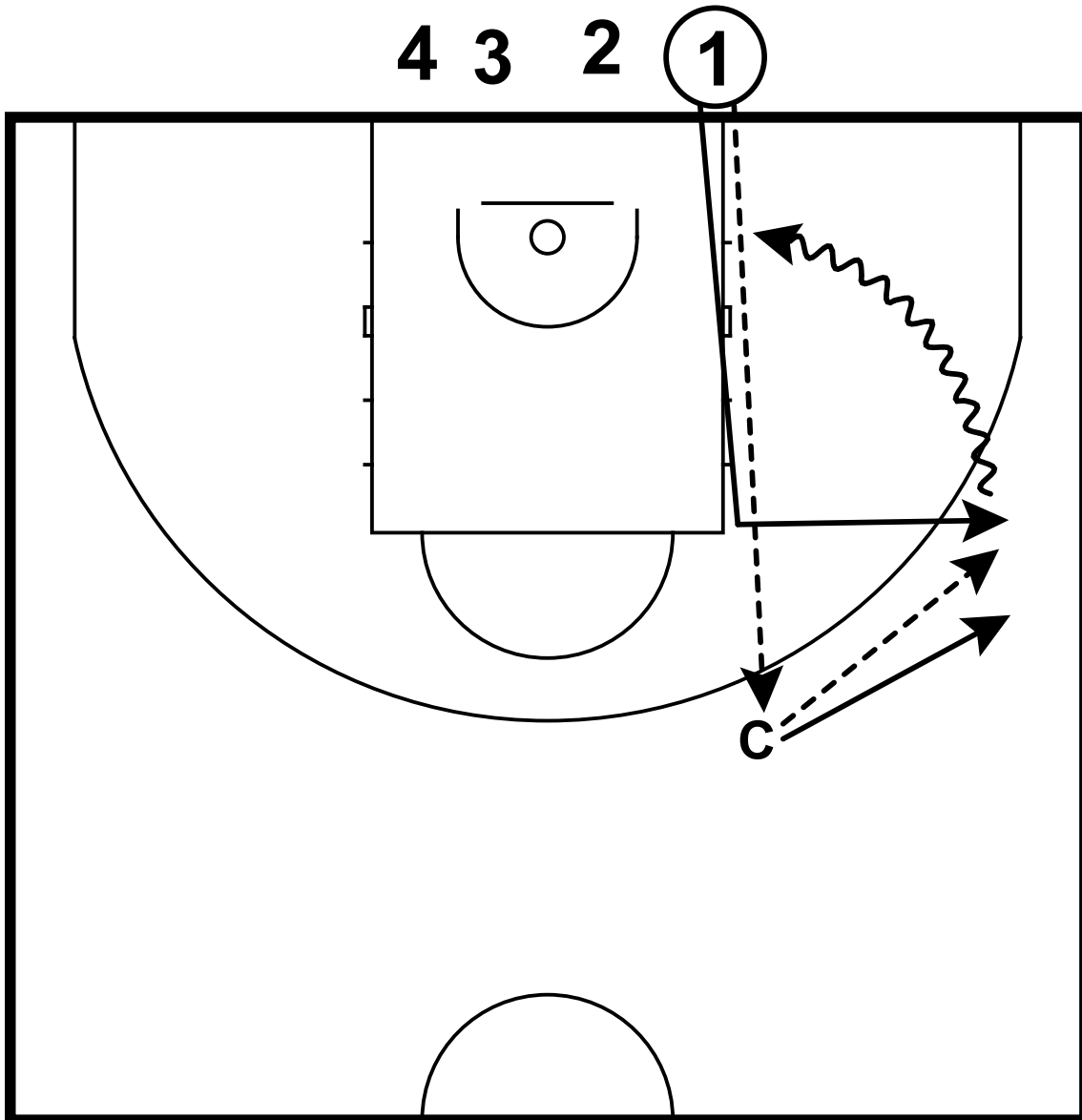
Target: 10-15 makes

Repeat drill opposite side

Shooting Drills

Drill 2: Baseline drive & throwback (1)

Drill 2: Baseline drive & throwback (1)



Team & Individual Drills

Set up:

Each player starts with a ball on the baseline

A coach/passer is at the seam.

Running the Drill:

1 passes to coach, sprints to touch the elbow before making a lead for a wing catch.

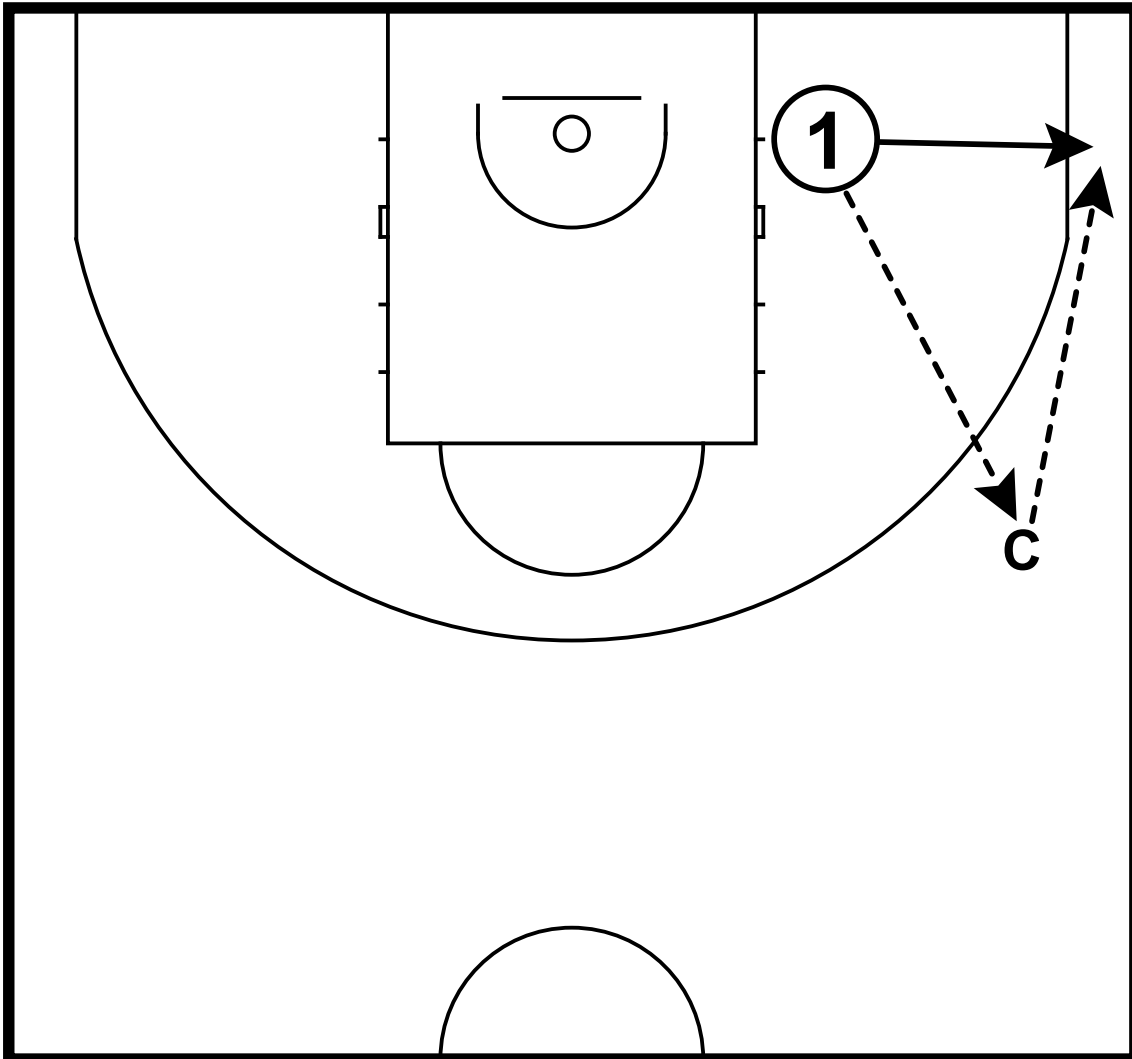
Coach passes to player 1 who drives the ball baseline.

Shooting Drills

Drill 2: Baseline drive & throwback (2)

Drill 2: Baseline drive & throwback (2)

4 3 2



Team & Individual Drills

1 throws the ball back to coach and relocates to the corner for a catch and shoot 3-pointer.

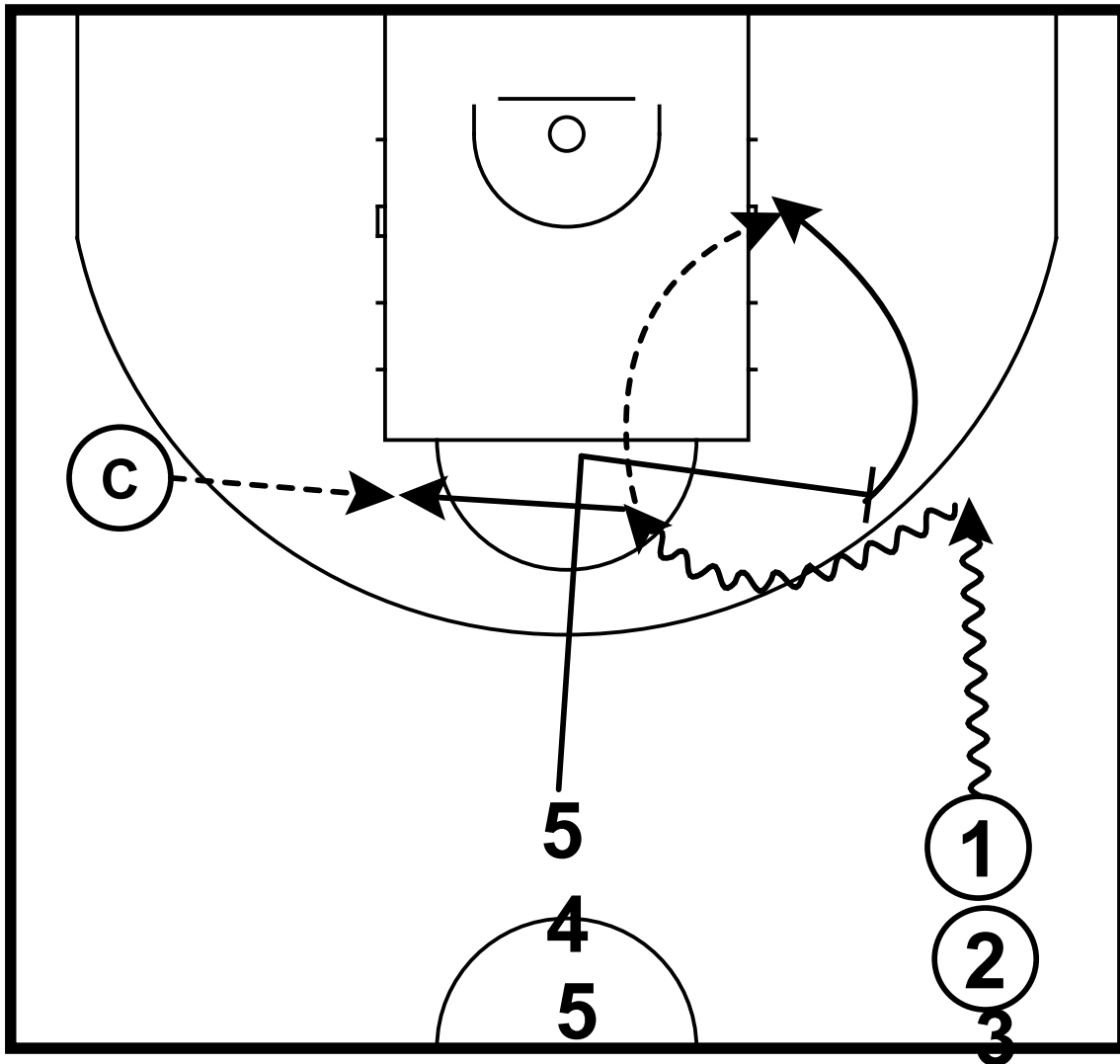
Target: x number of makes

Repeat drill opposite side

Shooting Drills

Drill 3: Drag screen shooting

Drill 3: Drag screen shooting



Team & Individual Drills

Set up:

1 line near the sideline with 2-3 basketballs.

1 line at the midline as screeners.

A coach starts on opposite wing with a ball as a passer.

Running the Drill:

First player pushes the ball down the side

First screener sets a drag screen.

1 hits the roll man for a lay-up

Coach hits the passer for a midrange shot.

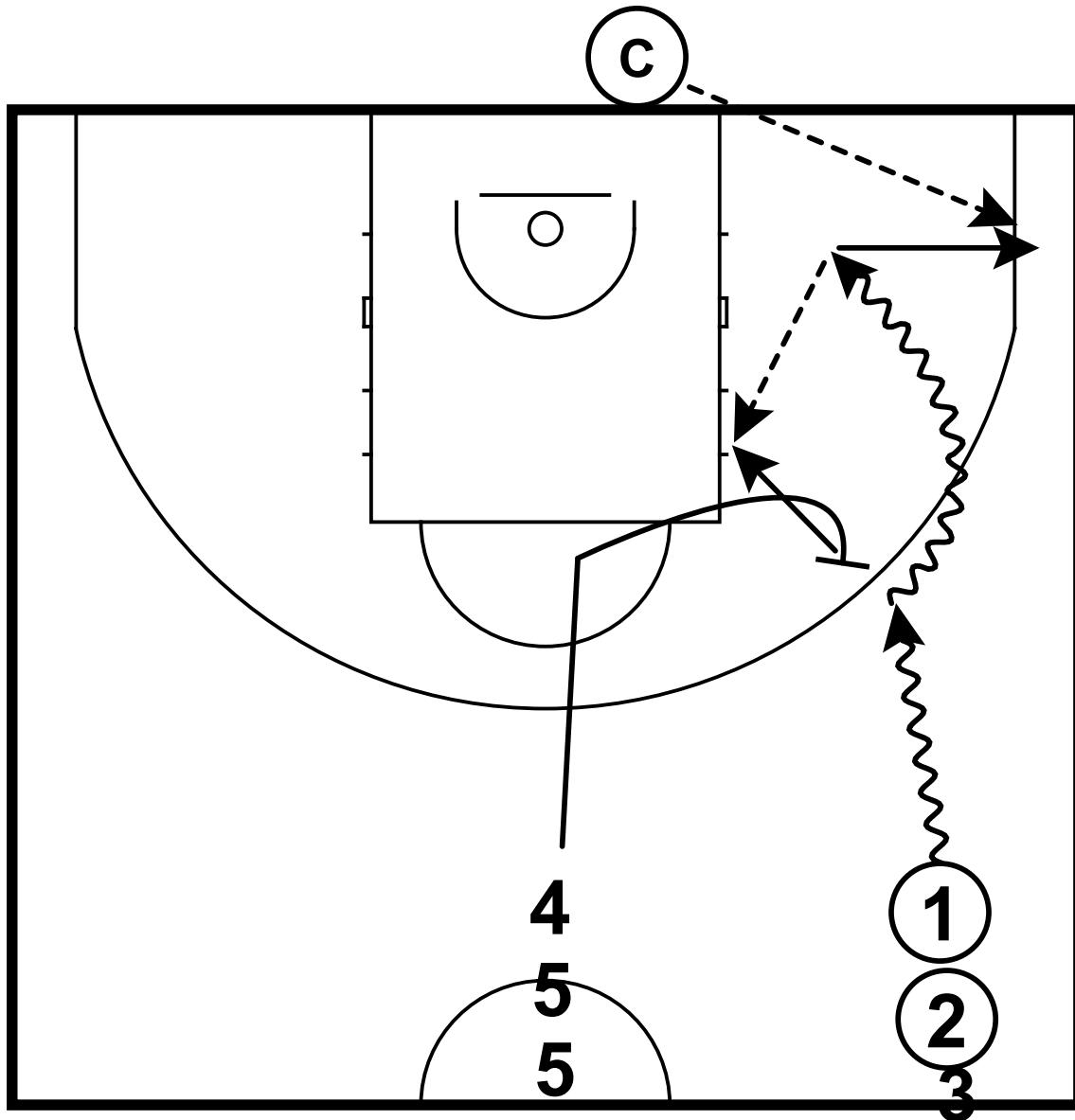
1 rebounds his own and passes back to coach.

The player shooting the lay-up rebounds his own. Players switch lines.

Shooting Drills

Drill 4: Step-Up screen shooting

Drill 4: Step-Up screen shooting



Team & Individual Drills

Set up:

1 line near the sideline with 2-3 basketballs.

1 line at the midline as screeners.

A coach starts on the baseline with a ball.

Running the Drill:

First player pushes the ball down the side

First screener sets a step-up ball screen.

1 hits the screener on the short roll for a shot.

Coach hits the passer for a 3-point shot.

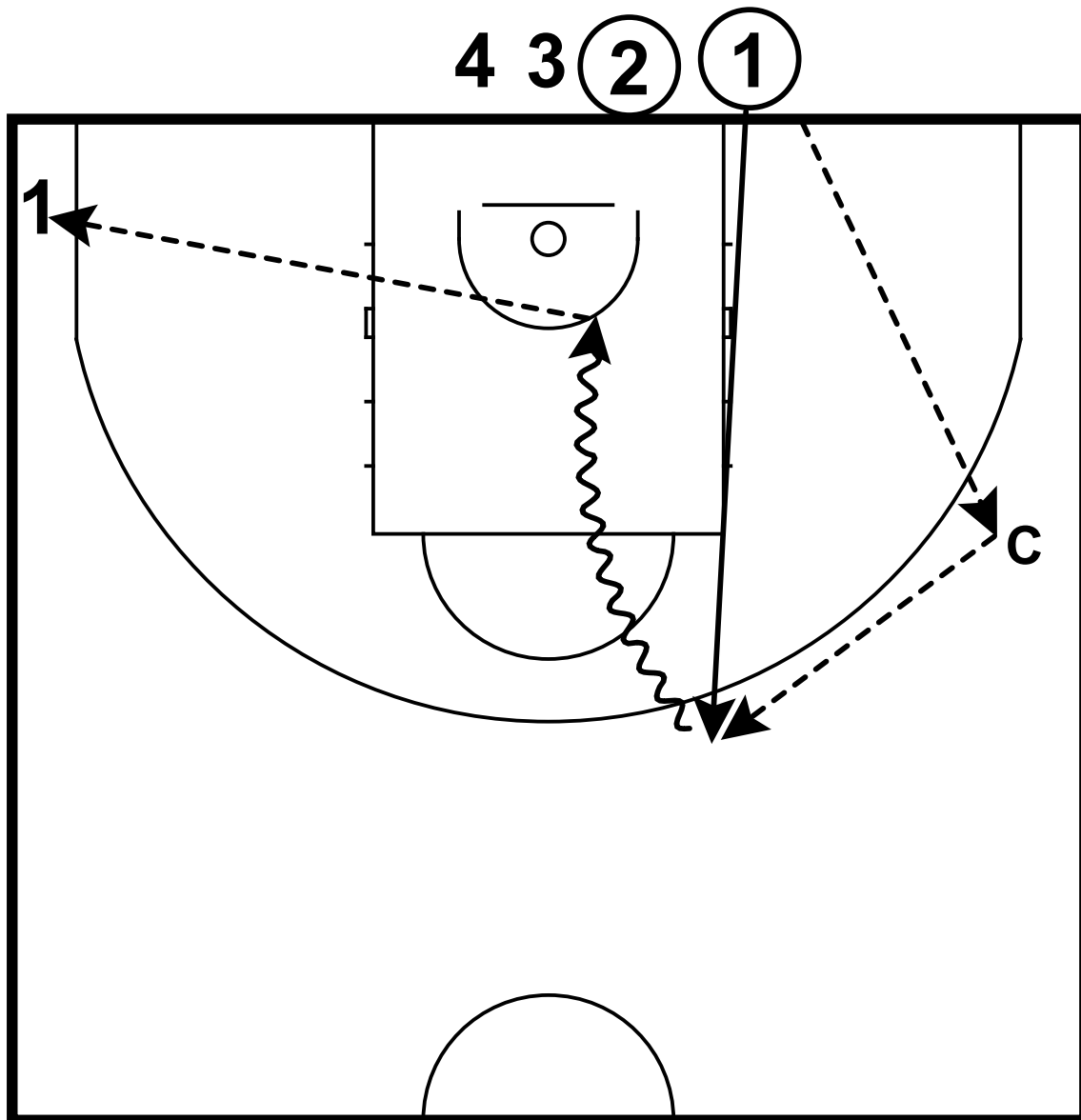
Screener rebounds his own and passes back to coach.

Players rotate lines.

Shooting Drills

Drill 5: Drive & kick shooting

Drill 5: Drive & kick shooting



Team & Individual Drills

Set Up:

Players start behind the baseline with 2-3 basketballs

A coach starts on the wing as a passer.

1 shooter starts at opposite corner.

Running the Drill:

Player 1 passes to coach then makes a zipper cut to the top of the arc.

Coach passes to player 1 who then rips the ball through, drives the ball to the basket and kicks the ball out to the shooter for a catch and shoot 3-pointer.

Passer becomes shooter. Shooter rebounds his own and joins the line on the baseline.

Variations:

- Shot fake & 1-dribble and pull up jumpshot

Target: 10-15 makes

Repeat drill opposite side

Coach: Tedi Yaghoubian @CoachTJY