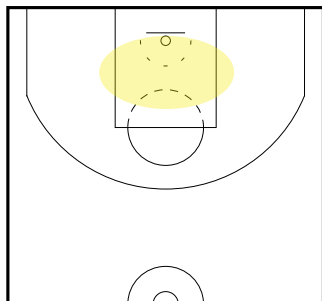


# TBI Shooting program

## U14

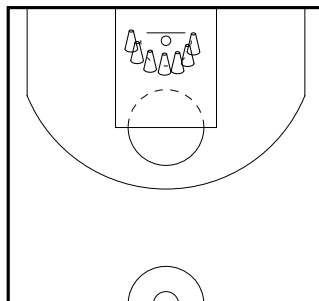
Frame 1



Release shots  
Use Upper body only, (no jump) practising Lock and Snap.  
Remember:  
Finger tips, toe, elbow, wrist and eye in one line. All net all the time.

Strong hand must make 20 shots.  
Weak hand must make 10 shots.

Frame 2

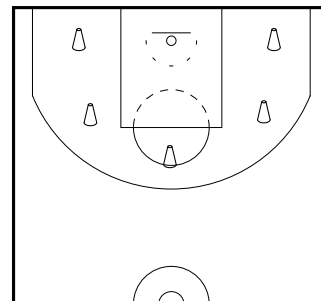


Finishing Hooks

Shoot small jump hooks with left and right hand. Making sure your body is side-on to the basket.

Make 10 each hand - move around charge circle.

Frame 3

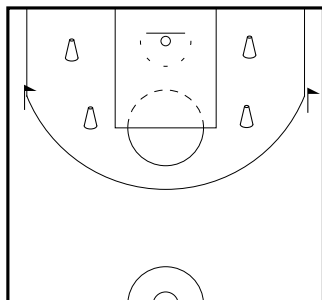


Catch and Shoot Spots

Weak foot square up each time. Catch ball in the air.

Make 5 from each spot. Count your misses

Frame 4

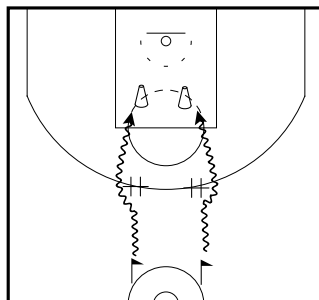


Dribble Jump Shots

Use a foot/shoot/pass fake, and then make 1 dribble into a jump shot at each cone. Use different pivot feet each time.

Make 5 at each cone. Count your misses. (Dont move on to another flag until you have made 5 at each cone)

Frame 5

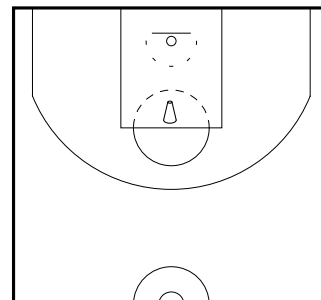


Moves on the move

Start from flag with outside hand. Make a onside OR hesitation move and blow-by chair into a jump shot. (MUST use inside foot outside foot square up)

Mix up each move with a onside-cross over move or hesitation-cross over move. (with these moves you will go past the inside of the chair)  
Make 5 each spot.

Frame 6



Free Throws

Use same technique as all jump shots. Have the same shooting routine ALL the time.

Make as many in a row as you can.

**Record:** Townsville Crocodiles Jacob Holmes 252