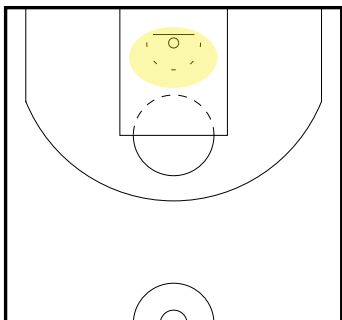


TBI Shooting program

U12

Frame 1

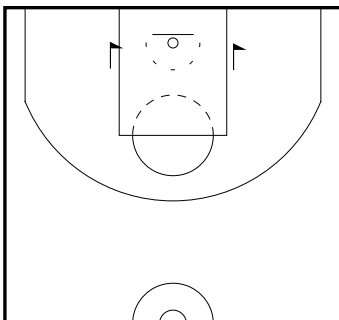


Release shots

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

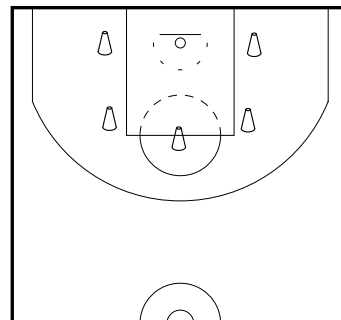


Layup Foot work

Outside inside layup footwork, with outside hand finish.

Make 10 each side

Frame 3

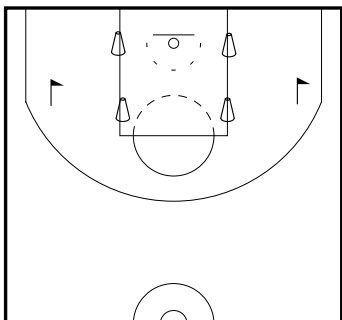


Catch and Shoot Spots

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

Make 5 from each spot. Count your misses

Frame 4

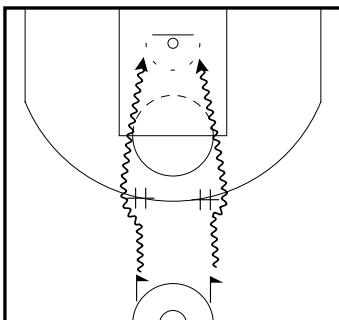


Dribble Jump Shots

Use a foot 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

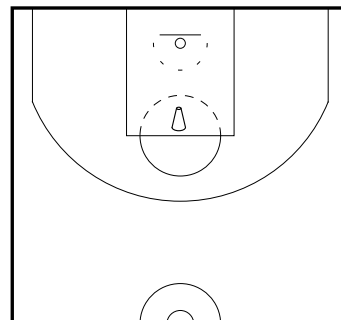


Moves on the move

Start from flag with outside hand. Make a outside OR hesitation move and blow-by chair into a layup. (outside-inside footwork - MUST finish outside hand)

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