



Bacchus Marsh Basketball Association Coaches Manual



- 1/ **Shooting Workout – Self Training**
- 2/ **Jab Fake, On Ball Screen Shooting.**
- 3/ **Petrovic NBA 3 Point Shooting Workout.**



SHOOTING WORKOUT - SELF TRAINING



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This is a Workout that can be done with or without Coaches Supervision but you need to push yourself if there is no coach available.

This Session requires you to shoot and rebound the ball yourself. You are required to train at game pace for as long as possible.

This Session is continuous, go from spot to spot immediately after making score target and only take the breaks at the designated times in the session.

If you shoot the ball well you could finish the session within 30 – 40 minutes.

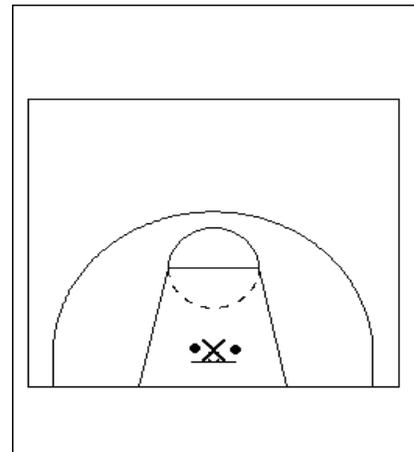
If you shoot the ball poorly it could take over 1 hour.

You should have had an extremely hard work out by the end of this session.

1/ Mikan Drill - 20, 20.

Start with ball under hoop facing back board - shoot 20 Hook shots alternating left and right hands.

Then face opposite end and shoot 20 reverse Mikans.

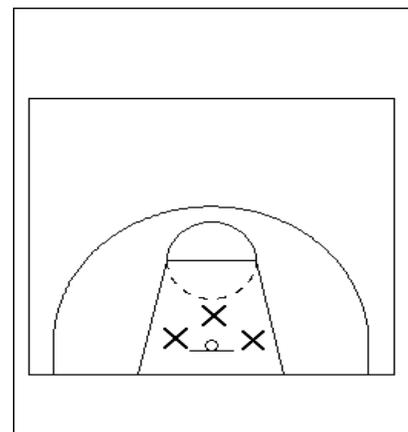


2/ Hook Shots - 10.

Right side facing back board - Make 10 right hand Hook shots.

Left side facing back board - Make 10 left hand Hook shots.

Front of rim - Make 10 Hook Shots using alternate hands.





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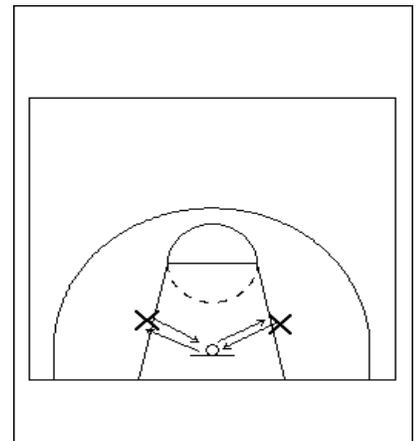
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3/ Block to Block - 20.

Start on either Block, shoot the ball, rebound the ball yourself and go to the opposite Block to shoot again.

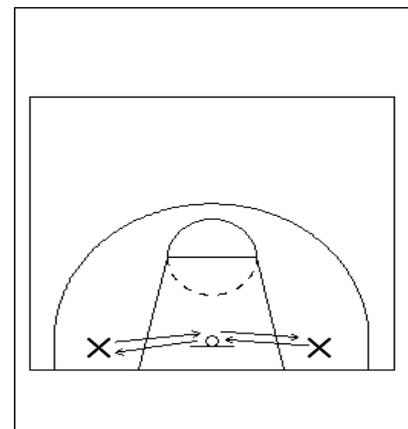
Repeat this until you have made 20 shots



4/ Short Corner - 10.

Start on either Short Corner, shoot the ball, rebound the ball yourself and go to the opposite Short Corner to shoot again.

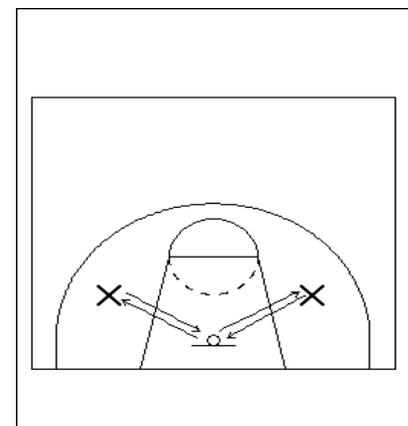
Repeat this until you have made 10 shots.



5/ 45 Jumpers - 10.

Start on either 45, shoot the ball, rebound the ball yourself and go to the opposite 45 to shoot again.

Repeat this until you have made 10 shots.





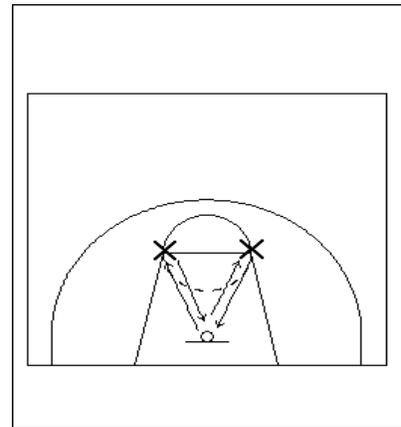
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6/ Elbow to Elbow - 10.

Start on either Elbow, shoot the ball, rebound the ball yourself and go to the opposite Elbow to shoot again. Repeat this until you have made 10 shots.

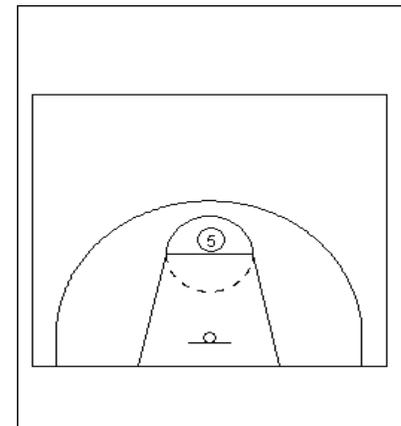


7/ Free Throws - 5.

Make 5 Free Throws. If you miss 2 in a row sprint to the end of the court and back to the Free Throw line to start again.

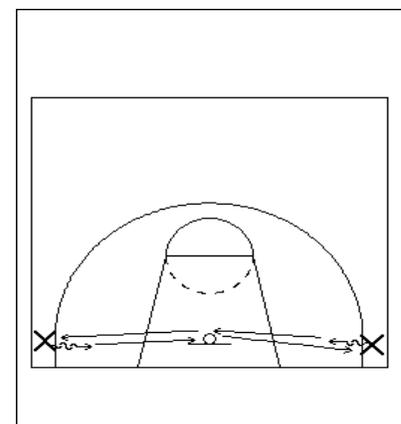
We never miss 2 in a row.

You now have a 1 minute drink break.



8/ 1 Dribble Baseline Jumpers - 10.

Start in either Corner, take 1 game speed dribble and shoot the ball, rebound the ball yourself and go to the opposite Corner to 1 dribble and shoot again. Repeat this until you have made 10 shots.





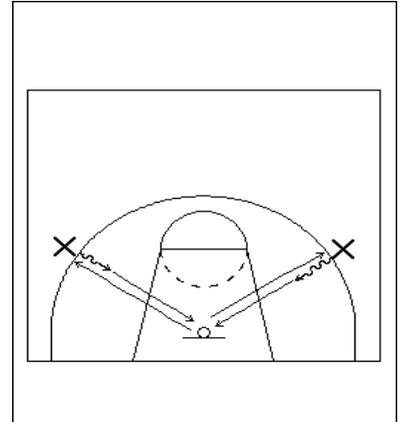
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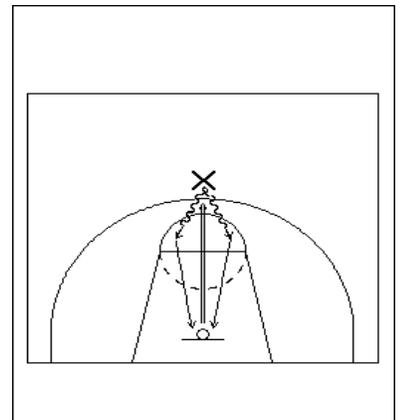
9/ 1 Dribble 45 Jumpers - 10.

Start on either 45 outside the 3, take 1 game speed dribble and shoot the ball, rebound the ball yourself and go to the opposite 45 outside the 3 to 1 dribble and shoot again. Repeat this until you have made 10 shots.



10/ 1 Dribble Foul Line Jumpers - 10.

Start at top of key outside the 3, take 1 game speed dribble and shoot the ball, rebound the ball yourself and go back to the top of the key outside the 3 to 1 dribble and shoot again. Repeat this until you have made 10 shots.

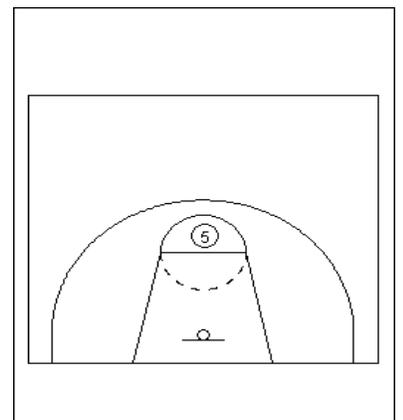


11/ Free Throws - 5.

Make 5 Free Throws. If you miss

2 in a row sprint to the end of the court and back to the Free Throw line to start again.

We never miss 2 in a row.



You now have a 1 minute drink break.



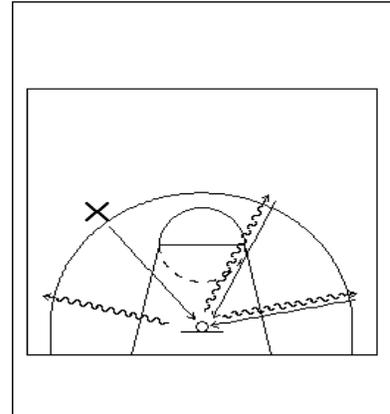
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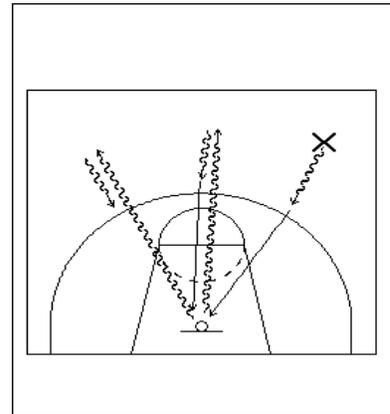
12/ 3 Point Shoot, Chase, Replace - 10.

Starting outside the 3 point line shoot the set 3 point shot, chase down the rebound, dribble to replace yourself anywhere on the 1/2 court outside the 3 and square up to shoot the 3 again. Repeat this until you have made 10 shots



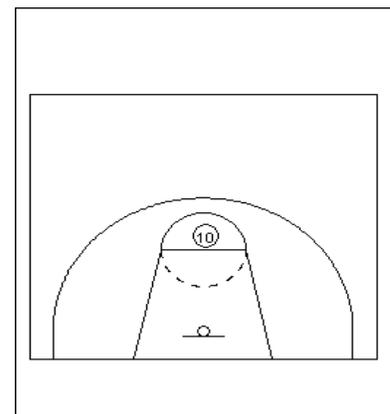
13/ Transition 3's -10.

Starting anywhere on the floor just over the half court dribble at game speed to pull up for the 3 point shot. Chase the ball down recovery (slow) dribble out to anywhere in the half court to repeat the same again. Make 10 Shots



14/ Free Throws - 10.

Make 10 Free Throws.
If you miss 2 in a row sprint to the end of the court and back to the Free Throw line to start again.
We never miss 2 in a row.



The Session is now over.



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Jab, Fake, On Ball Screen - Shooting.

This workout can be done alone, in pairs, or with a coach. As always we work at game pace. If a partner is unavailable find a Chair, Bin, Cones or any marker to work off. If you have numbers you can play 1 on 1 or 2 on 2 for each drill when the coach is happy with the execution of technique.

When you execute the Jab steps sell the step as if you are really going to drive to the basket, pull back and get the quick shot off.

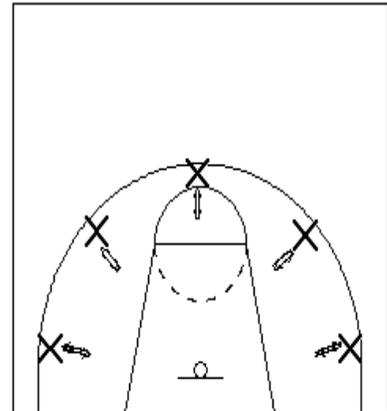
When you execute the Shot Fake get your Elbow to Eyebrow as if actually shooting and have your eyes fixed on the basket, this will sell the fake. Upon drawing the imaginary defender push the ball out hard (head and shoulders past defender) for a quick 1 Dribble Jump Shot.

When using the On Ball Screen make sure you come off the screen tight and fast, get clear of the screen and drive hard to the jump shot. If you make the crossover dribble after clearing the screen, make the crossover fast and low into a hard dribble and pull up for the Jump Shot.

1/ Jab Steps.

From 5 spots around the inside of the 3 make a hard jab step at the imaginary defender, pull back and make the shot.

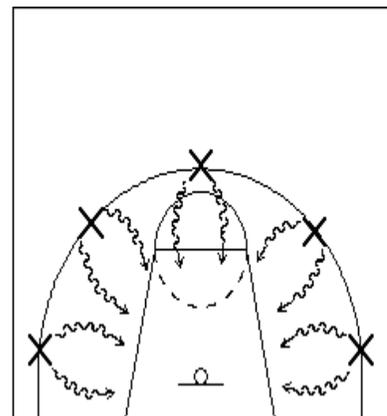
Make 5 shots at each spot.



2/ Shot Fakes.

From 5 spots around the edge of the 3 make a hard shot fake (getting your elbow to eyebrow - sell the fake) at the imaginary defender, take 1 hard dribble left or right and make the shot.

Make 5 shots at each spot.





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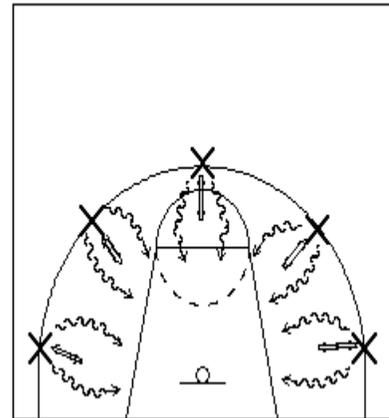
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3/ Jab Step, Shot Fake, Drive.

From 5 spots around the edge of the 3 make a hard jab step at the imaginary defender, pull back and make the hard shot fake (getting your elbow to eyebrow - sell the fake), take 1 hard dribble left or right and make the shot.

Make 5 shots at each spot.

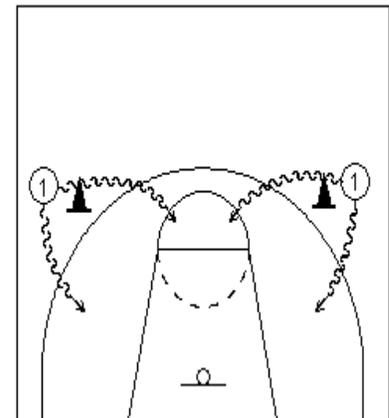


4/ 1 dribble off the screen for jump shot.

Place a player, chair, cone or any available substitute in the screening position. If a rebounder is not available rebound the ball yourself and return to the start point. Offence is to dribble tight (shoulder to shoulder) off the screen at game speed. Dribble to high side of screen, once clear of the screen get to the elbow area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.

Repeat the drill to the baseline side of the screen pulling up to shoot at the 45. Make 5 shots to the base.

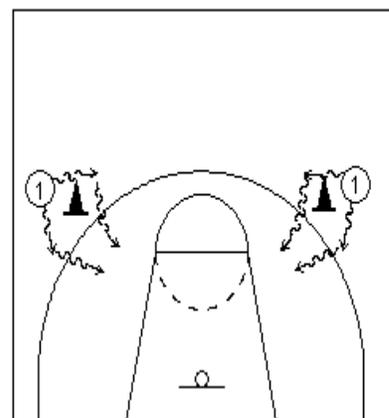
Repeat drill on other side of court.



5/ Off the screen crossover for jump shot.

Offence is to dribble tight (shoulder to shoulder) off the screen at game speed. Dribble to high side of screen, once clear of the screen make a hard crossover dribble to shoot. Make 5 shots with this action. Repeat the drill to the baseline side with a hard crossover dribble after clearing the screen, then pull up to make the shot. Make 5 shots to the base.

Repeat drill on other side of court.





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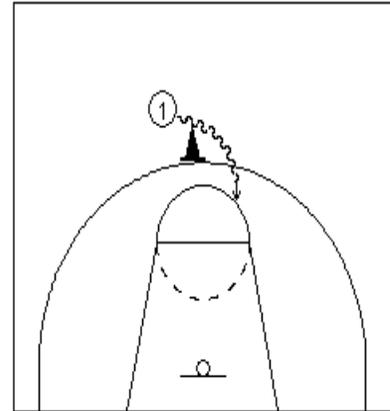
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6/ Right to left Split line drive off the screen to elbow.

At top of key off to one side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

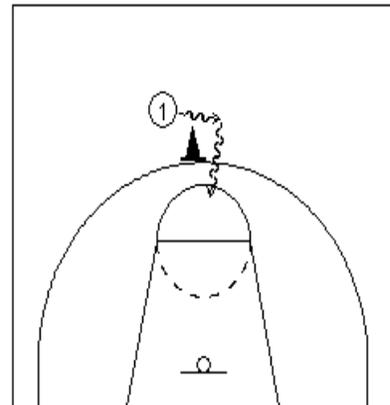
Once clear of the screen get to the elbow area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.



7/ Right to left Split line drive off the screen with cross over to elbow.

At top of key off to one side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

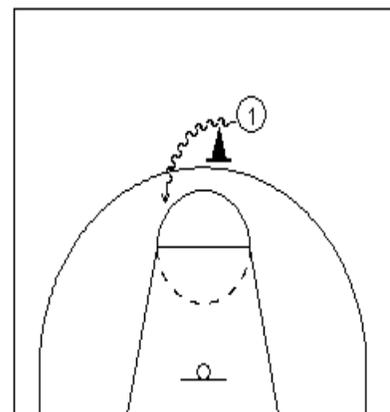
Once clear of the screen make a hard crossover dribble to shoot. Make 5 shots with this action.



8/ Left to Right Split line drive off the screen to elbow.

At top of key off to the other side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen get to the elbow area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.





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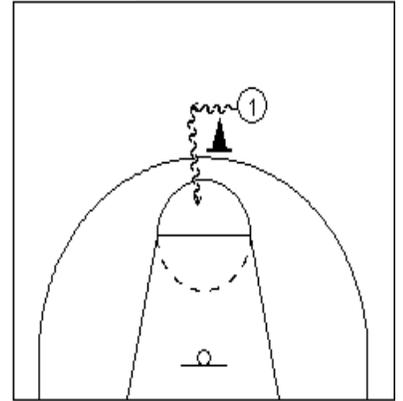
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9/ Left to Right Split line drive off the screen with cross over to elbow.

At top of key off to one side offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen make a hard crossover dribble to shoot. Make 5 shots with this action.

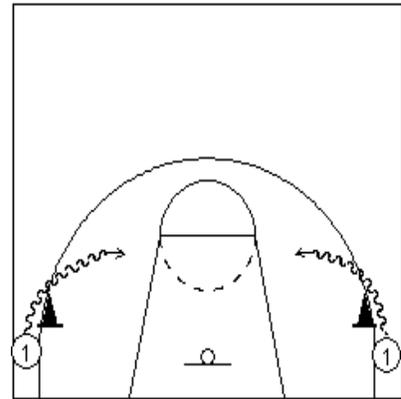


10/ Drive off the corner screen for jump shot.

From the baseline offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen get to mid-range area as quick as possible (preferably 1 dribble) to shoot. Make 5 shots with this action.

Repeat drill on other side of court.



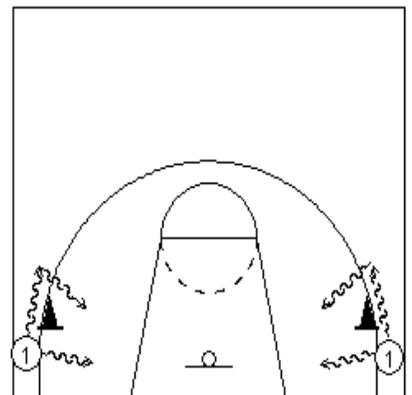
11/ Drive off the corner screen with cross over for jump shot.

From the baseline offence is to dribble tight (shoulder to shoulder) off the screen at game speed.

Once clear of the screen make a hard crossover dribble to shoot or rip the ball through hard and fast to the base line to take a 1 dribble jump shot. Make 5 shots with this alternating action.

Repeat drill on other side of court.

The Session is now over.





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Petrovic NBA 3 Pt Shooting Workout

The athlete is to make a 3 point shot in the designated position, run the floor to the shown point, replace to the same spot and receive the ball from a rebounder to shoot the 3 again until the required number of shots is made. The athlete's ability determines the number of shots to be made at each spot.

Beginners: 1 shot at each spot.

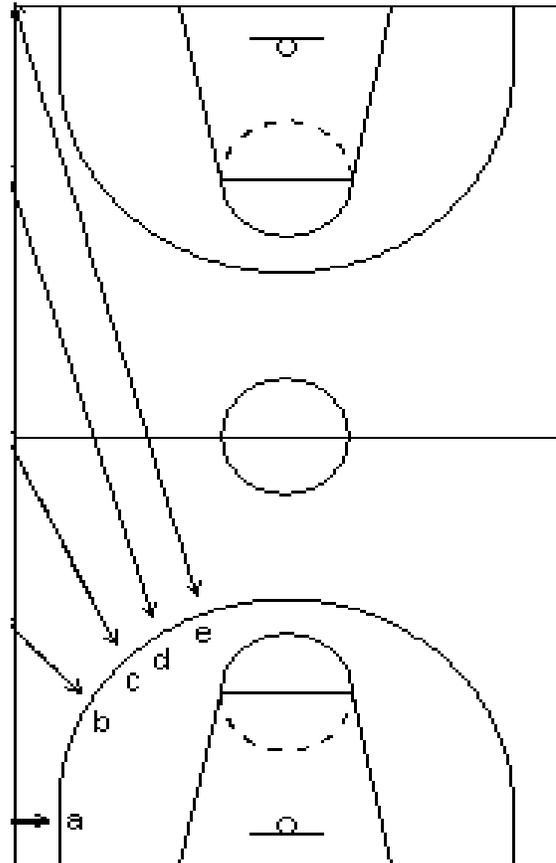
Average: 2 shots in a row at each spot.

Good: 3 shots in a row at each spot.

Excellent (NBA): 5 shots in a row at each spot.

1/ **Sideline suicide for 3pt shot (right side).**

- (a). Shoot the 3 touch the sideline nearest to you, replace and shoot the next shot.
- (b). Shoot the 3 touch the sideline level with top of the 3 pt line, replace and shoot the next shot.
- (c). Shoot the 3 touch the sideline at centre court, replace and shoot the next shot.
- (d). Shoot the 3 touch the sideline at the far foul line extended, replace and shoot the next shot.
- (e). Shoot the 3 touch the sideline at the far corner, replace and shoot the next shot.





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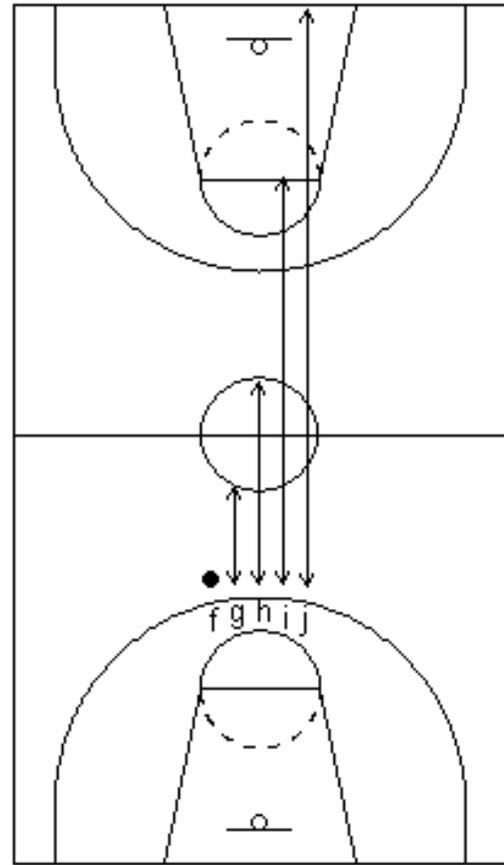
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2/ Split line suicide for 3pt shot

This diagram illustrates the touch and shooting points only. You can run the centre lane and shoot the 3 anywhere across the top.

- (f). Stationary 3's from top of key.
- (g). Shoot the 3 touch the bottom of centre circle, replace and shoot the next shot.
- (h). Shoot the 3 touch the top of centre circle, replace and shoot the next shot.
- (i). Shoot the 3 touch the far fouling, replace and shoot the next shot.
- (g). Shoot the 3 touch the far baseline, replace and shoot the next shot.



3/ Sideline suicide for 3pt shot (Left side).

- (k). Shoot the 3 touch the sideline nearest to you, replace and shoot the next shot.
- (l). Shoot the 3 touch the sideline level with top of the 3 pt line, replace and shoot the next shot.
- (m). Shoot the 3 touch the sideline at centre court, replace and shoot the next shot.
- (n). Shoot the 3 touch the sideline at the far foul line extended, replace and shoot the next shot.
- (o). Shoot the 3 touch the sideline at the far corner, replace and shoot the next shot.

