

OILER SHOOTING DRILLS

PREPARED BY

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Snow Valley has been the ultimate place for the sharing of basketball information - the best continuous clinic for thirty-eight years. for a number of years, I have had the pleasure of talking with and observing Mark Grabow (Warrior Drills) here at Snow Valley. This exposure resulted in furthering the imaginative search for improving my players' intensity during shooting drills.

While browsing around a vendor's area at a November 1995 basketball clinic in Iowa, I saw a video display on shooting. The set up for some of the drills caught my interest. We have taken that set up and developed the "Oiler Shooting Drills" which were perfected by our team and introduced at Snow Valley last year.

The drills can be run one position at a time working on technique or continuously for thirty or forty minutes while rotating positions. Using your imagination, you can adjust the continuity of the drills to fit the shooting areas of your offense. Conversely, you can run the drills to simulate your opponents shooting areas and add defensive coverage and reactions.

Have fun.

COMBINATION DRILL

This is an example of putting some of the drills together or adding another phase of the game to the drill.

This is a Baseline Drill adding a penetration dribble and kick out to a stationary shooter with a defensive close out. Our three point shooters shoot threes, all others shoot their shot in their area (hopefully).

Player #1 pops out from the basket and catches the ball, pivots and then drives over the cutting #2 into the key and passes to Player #3 who shoots the ball and rebounds the shot. EVERYONE SPRINTS TO ALL POSITIONS. ETC. ETC. ETC.

There must be INTEGRITY in all cuts, passes, rebounds.
Do not hurry, be quick in thought and deed.

SHOTS

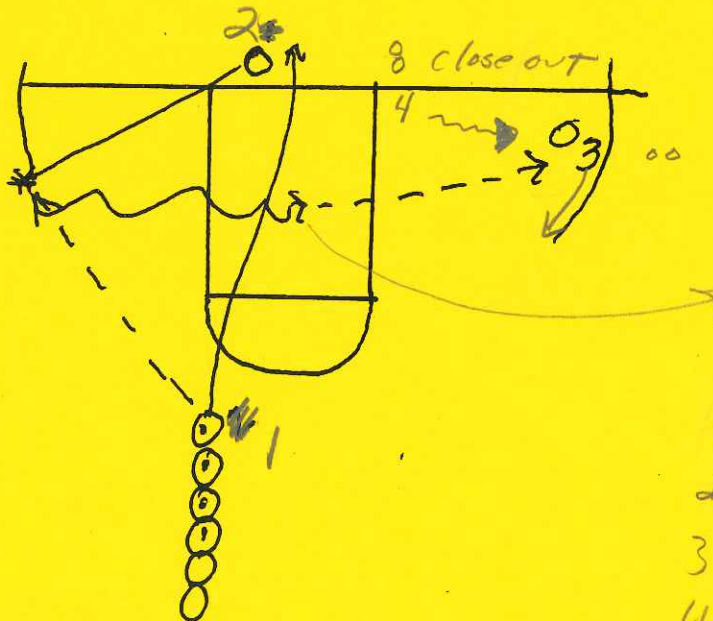
Stationary

Catch – attack baseline

Catch – attack high side

Catch – dribble high side and pass to line (no Shots)

Combo w/ close out

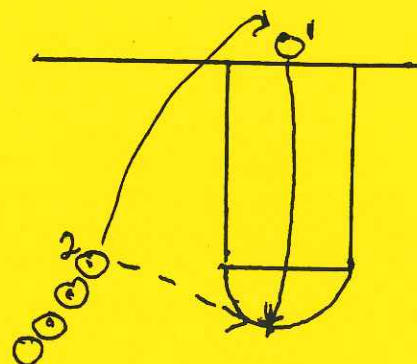


1 to 2
2 to 3
3 to 4
4 to 1

TOP OF KEY SHOTS (pass from both wing areas)

Player #1 starts under the basket. SPRINTS to the shooting area and reacts to pass.

Player #2 passes to Player #1 and then SPRINTS to the basket. ETC.ETC.ETC.

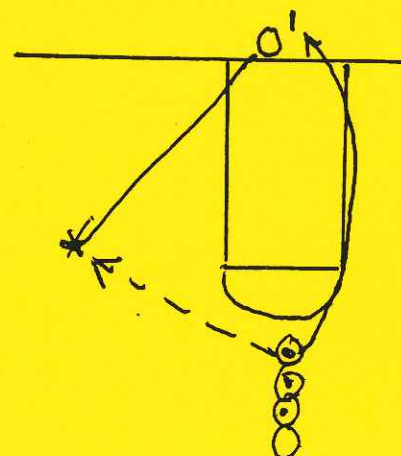


SHOTS

- Shots ✓
- Backdoor ✓
- Catch and attack
- Reverse cuts for toss

WING SHOTS

- Same shots as above ✓
- Passing line is at the top of key area
- Shooting line starts under the basket

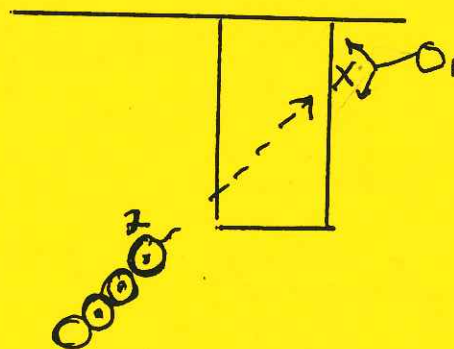


USE OF SCREENS

Player #1 moves toward screener and makes cut. (x)
Catches and scores. Rebounds ball and SPRINTS to the end of line.

Screener sets screen, pivots and takes player #1 place.

Player #2 passes to player #2 and then becomes the screener. ETC. ETC.ETC.



- ** change angles
- ** change shots

2 to X, X to 1, 1 REBS

POST CUTS – pass and cut from the wing area.
use both sides of the key.

Player #1 starts above the block and pops out to the wing area. Catch, pivot, locate cutter, jab step the pass to the post and cut to the basket.

Player #2 passes to the wing and direct cuts to the baseline, shapes up in the post above the block. Catch-tuck-locate, pass to cutter and then pop out to the wing area. ETC. ETC. ETC.

SHOTS (shooter rebounds shot and SPRINTS to end of line)

- Layups ✓
- Jumpshot at the elbow ✓
- Catch at the elbow and single dribble for shot
- Flair towards the baseline. ✓

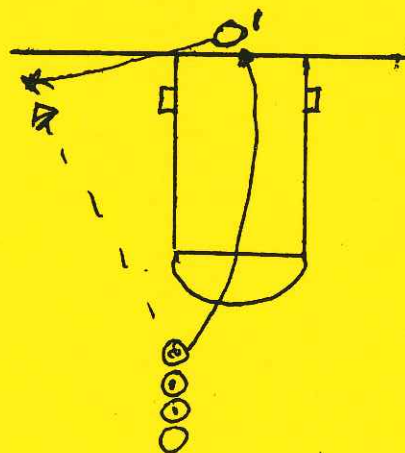
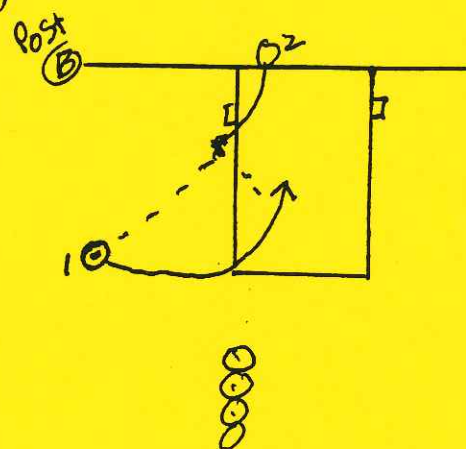
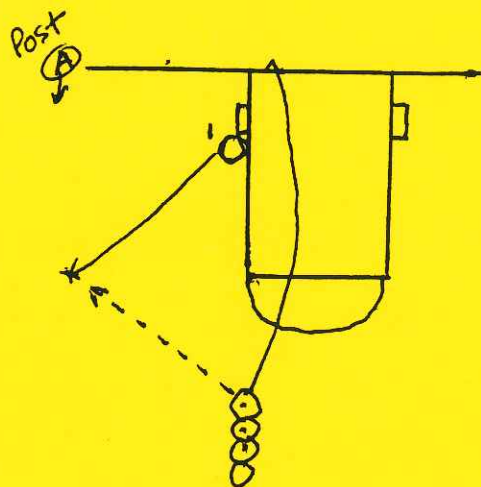
BASELINE SHOTS – pass and cut below the baseline.
use both sides of the key.

Player #1 comes out along the baseline below the block. Catches ball, pivots, shoots and rebounds ball. SPRINTS To end of line.

Player #2 passes to #1 and the SPRINTS down lane to out of bounds. Player #2 uses shooter following shot as a screen and pops out to shoot. ETC. ETC. ETC.

SHOTS

- Shot ✓
- Drive to basket using baseline hand ✓
- Catch, shot fake, drive into the key
- Touch 3 point line and backdoor



We start with four basic drills close to the basket. All four positioons emphasize getting the shooting arm and shooting leg on one straight line to the middle of the target.

Set up: PASSER (strong quick perfect passes to the shooters starting position)

SHOOTER (catch, ball in the air, pivot, lift, shot)
Shooter rebounds the shot.

BASIC FOUR

- A. Player ONE catches the ball above the level of the block. Player pivots and shoots the ball using the backboard. Player rebounds the ball and SPRINTS to end of line.

Player TWO passes to one and SPRINTS to the baseline
And then comes back to the shooting area. ETC. ETC.

- B. Player ONE catches ball above the block. Pivots on foot nearest the baseline. Shoots using the backboard. Rebounds shot and SPRINTS to the end of the line.

Player TWO passes to one and then SPRINTS to the baseline and comes back to the block. ETC. ETC. ETC.

- C. Same as B except on the opposite block.

- D. ALL NET! Shooter concentrates on making shot with out touching the rim. Player ONE catches the ball just below the free throw line. Shoots and rebounds the shot and SPRINTS to the end of the line.

Player TWO passes to the shooter and then SPRINTS to the baseline and then comes up the lane. ETC. ETC. ETC.

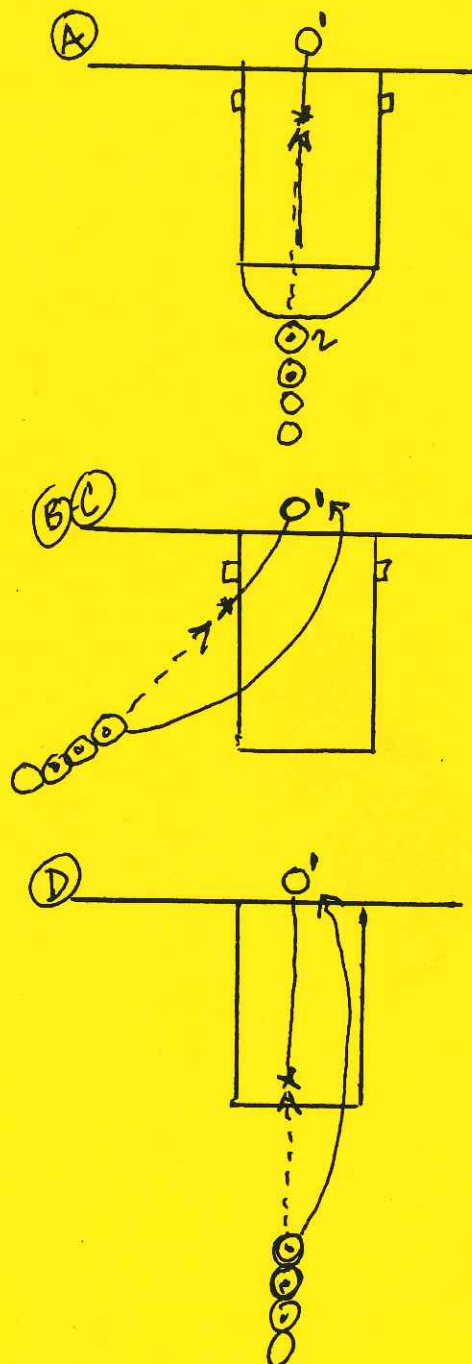
NOTE: Take the basic four and expand the opportunities.

A. turn, fake, single dribble left or right.

B&C. drop step, turn inside, fake and take ball
To the other side.

D. shot fake and attack basket, left or right.
catch and reverse to the basket.

** add defense



An example of a continuous routine using some of the Oiler Drills

Moving from one drill to another without hesitation. Have one player set the lines and another player start the next drill.

Game type intensity.

A. Basic Four -- Three shots at each station

B. Post Cuts -- Left and right sides
Three shots at each station
1. cutter across the elbow for a layup
2. jump shot at elbow

C. Baseline -- Both sides
Three shots at each station
1. shot
2. drive

D. Top of Key -- Both sides
1. backdoor
2. shot
3. single dribble drive away from pass

E. Combination -- 25 made shots from both sides

F. Basic Four -- 50 made shots with continuous rotation from one
Position to the other