

BASKETBALL SHOOTING DRILLS

1. One-on-one with _____ -- Choose your favorite player to play against one-on-one. Begin with a free throw. If you make it score one for yourself; if you miss, score two for your opponent. Then, hustle after the rebound and begin shooting jump shots from your shooting range. For every shot you make, score one point and for every one you miss, give your opponent two. The first one to ten wins. Pretend the person you are playing is guarding your and make your moves game-like.
2. Basketball Golf -- Pick nine spots on the court in your shooting range. Shoot from the first spot until you hit, keeping track of how many attempts it takes. Then, move to the next spot and shoot until you hit. Continue until you've hit from all nine spots. Work on lowering your score until you can "ace" every hole. Then, toughen the course by move the "tees" back.
3. Quick Shooting -- Player A moves around the perimeter shooting off the pass. Player B rebounds and passes to the shooter. Player A moves without the ball between shot and shoots quickly with no dribble.
4. One Dribble One-on-one -- This drill will help you shoot over the defense. Check the ball at the free throw line or closer (stay in your range). Play one-on-one with offense being allowed only one dribble. After each rebound the ball is checked at the starting spot. Group play: Play one-on-one to one basket -- winner holds the court and gets the ball out.
5. Be a Coach -- This game can be played with any number of players. Player A picks any spot on the court and attempts a shot. If he makes it his "team" wins; if he misses, they lose. Then, regardless of whether player A made or missed, all other players attempt the shot from the same spot and record (win or loss) the results. Next player in line picks any spot and attempts a shot. Play continues with participants taking turns selecting shots until a 20 game schedule has been played. "Team" with the best record wins.
6. Pressure Free Throws -- Each player gets one free throw. Miss and you're out; make and you're in. Last player in is the winner.
7. Caterpillar Shooting -- Divide into even teams and mark five spots on the court (see diagram). Each teams begins in a line at corner spot. Players shoot (one shot each at a time) until someone from the team hits, then entire line moves to the next spot. First team around and back wins. Each player gets his own rebound.

