

INDIAN LAKE SHOOTING DRILLS

Form Shooting:

Typically done 10-15 minutes per day, you can never get enough work in shooting the basketball

Concentrate on form, footwork, follow through---(waiter, rocket goose)

- 5 one handed shots, each block, and middle (focus on swishes, hold your follow through)
- 2 hand catch and shoot 10 feet. (right handed shooter: left foot forward, step in with right foot catch and shoot, make 5-10, left handed shooter, right foot forward step in with left foot catch and shoot, make 5-10, hold your follow through)
- 15 feet catch and shoot (work footwork, follow through, have good form)
 - 3' pointer catch and shoot* (do not sacrifice form for a jump shot)

1. SPURS 100 (5 ON EACH SIDE OF FLOOR)

10 WING TO CORNER 3'S

10 CORNER TO WING 3'S

10 FLARE TO CORNER 3'S (Head under net)

10 TOP OF KEY 3'S

10 ELBOW TO ELBOW 3'S (AT TOP)

10 ELBOW TO WING 3'S

10 WING TO WING CATCH 3'S

10 BASELINE RUNNER 3'S (START ON BALLSIDE BLOCK TO CORNER)

10 AROUND THE HORN (ONE 3 FROM ALL 5 SPOTS)

10 NAIL 3'S (START IN MID OF LANE TO TOP OF KEY FOR 3)

2. KYLE KORVER SHOOTING (Record is 219)

3's FROM ALL 7 SPOTS, SHOOT TILL YOU MISS 2 IN A ROW THEN MOVE

3. 14 CORNERS

7 IN EACH CORNER : HAVE 1 MINUTE

4. 2 IN A ROW SHOOTING

MUST MAKE 2 IN A ROW FROM 5 SPOTS, GOAL IS UNDER 2 MIN

5. 44 POINT GAME

3, SHOT FAKE 1 DRIBBLE, LAY-UP FROM ALL 7 SPOTS, END WITH 2 FT'S (GOAL IS 35)

6. SPOT, CURL, STRAIGHT, FLARE SHOOTING

START W/ HEAD UNDER NET

TIGHT CURL, LOOSE CURL, STRAIGHT CUT 3, STRAIGHT CUT SHOT FAKE 1 DRIBBLE,

FLARE TO CORNER 3, FADE TO

CORNER RIP BASELINE, FADE TO CORNER SHOT FAKE 1 DRIBBLE

7. 20 IN 2

3 FROM ALL 5 SPOTS, OVER AND BACK (10 makes)

SHOT FAKE 1 DRIBBLE FROM ALL 5 SPOTS, OVER AND BACK (10 makes)

8. 59 SECONDS

15 3'S IN 59 SECONDS : CAN'T STAND IN SAME SPOT : MUST MOVE

9. DAMIAN LILLARD SHOOTING

7 SPOTS. 3, 1 DRIBBLE PU LEFT, 3, 1 DRIBBLE PU RIGHT, 3. 3's = 3 2's = 2

10. FULL COURT SHOOTING

START W/ 3 IN CORNER, SPRINT TO OTHER END FOR CORNER 3, BACK TO OTHER END

FOR WING 3, AND ETC. MUST SHOOT 10 SHOTS (5 ON EACH END)

11. CELTIC 50

5 SPOTS AROUND THE 3 POINT LINE, NEED 10 MAKES FROM EACH SPOT

12. PERFECT SHOT FAKE DRILL

5 SPOTS, MUST MAKE 2 GOING L AND R. MUST KEEP ALT L AND R UNTIL YOU MAKE 2

13. BEAT THE PRO

EVERY MAKE FOR YOU IS WORTH 1, EVERY MISS IS WORTH 2 FOR OPPONENT
PLAY TO 20, CAN GO SPOT TO SPOT OR JUST WORK YOUR WAY AROUND THE ARC

16. 100 MAKES

MAKE 100 CATCH AND SHOOT 3'S GOING AROUND THE ARC AND BACK TO FINISH
WORKOUT

SHOOT WHILE FATIGUED W/ GREAT SHOT DISCIPLINE

Shooting/Point Guard Individual Workout

* Do everything full speed. It is designed to take less than an hour. You may adjust the shot specifics depending on if you have a rebounder, a shooting gun or are by yourself. However, find a way to complete all the elements. If you need to do form shooting, or it is a part of your regular routine, add about 10 minutes to the workout for that purpose.

Ballhandling and Simmons Drill (continuous shot/head fakes)- should take about 10 minutes total

(Slap ball, fingertips, low dribbles, figure 8 dribbles, spider, around the waist, feet and head, scissors, etc...)

Shooting Sequence #1

10 makes on each part

15' shooting

o 1 spot

o Elbow/Elbow

o Wing/Corner

3's

o 1 spot

o Elbow/Elbow

o Wing/Corner

Ballhandling

Two ball sequence – 30 seconds for each

In front together

In front alternate

Side together

Side alternate

On side – back and forth together

Around the leg with one – stationary other

Switch

Zig –Zag o Cross over

o Behind the back

o Between the legs

o Pull Back/Crossover

FT's – Make 8

Shooting Sequence #2

5 makes on each part

Shot fake and one dribble pull up

o Top – go left

o Top - go right

o Wing - go left

o Wing – go right

3's

o Top – go left

o Top - go right

o Wing - go left

o Wing – go right

Ballhandling

(3) 30 second segments of Kill the Grass (head up, varied dribbles, kill all the grass with your feet and the ball - fast and quick)

Shooting Sequence #3- Transition Jumpers

7 makes on each part

Center circle touches

o Top – go left

o Top - go right

FT's– Make 8 out of 10

XAVIER UNIVERSITY NEWSLETTER

WARMUP (choose 1)

2 Ball Warmup

1. Each player starts on baseline with two balls
2. Do stationary drill for 20 seconds
3. Accelerate out the length of the floor alternating your dribble
4. With each repetition, increase the pace so ballhandler is almost full speed at the end
5. Dribble moves are as follows:
 - a. 2 ball over top
 - b. 2 ball figure eight
 - c. 2 ball slams
 - d. 1 high, 1 low
 - e. 2 ball exchange
6. Pick 3 dribble moves and do each move twice, alternating directions.
6 full trips in all

2 Man, 1 Ball Shooting

1. 2 players shooting with 1 ball
2. Shooter gets own rebound, player 2 spots up
3. 60 seconds per area; keep total score
4. 3 areas are:
 - a. Mid range shots
 - b. 1-2 step 3's
 - c. Eye rim, step bye's

Head Ahead Series

1. Start in a line wide and 5' behind halfcourt, as if a "wide runner"
2. Sprint the wing wide, angling in to the 3 pt. line as if on a 3 vs. 2 fast break.
3. On the catch, make the following moves:
 - a. Spot up 3
 - b. No dribble, reach out finish
 - c. No dribble, power finish
 - d. Rip thru, 1 dribble reach out finish
 - e. Rip thru, 1 dribble power finish
 - f. Rip thru, 1 dribble pull-up
 - g. Spot up 3
4. After the shot, jog back to halfcourt on opposite side. Repeat the same move from the opposite wing

Daily Dozen

- Each of the six executed going L, R
 1. Reach out layup – "being chased"
 2. Two foot power layup – "put defender in jail"
 3. Stride stop, step thru – "you were caught"

4. Across the lane baby hook – “use the rim”
5. Dribble to baseline, sprint, reverse layup with ball in same hand.
6. Down the middle, jump stop, “floater” with right hand only.

- Starts with a player at halfcourt wide sideline in a triple threat position.

Toughness Series

1. (5) Taps with no score R, L
Finish with a two hand snatch with outlet pass.
2. (5) Front rim bangs squeezing ball with two hands.
Finish with a pump fake score. “No travel”
3. (8 made) Mikans
4. (8 made) Reverse Mikans
5. (5 made) One Dribble Mikans
6. (3) Backboard slams
 - Bang the board twice with a finish x3
7. (3) McHales
 - Tap ball with one hand 5 times and tip it in on the 6th. A miss on 6th one results in an incomplete result.
8. (6) Ball pickups
 - Shoot with proper hand on each side using shoulder as a weapon.
9. (4) X Out without dribble
 - Catch a pass from coach after, two hand outlet pass, touching same elbow with foot. Receive a pass from a second coach on the opposite wing. One leg layup with proper hand.
10. (4) Made jumphaoks from the middle L, R
 - 1- ft. out

Halfcourt Touch

1. Player starts in the corner along the baseline and jogs to halfcourt.
2. He touches halfcourt with his foot, turns and sprints to the basket on 45° angle.
3. He receives a pass from the coach who is standing on the elbow.
4. Player starts new line in opposite corner.
5. Player shoots (6) shots on each side – a one dribble power layup, a one dribble single leg layup, a one dribble stride stop step thru, a bank shot with no dribble, catching at 28 ft. and dribbling across lane for a baby hook, catching at the 20 ft. mark and passing back then receiving a pass for no dribble layup.
6. A total of 12 shots are taken.

OFF THE CATCH (choose 1)

Explosion Series

- 2x each move, establish triple threat

1. Two dribble power layup R, L
 2. Two dribble pullup R, L
 3. Perimeter drive into post-up R, L
 - “Pop the ball at the beginning of shot
 - “Fast drive to slow post move”
 4. Stride stop, step through R, L
 5. Two, three dribble drive and pass R, L
- With a stride stop ending with no travel.

- Drive the ball to the front of the rim.

Getting Open Progression

1. Ways to get open – V cut, button hook and pop, straight cut (coaches' choice)
 2. Shots
 - a. Backdoor power layups – 2 shots
 - b. Catch, pivot 2 dribble pullups – 2 shots
 - c. Catch, pivot 2 dribble layups – 2 shots
- Both one and two foot layups – 2 shots
3. A coach should mark off two different spots for a player to execute a backdoor, pullup, and layup. It's a coach's decision on what “way to get open” he makes the player execute.

DRIBBLE MOVES (choose 1)

Center Chair Drill

1. Place 5 chairs at equal distance from top of key to top of key
2. Start ballhandler head under rim at one end
3. Attach each chair with a dribble move
4. After 5th chair, take 1 hard dribble into a pull-up
5. dribble moves are:
 - a. Hesitation
 - b. Inside out
6. Do each move down and back with each hand. Objective is to stay low in the move
7. Eliminate the 2nd and 4th chairs and repeat both moves with only 3 chairs. Objective with 3 chairs is to combine playing low with long strides and accelerating out of the move

Steve Nash Series

1. Start players in a line just inside right corner.
2. Place a chair across from top of key, directly in front of the line. Place a 2nd chair angled in at 30' from opposite rim.
3. Attach both chairs with a dribble move and make appropriate finish

4. Repeat drill on opposite side coming back
5. Do with right and left hands
6. Dribble moves are:
 - a. Ins out, speed crossover, pull-up

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- b. Hesitation, inside out, power finish
- c. Between legs crossover, inside out, reach out layup
- d. Behind back, inside out, pull-up

Half Court Pitino

1. Start in center circle or 10 ft. behind halfcourt line on the sideline. Each sideline rotates.
2. Begin with a pass from a coach and allow each player to catch and go, catch, pivot, then go. Do not start with triple threat position or by a senseless dribble.
3. Push the ball in a direction with the dummy defender (except in d.)
4. Go “body to body” by the dummy defender.
5. Moves
 - a. Change of pace with head rise with a power layup – “eyes on rim”.
 - b. Inside out with a one leg layup – “make move early”.
 - c. Inside out, crossover with a power layup – “make moves early”.
 - d. Through the legs with a one leg layup – “change speed”.
 - e. Through legs, crossover with a power layup – “quick with the ball”.

SHOOTING (choose 1)

Hubie Browns

1. 17 ft. distance between shots.
2. Emphasize proper footwork.
3. Player executes a chest pass and a two hand over head pass to the shooter.
4. Both wings, at top – with passer changing sides, players choice for fifth segment.
 - Coach’s decision on counting shots or makes. Player can also shoot for either :55 or :30 sec’s per spot.

Step Byes

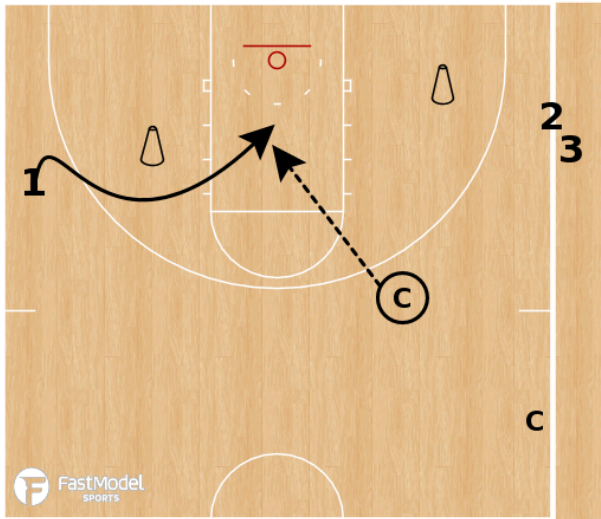
1. A player one, two steps and takes “one long dribble” both R, L hand x2 at 7 spots after receiving a pass.
2. The emphasis is “eyes on the rim” first and “body to body” by the defender.

Baseline Jump Shot Routine

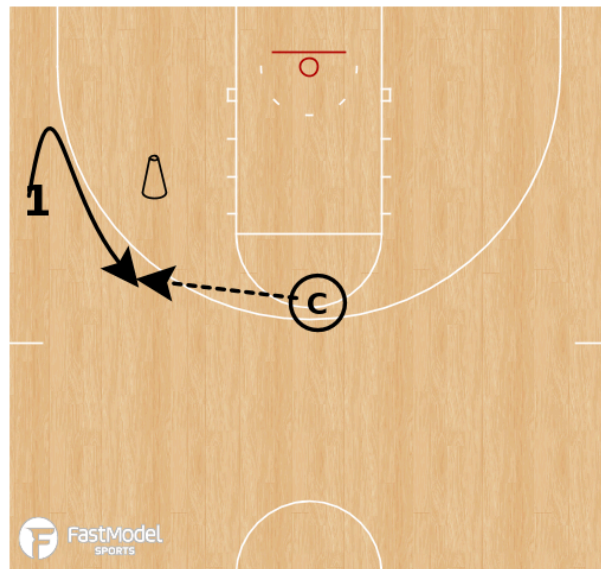
- All shots are from a bounce pass. A coach chooses either the R, L sides.

1. Make (4) or shoot (7) 5 ft. bank shots
2. Make (4) or shoot (7) 8 ft. bank shots
3. Make (4) or shoot (7) 12 ft. bank shots
4. Make (4) or shoot (7) 5 ft. baseline shots
5. Make (4) or shoot (7) 8 ft. baseline shots
6. Make (4) or shoot (7) 12 ft. baseline shots
7. Make (4) or shoot (7) 5 ft., 8 ft., 12 ft. bank shots

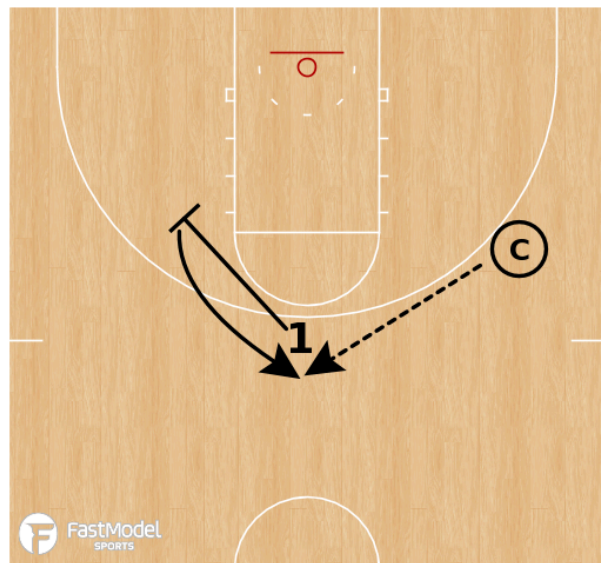
1 on 0 Shooting



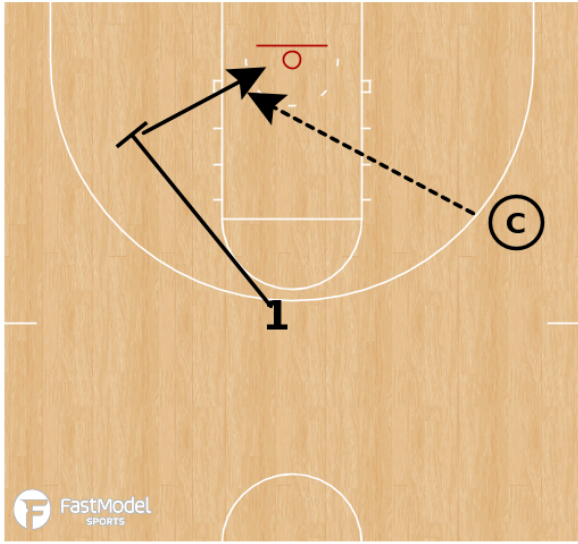
***curl cut for a layup/jumper**



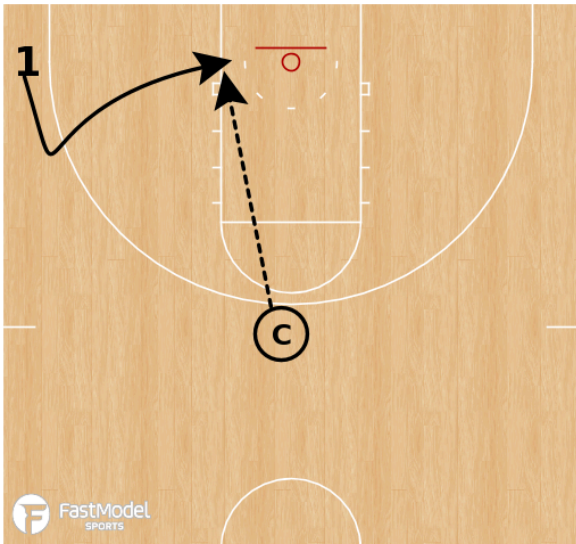
***straight cut for a jumper**



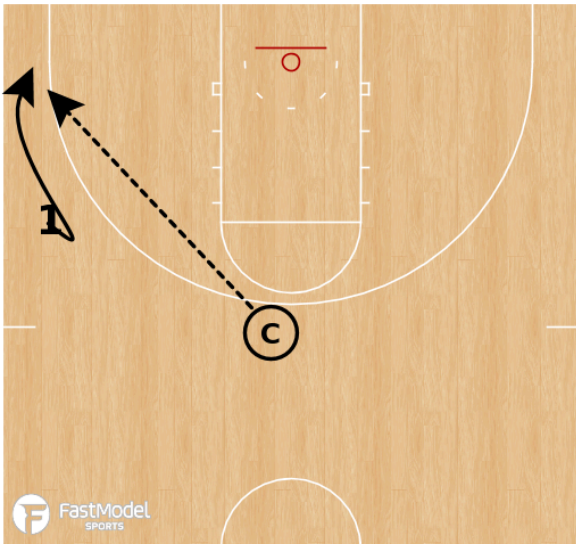
***screen and roll back**



***slip cut for layup**



***backcut for a layup**



***flare for a jumper**

Get 50 Shooting:

Done in around 12-15 minutes. Player makes 10 of each shot with the goal of 50 perfect makes per day. This creates muscle memory, and solid form

- 10 makes regular Mikan
- 10 makes reverse Mikan
- 10 makes catch and shoot 15'
- 10 makes catch and shoot 3's* (do not sacrifice form for distance, stay in your range)
- 10 makes shot fake 1 dribble pull up (PU)

Hubie Brown Shooting: 3 cone finishing drill. Player makes a move at the first cone (primary defender), second cone (secondary defender) and finishes at the rim

- Finishes:
- regular lay-up, jump stop power lay-up, reverse lay-up, jump stop reverse lay-up, opposite hand finishes (right hand on left side, left hand on right side)

Daily Dozen Finishes: Hard drives to the rim with varied finishes. Player will shoot 12 total shots (4 shots from the right side, 4 shots from the left side, and 4 shots from the middle)

- lay-up (right hand/left hand/middle)
- jump stop power layup (right hand/left hand/middle)
- 15' jump shot (right side/left side/middle)
- 3 point jump shot (right side/left side/middle)

1 Minute Shooting Series:

Player has one minute to make as many shots as possible.

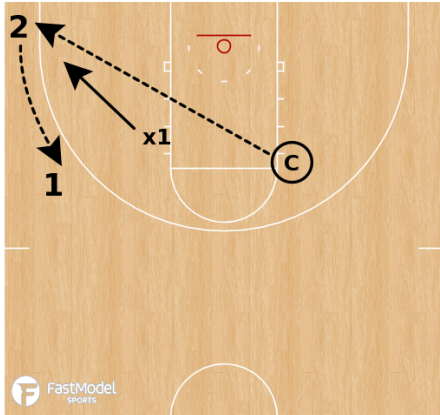
- layup, 15', 3's, shot fake 1 dribble PU,

5 Spot Cone Drives: 5 spots (corner, wing, top, wing, corner) 1:00 at each cone. Make a good hard move and finish at the rim---be creative, but FINISH

UD Shooting: partner or groups of 3. 7 spots around perimeter. Catch + shoot + make 3 shots (does not have to be in a row) first group done yells winner. Win = 1 point. First team to 5-7 points

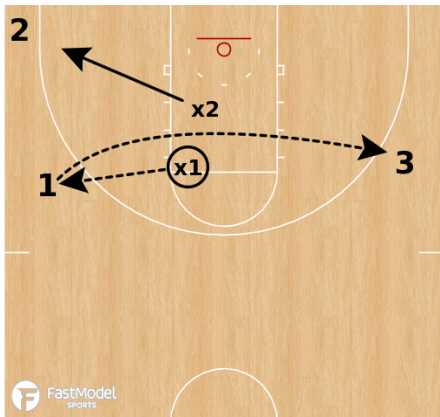
Advantage Shooting Drills Alabama Shooting Series

2 vs. 1

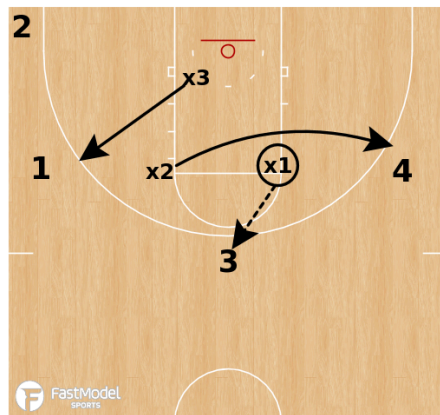


- total defense represents how many passes the offense gets Ex: 1 defender= 1 pass
- no back cuts, looking to play off extra passes/quick decisions

3 vs. 2

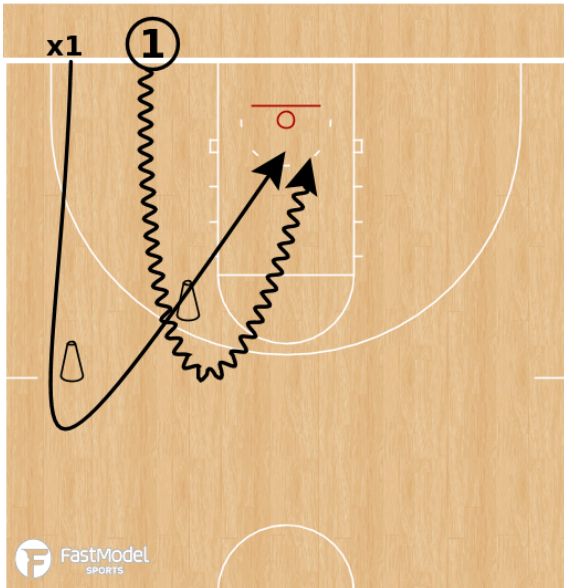


4 vs. 3

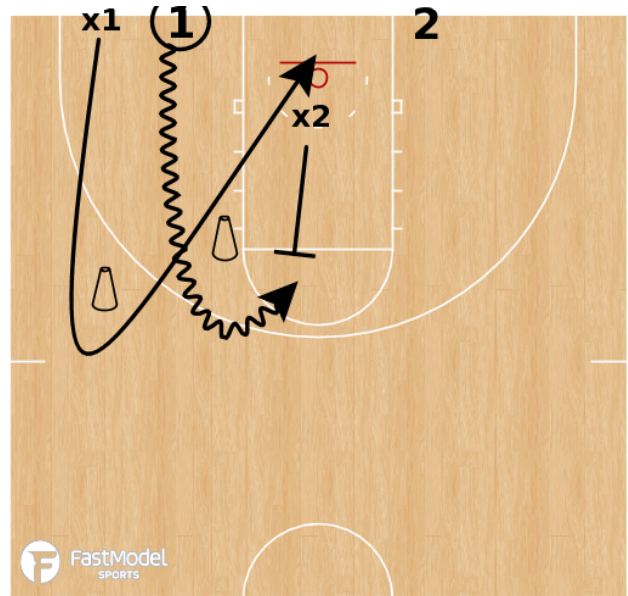


*5 vs. 4

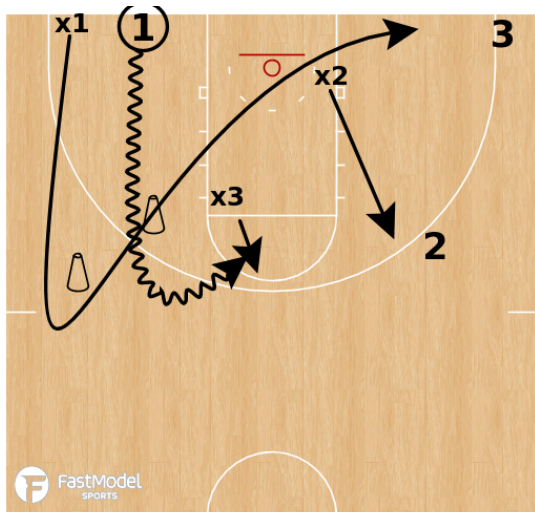
1 Second Advantage



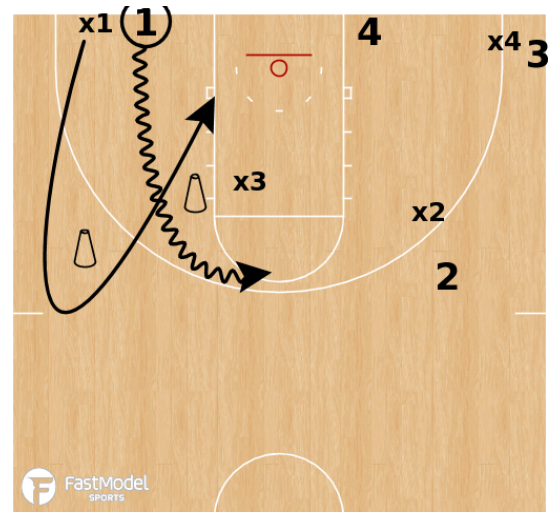
1 vs. 1



2 vs. 2 w/ forward in the dead spot



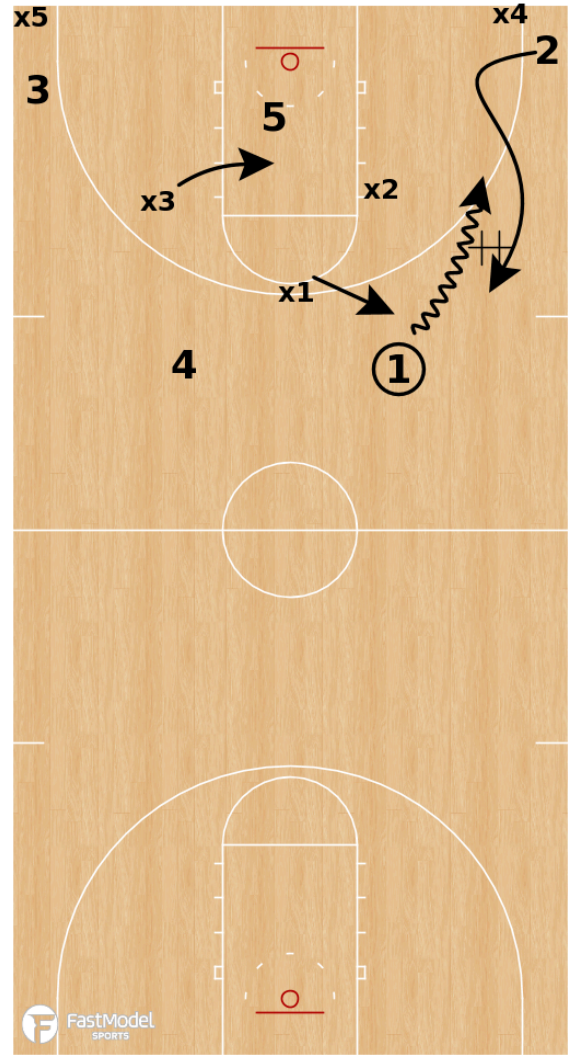
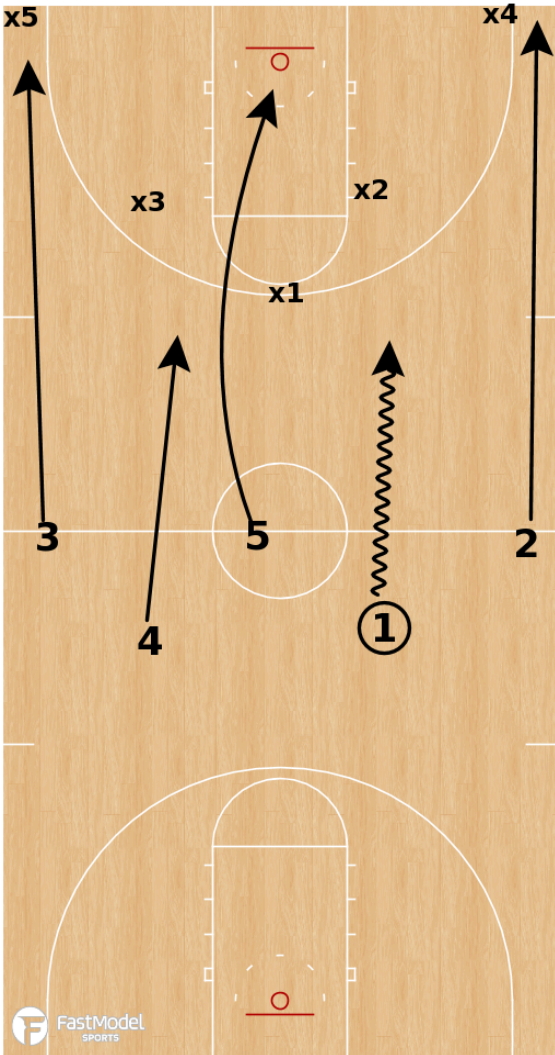
3 vs. 3



4 vs. 4

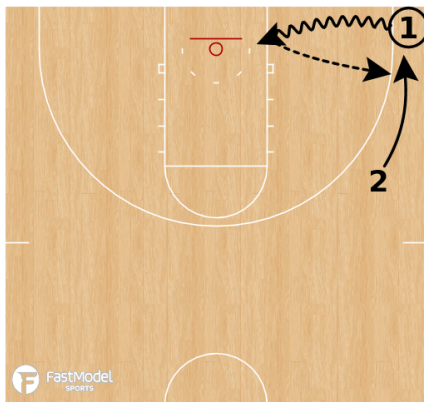
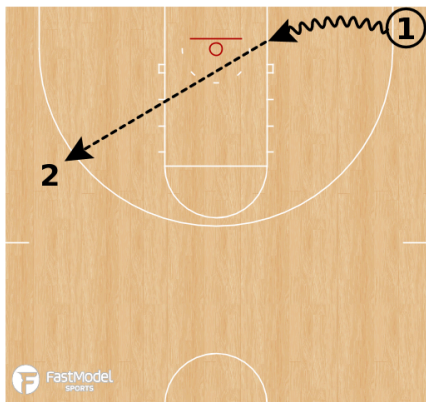
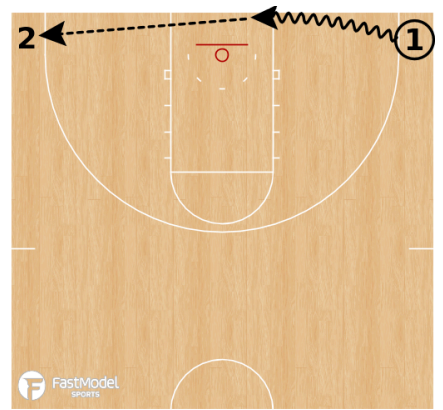
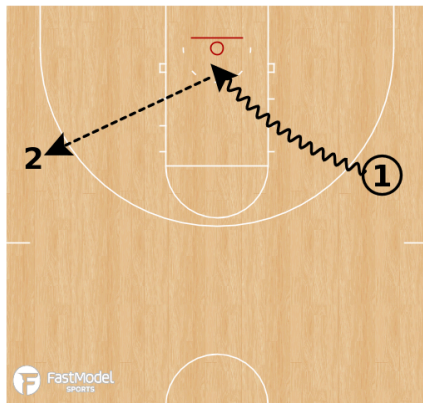
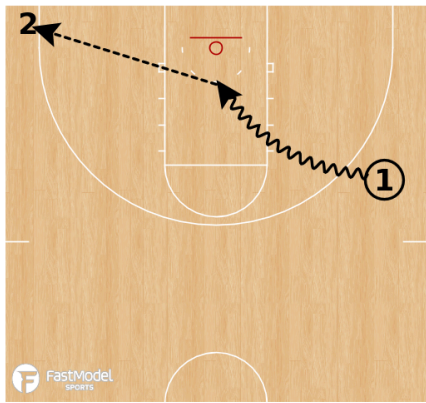
Razorback Transition (5 vs. 3 continuous)---3 team drill

Scoring: made shot (either 2 or 3) NO 3's UNLESS IT IS A DRIVE AND KICK!



Penetrate and Kick Series

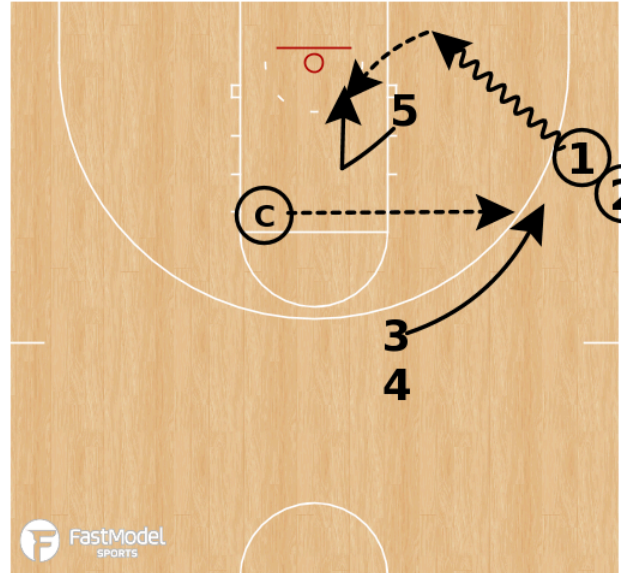
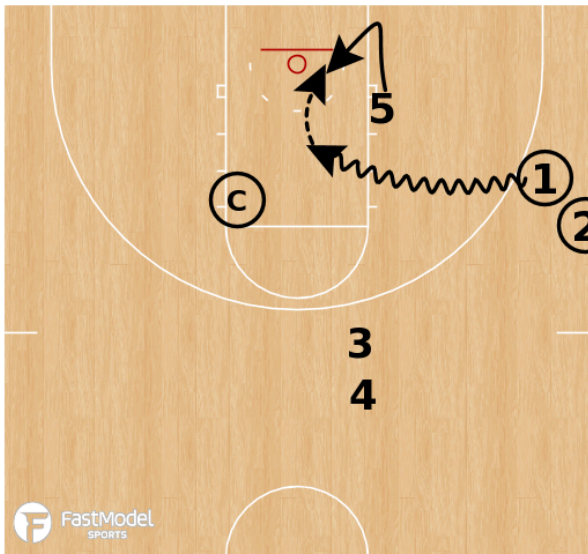
Penetrate and Kick Layer #1



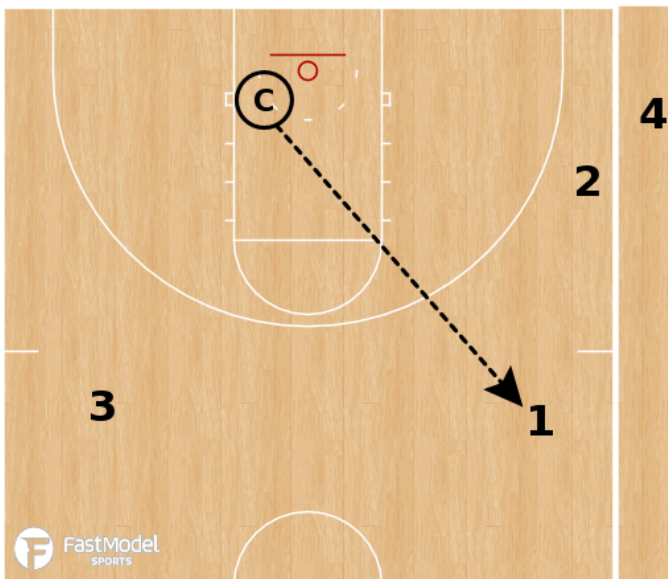
- Set a time limit or goal amount for each shot Ex: make 10 before moving on. Complete the whole series on both sides of the floor

Penetrate and Kick Layer 2

- Penetrate and Kick Layer 2 is for our posts (5) and what they do when dribble penetration occurs



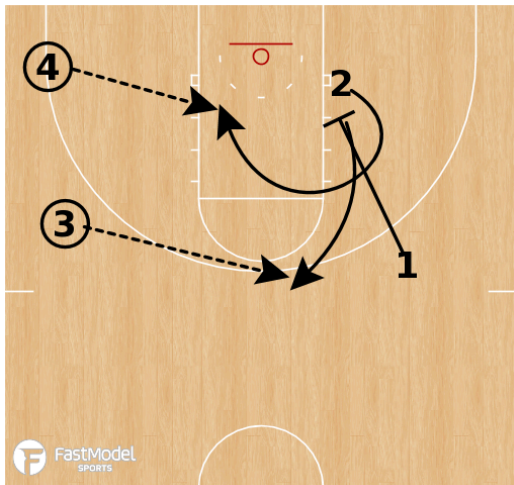
Penetrate and Kick Layer #3---3 man 2 basketball, Penetrate and Kick Layer #4---4 man 3 basketball



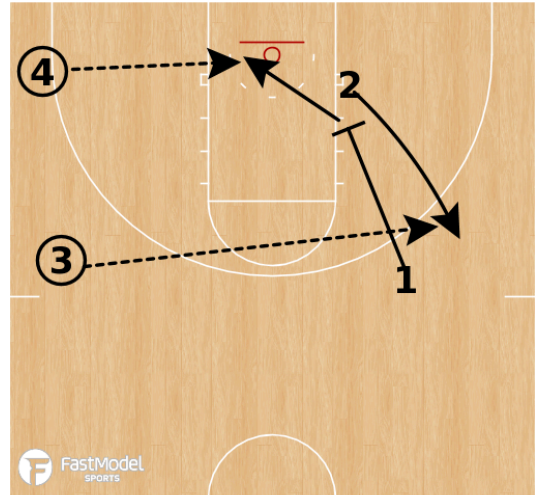
- (1) will drive, (2) and (3) will read penetration

50 Series Breakdown Drills
2 on 0 Shooting

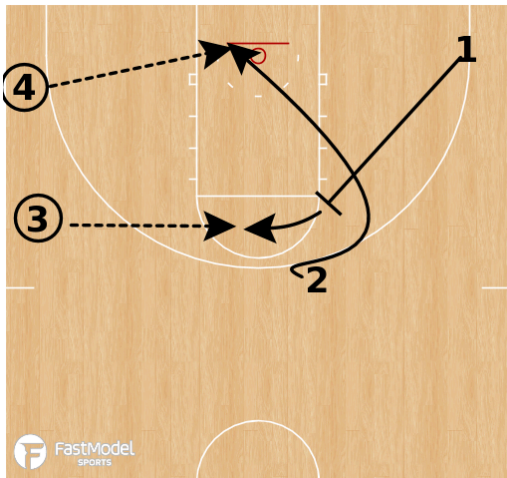
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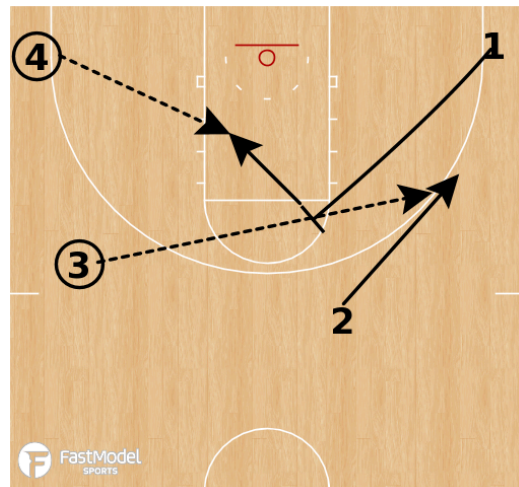
STRAIGHT CUT:



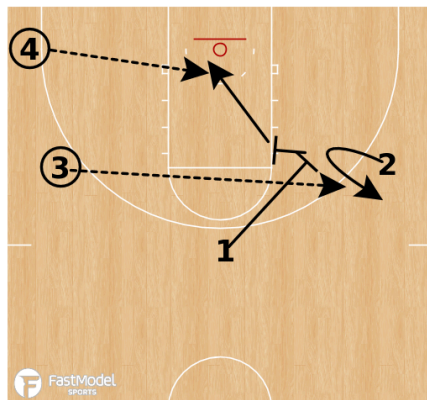
CURLING A FLARE SCREEN:



FLARE SCREEN:

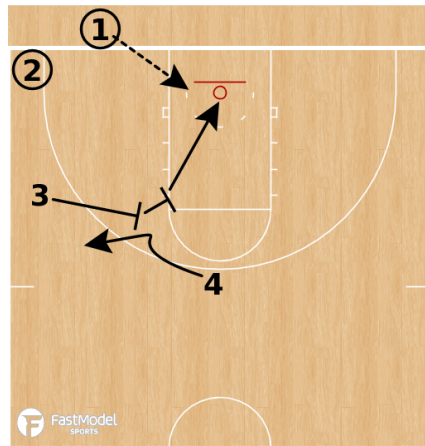
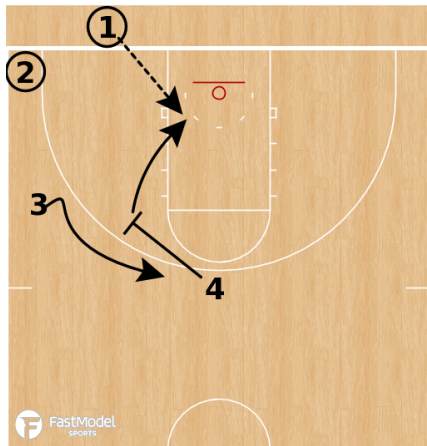
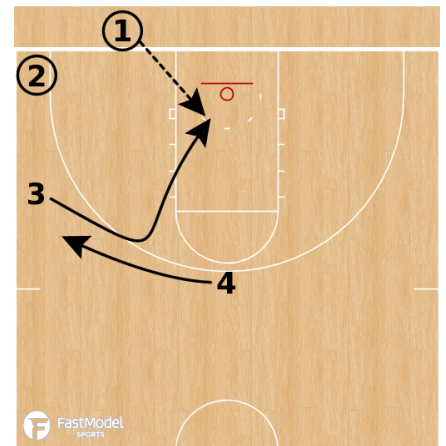
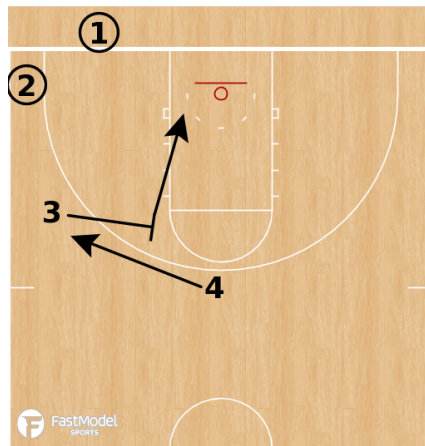
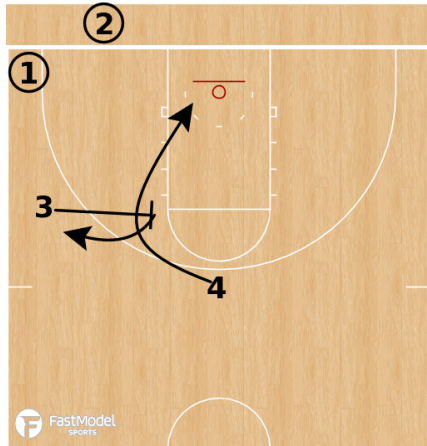


OUT CUT



2 on 0 Corner

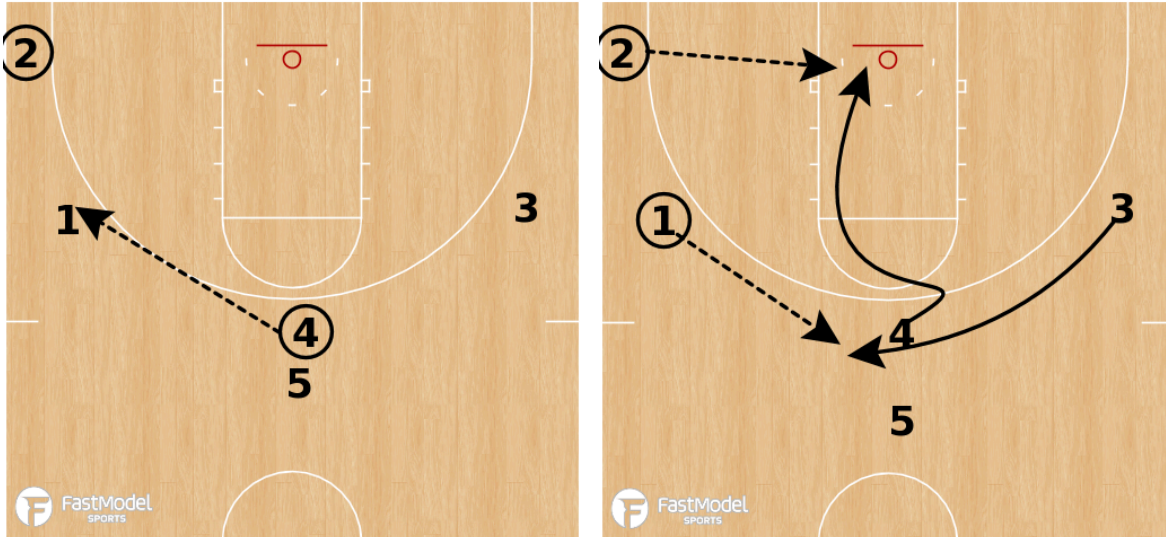
- Same series (curl, straight, flare, slip, out)
- * TOP GUY ALWAYS THROWS TO TOP GUY, BOTTOM GUY ALWAYS THROWS TO BOTTOM GUY



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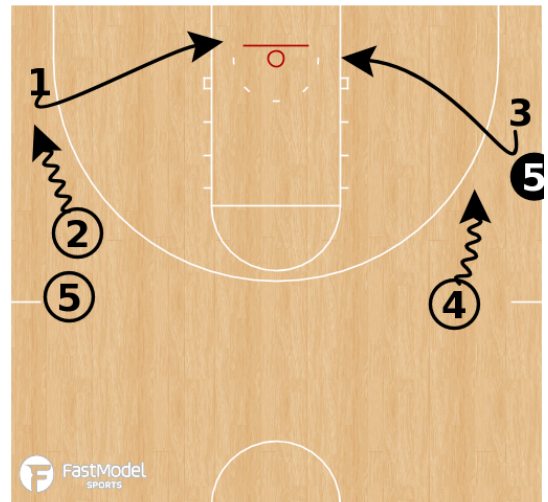
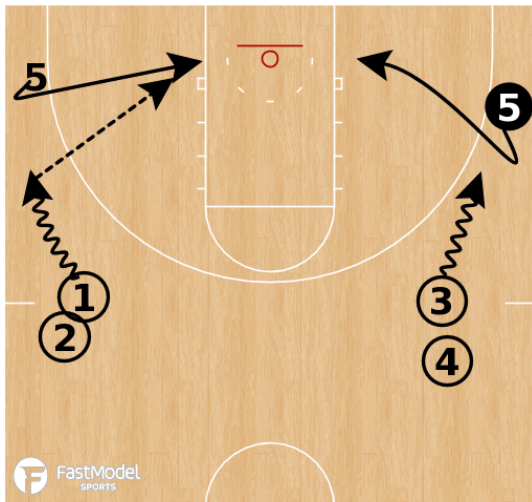
Pass and Cut Layer 1

*can be done from all 5 spots



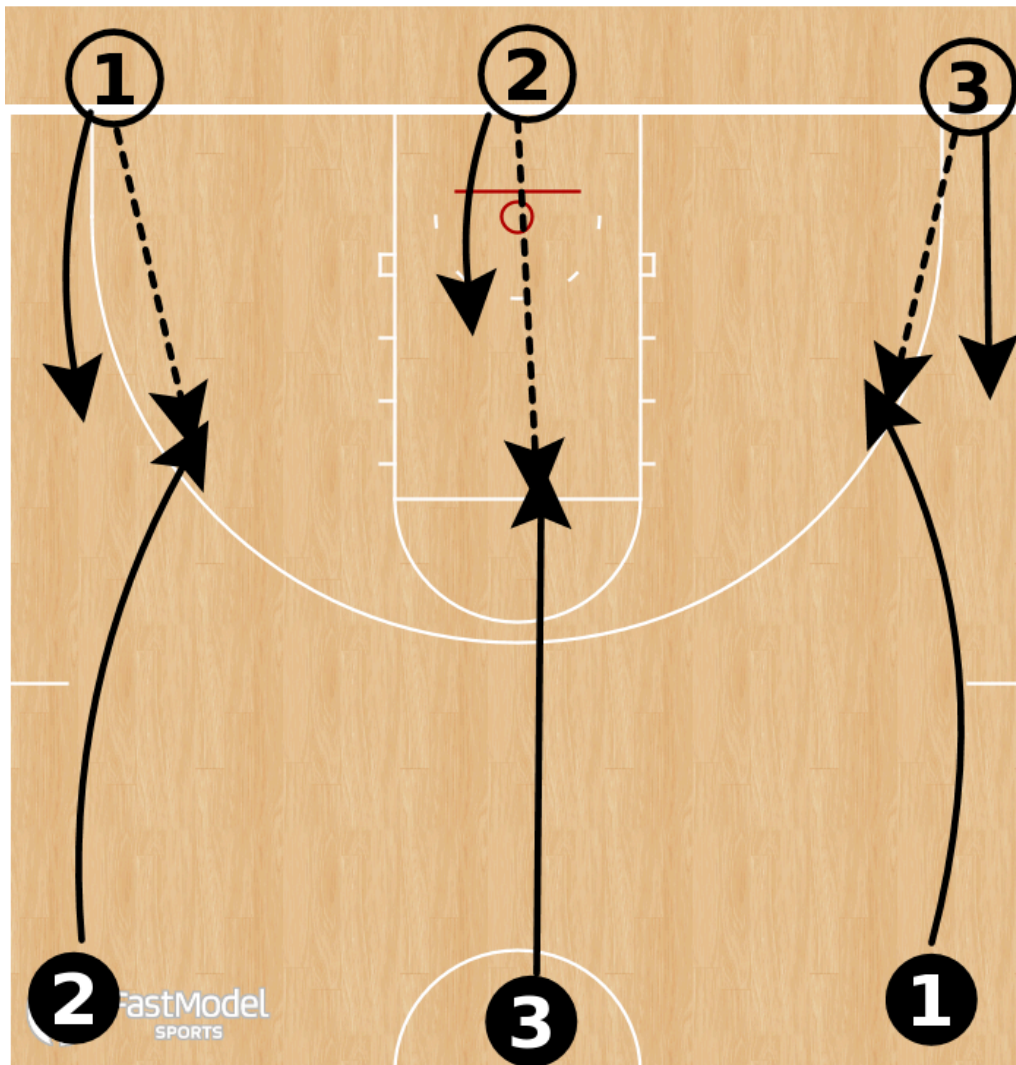
Pass and Cut Layer 2

- Pass and Cut Layer 2 is our “50” motion principles. In our “Laker” and “50 Series” any time you get dribbled at it is an automatic backdoor. This action creates spacing and movement.



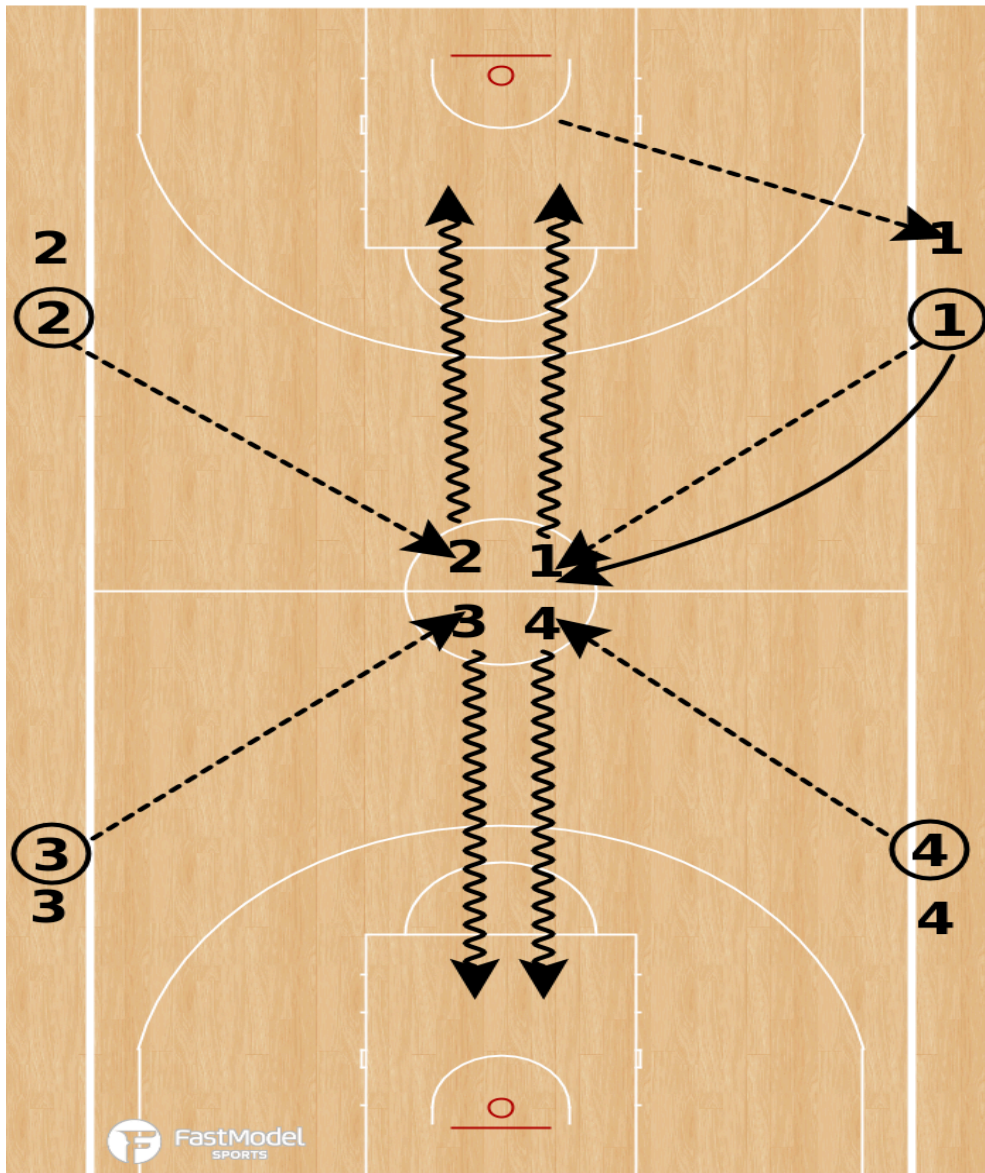
TENNESSEE SHOOTING

- Tennessee Shooting is a full court (FC) shooting drill. 3 lines on each baseline (1 corner, 1 middle, 1 corner)---3 shooters in the middle facing a line (corner, middle, corner). On “GO/Whistle” players without the basketball will run in and receive a pass from the line they are facing. Passers will then sprint FC and receive a pass from the opposite line. This can be run for time or until a certain score is reached.
- **Tennessee Shooting Series:** catch and shoot 15', catch and shoot 3's, catch shot fake 1 dribble L/R



4 TEAM SHOOTING

- Teams line up as shown
- Player in circle cannot leave until pass is received.
- Pass is made to 1.
- 1 Dribbles in and takes shot. You can be as creative as you like, take shots from different spots or add moves at certain spots.
- 1 gets own rebound and makes outlet pass to next 1 in line.
- The passer sprints to the circle following their pass.
- Continue drill until a set amount of shots are made or for a certain amount of time
- **4 Team Shooting Series:** layup, power layup, 15' 3's---first group to make a certain amount wins



Maryland Shooting 1:00 (corner/top, wing/top) both sides

Filling empty spots on the perimeter like we would in our 50 Series or Laker

30 makes= CBC Champs

45 makes= Sectional Champs

50+= District Champs

