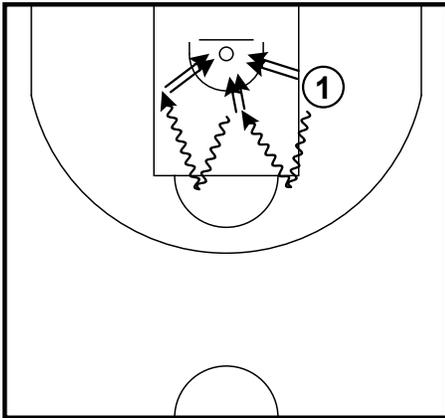


Shooting

Hustle Lay Ups
Practice Drills



Shoot a lay up under the basket, get your rebound and dribble out to the free throw line. Then dribble back for a pull up jump shot in front of the rim, then rebound, dribble back out to the free throw line, then dribble under the basket for a lay up

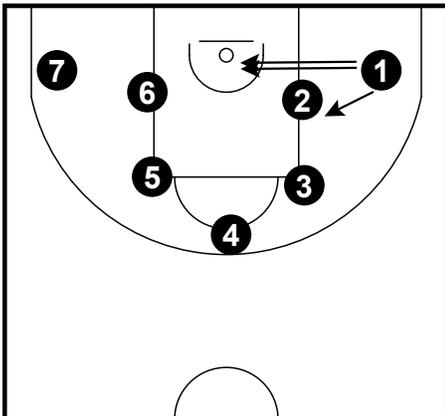
Note: make sure you use the correct hand to finish - left side = left hand.

Variation:

Put 2 minutes on the clock.

Mix up you finishes - reverse, euro, up and under

7 50 Shooting
Practice Drills



Begin with around the midrange area for a baseline shot. you must make 7 shots before you can move to the next spot.

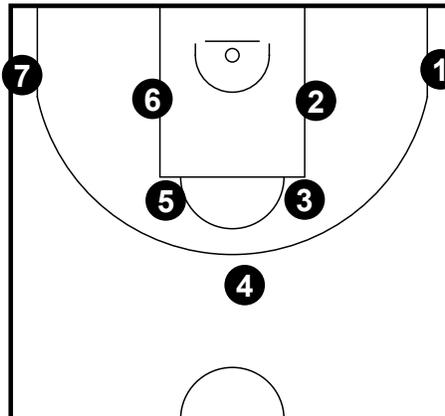
Once you've made 7 shots, sprint to the block and now you must make 7 in a row. (banks shots if you need to)

The next spot is the elbow for 7 mid-range jump shots followed by shots from the top of the key.

The drill is finished with 7 makes from the opposite elbow, 7 in a row from the block and 7 more from the mid-range baseline spot.

Finish with 1 free throw.

7 50 Shooting
Practice Drills

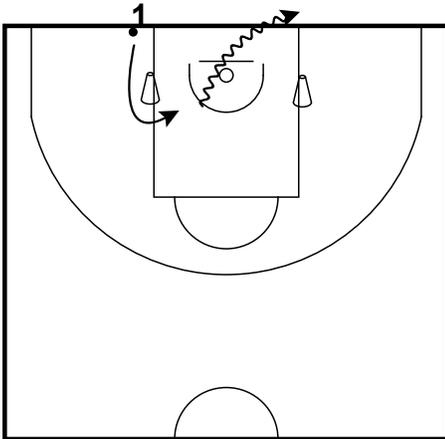


To increase the difficulty take shots 1, 4 and 7 from 3pt range.

Make sure to time yourself.

Shooting

Flick and Spin Rythm Shooting
Practice Drills



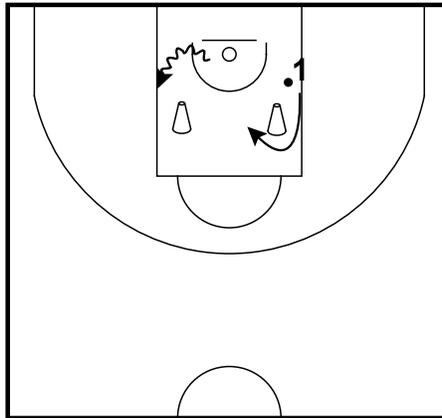
Starting on the baseline flick the ball up and out towards the block towards the block with back spin.

Step forward (1-2 step) and catch the ball with your inside foot on the block and the ball in your shot pocket while in stride, pivot on your inside foot squaring up towards the basket and shoot a jump shot.

Rebound your missed shot for a put back then pound dribble to the opposite side and repeat.

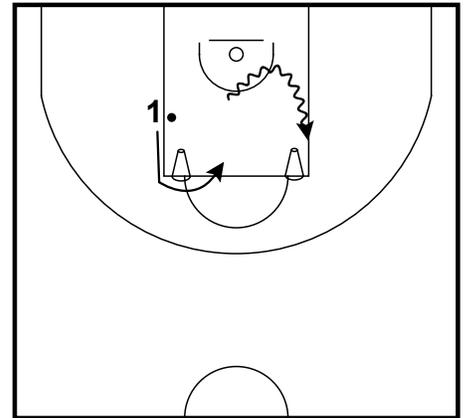
Continue until you make 12, you must finish with 2 in a row (1 on each side).

Flick and Spin Rythm Shooting
Practice Drills



Once you've made 12 move your starting point to the block and repeat, this time flicking the ball slightly towards the middle of the key for 12 makes.

Flick and Spin Rythm Shooting
Practice Drills



From there move up to the next hash mark, this time flick the ball towards the elbow and catch with a jump stop facing the opposite baseline.

Forward pivot on your side foot 180 towards the middle and shoot a jump shot.

Note: Your knees should be bent and you should be low on the catch.

Aim to pivot and square up to the basket.

Shoot in one motion and remember not to drag your pivot foot when raising up for your shot.

Start slow, check your feet, the ball should only bounce once before you catch it.