



## **SECTION 12 – SHOOTING**

- 12.1 Technique or Form Shooting.**
- 12.2 3 x 10 Shots.**
- 12.3 Elbow to Elbow – Elbow to Base.**
- 12.4 Texas Block Shooting.**
- 12.5 1 Min Elbow Shooting.**
- 12.6 Titan Shooting.**
- 12.7 Five Man 3 Ball Shooting.**
- 12.8 Elbow Catch & Shoot.**
- 12.9 Pass, Sprint & Shoot.**
- 12.10 Villanova Shooting Drill.**
- 12.11 6 Spots Perimeter Shooting.**
- 12.12 6 Spots Post Shooting.**
- 12.13 Iceland Merry Go Round 1.**
- 12.14 Iceland Merry Go Round 2.**
- 12.15 3 Way Shooting.**
- 12.16 AIS Shooting Drill.**
- 12.17 On the Rack Shooting Game.**
- 12.18 Shot after Dribble.**
- 12.19 Two Ball Motion Shooting.**
- 12.20 Two Ball Shooting.**
- 12.21 Screen & Shoot Drill.**
- 12.22 Beat the Closeout.**
- 12.23 Chair Shooting**
- 12.24 Pressured shooting**



## 12.0 Teaching shooting technique.

### Description:

This is a general guide to shooting, note that not all athletes will have the same shot & sometimes the unorthodox shot can work for some. It is up to the coaches to get to the athletes early enough to teach correct technique. If you are dealing with an older athlete it will take more time to tweak their shot.

The best way to become a better shooter is repetition, repetition, repetition. If athletes do not find time to shoot they will not get better. This means they will have to find time to shoot on their own. I have added a few shooting practices & charts at the end of this book to help guide you & your athletes.

Here I will begin with the teaching process commonly referred to as **B.E.E.F** =

**B- Balance,**

**E – Eyes,**

**E – Elbow,**

**F – Follow through.**

I will also add other important shooting tips through the document.



The first thing we need the athletes to do is catch the ball in the air landing with a 1-2 step in the ready to shoot or loaded to shoot position. Athletes may also receive the ball in the ready to shoot or loaded position when stationary. Athletes then need to make sure they are squared up to the basket with the shooting foot forward. Feet must point toward the ring & shoulders must be square to the basket. The athlete will produce a much slower shot if they catch the ball standing upright, then lower to a shooting position. This will result in greater opportunity for the defence to block or defend the shot.

**Balance** as shown in the top photographs to either side is most important, poor balance results in poor shooting %'s. Centre of gravity is pivotal & is obtained with the athletes feet properly placed & shoulders square to the basket. Feet should be pointing at the basket, approximately shoulder width apart & the shooting foot slightly forward giving good stability. The athlete will also need the knees bent & loaded ready to shoot, the amount of knee bend will be determined by athlete strength & range. Placing of the hands is also extremely important. We want the shooting hand under the ball & the guide hand to the side. Looking at the ball the shooter should see the shape of a T where the thumbs almost meet.

The fingers of the shooting hand should be spread comfortably across the ball. The ball should rest on finger tips & not in the palm of the hand.





## 12.0 Teaching shooting technique continued.



**Eyes** need to locate the rim as quickly as possible & be locked on it as the target. Athletes should focus on the centre of the rim not the front or back.

The Shot Pocket is the starting point of the shot. Generally we like the shot to start directly in front rather than to the side & just below the eyes so the athlete can see the rim. The shooting arm should be comfortably to the side of the body but ready to move under the ball as the shot progresses. Shooters need to practice getting the ball past their face losing rim vision for a split second. This is an art & young athletes lack confidence in this area, hence we see players shoot from the shoulder.

**Elbow** as shown in the second row of photographs now comes directly under the ball helping to give high lift & power to the shot. We like the elbow to be in a straight line aligned with the athletes shoulder, pointed at the rim & not pointing to the side. As the shot lifts the elbow should form an L shape & the guide hand is still to the side of the ball without placing too much side force on it. Legs extend as the shooter takes shot & should be synchronized with the arms lifting, thus creating power.





## 12.1 Technique or Form Shooting.

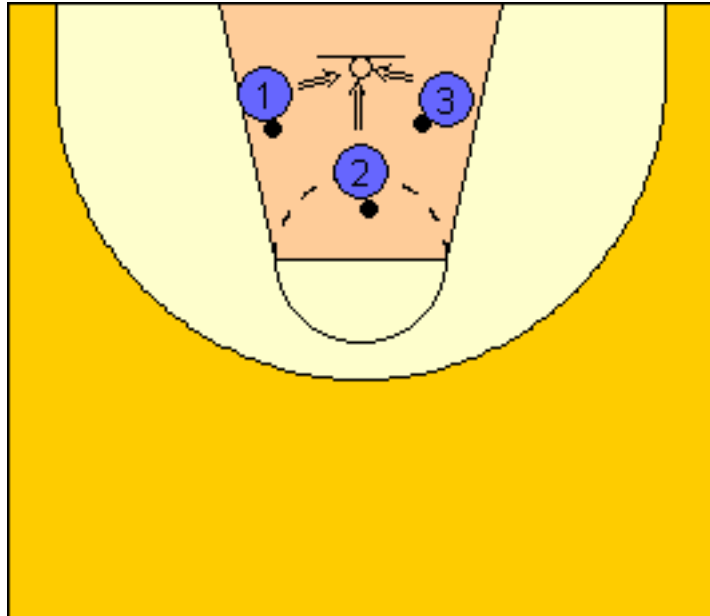
### Description:

Players work on their technique or form. Shot should be broken down into the following stages:

- 1/ One hand only (lock and snap). Other hand by your side or behind your back.
- 2/ Other hand (guide hand) is now brought in to balance the ball.

### Emphasize:

- "L" shape of shooting arm
- Ball in the finger tips (space between fingers & the palm of your hand)
- Lock and snap action
- Bend you legs (for power)
- Hold your follow through
- Aim for "swishes"





## 12.2 3 x 10 Shots.

### Description:

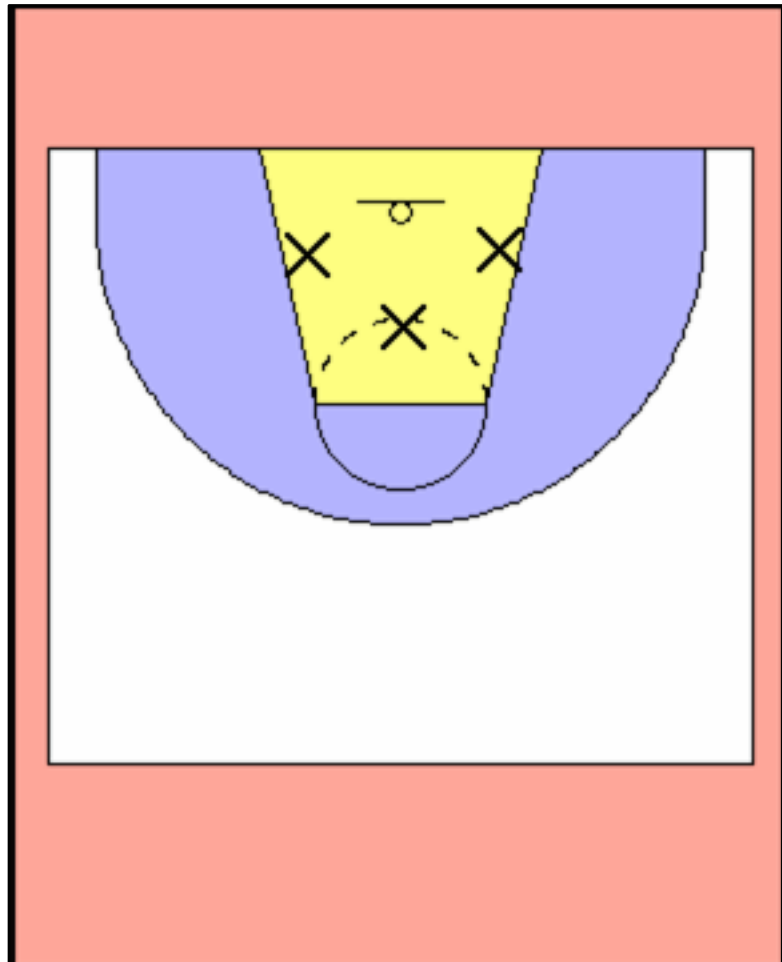
Make 10 consecutive shots at each of the spots marked X.

On a miss the player goes back to zero for that position only.

Another version of 10 shot shooting can be with Hook shots.

Shoot left hand hook shots from the left, right hand hook shots from the right and alternate hand hook shot from in front.

Again on a miss the player goes back to zero for that position only.



### 12.3 Elbow to Elbow – Elbow to Base.

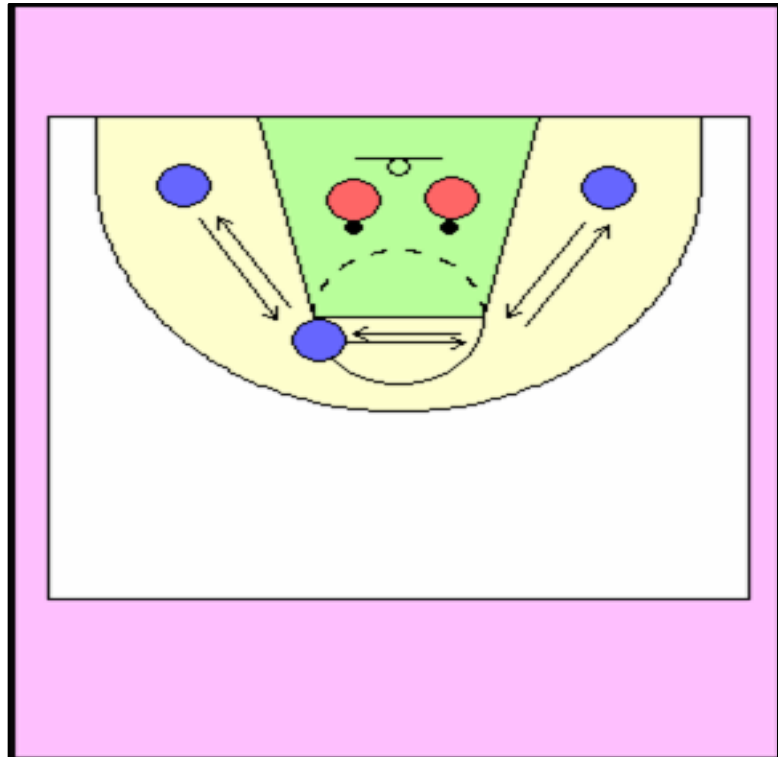
#### Description:

This is Elbow to Elbow & Elbow to Baseline shooting.

Offence leads from Elbow to Elbow for a set amount of shots or time.

The same thing occurs from the elbow to Baseline on either side.

If 2 passers are available use them, if not make do with one passer.



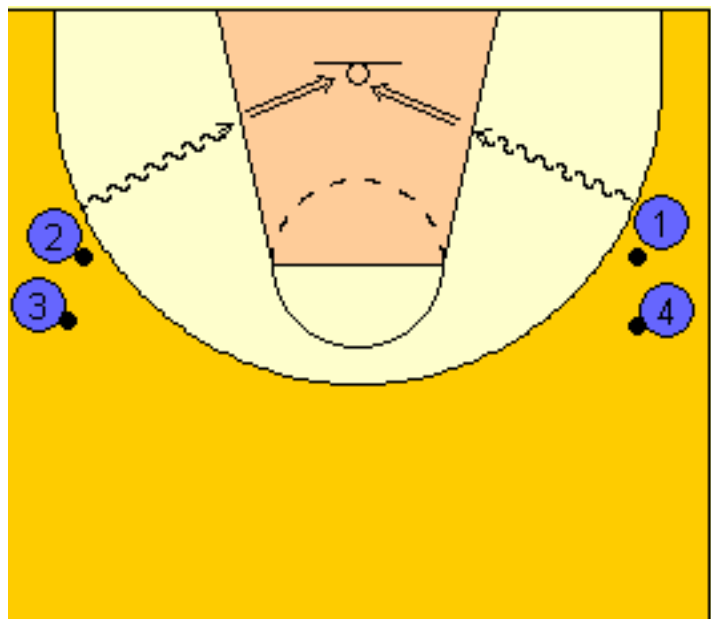
### 12.4 Texas Block Shooting.

#### Description:

Players line up at the 45 & take 1 dribble only & then come to a stride stop to make a jump shot.

Players should take a long first step ("chest on your knee").

1-2 step into a shot of the dribble to avoid traveling. Have athletes drop their hips as they come into the 1-2 step so they are in a loaded stance ready to receive the ball & take the shot quickly.



Variation: drill may be done at the top of the 3pt line (shooting from the elbow).



## 12.5 1 Min Elbow Shooting.

### Description:

One minute of shooting from the elbow.

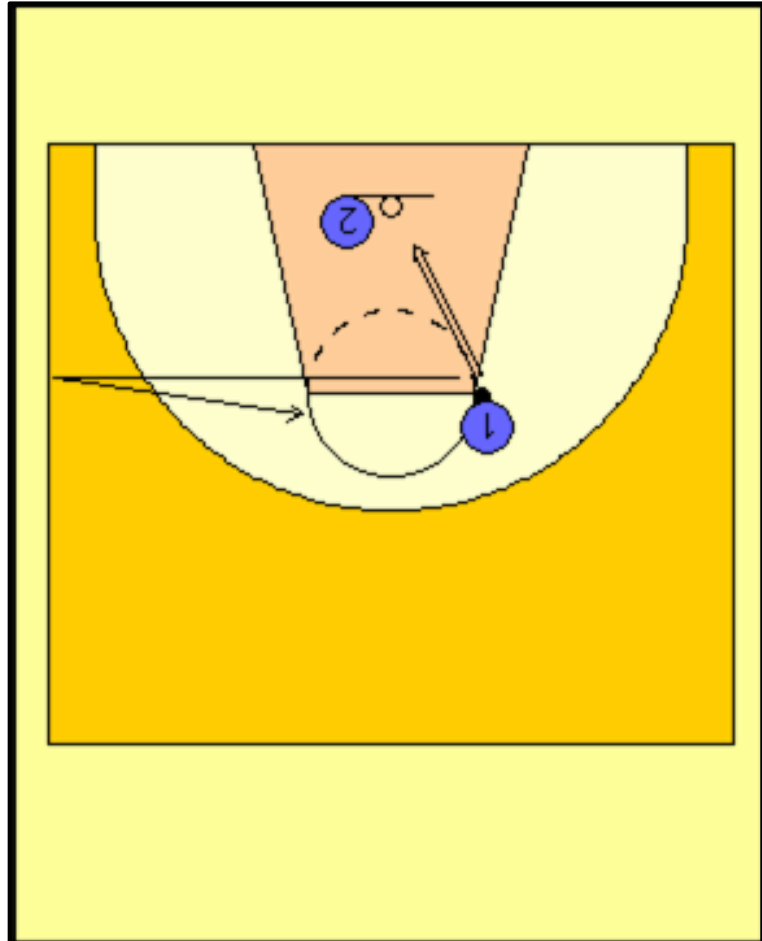
After each shot run to the opposite sideline & back to nearest elbow.

Player 2 is the rebounder & keeps score.

Switch after 1 minute.

### Variation:

Touch baseline or midline





## 12.6 Titan Shooting.

### Description:

Players start in 3 lines at the foul line.

One ball starts in each line.

After shooting the ball each player rebounds their own shot & passes it back to the next player in their line.

They then rotate to another line

This drill runs for three minutes & can be to a target i.e. 70 or the team that makes the most baskets.

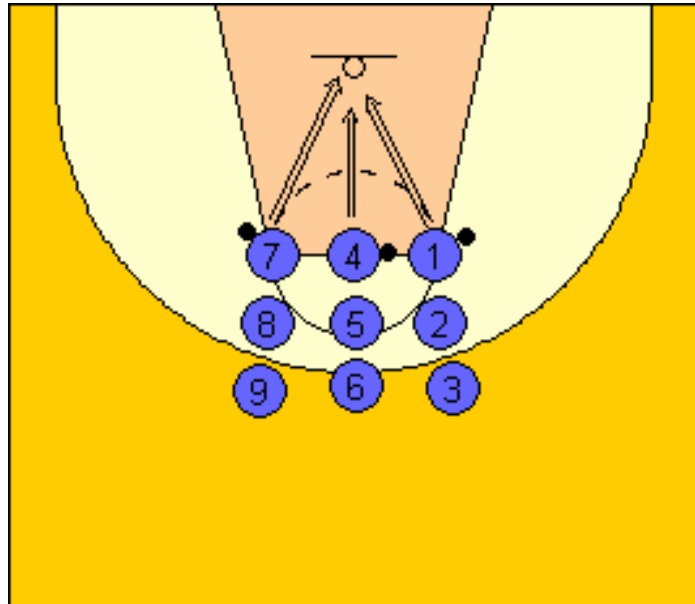
### Emphasize:

Be in the air as you catch the ball

Quick feet into the shot

Low balanced stance

40-50 shots made for younger players.

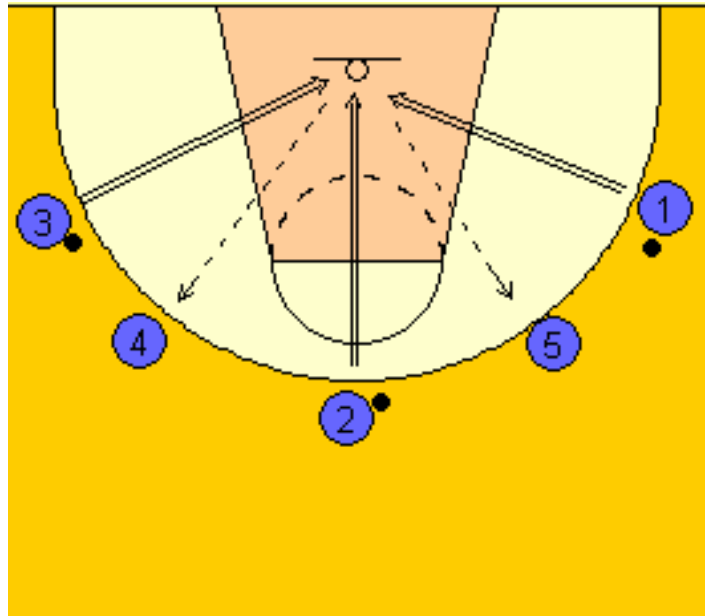




## 12.7 Five Man 3 Ball Shooting.

### Description:

Players 1, 2 & 3 have a ball.  
 Player 1 starts the drill by shooting the ball, rebounding & then making a pass to player 4 or 5. Player 2 and 3 also shoot the ball just after player 1. All players rebound their own shots & make a pass to the open players outside the key who are ready to catch and shoot.



### Emphasize:

Players have to really get after their shots as the drill becomes very quick  
 Make good, strong direct passes  
 Shooters to prepare early, show hands & be down ready to catch the ball & shoot  
 Shooters must call the name out of the rebounder.

### Variation:

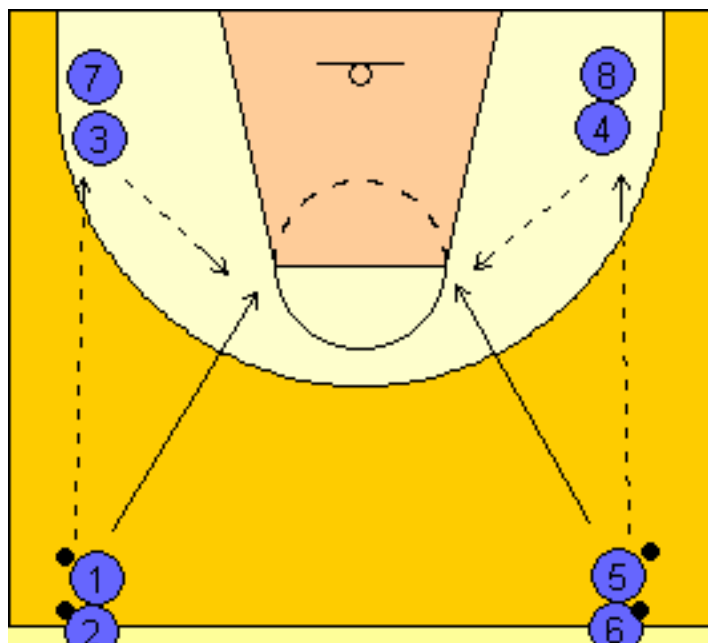
Play to a time limit or target score either individually or as a group.

## 12.8 Elbow Catch & Shoot.

### Description:

Players 1 & 5 make passes to the players on the baseline & then sprint to the elbow to receive a return pass for a catch & shoot.

After shooting the ball, players go to the baseline, whilst passers on the baseline rebound & rotate to the 1/2 way line.



## 12.9 Pass, Sprint & Shoot.

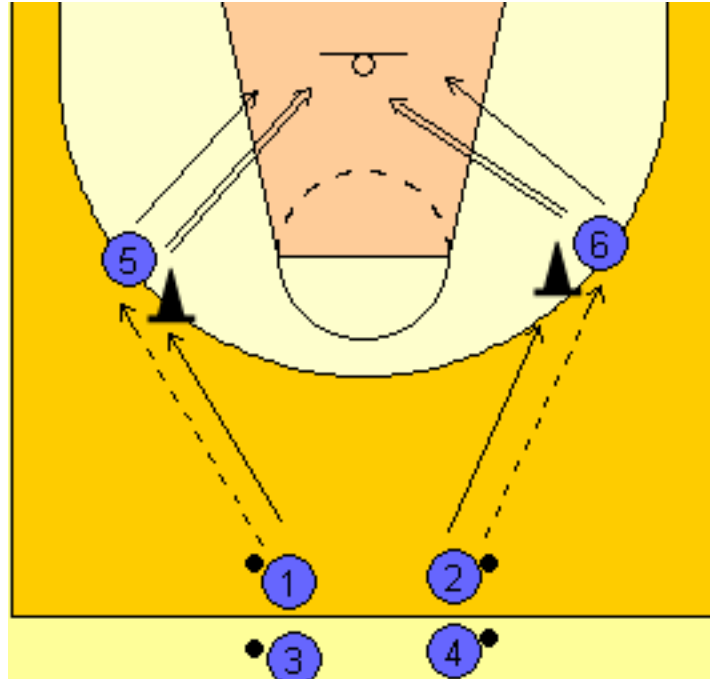
### Description:

Players 1 & 2 make a pass to players 5 & 6 who receive the ball & put it in the chair.

After passing the ball, players 1 & 2 then sprint to pick up the ball & shoot.

Players 5 & 6 rebound the shot, then pass the ball to the players at the 1/2 way line (they then join that line).

After shooting the ball, players 1 & 2 then become the next receivers & rebounders.



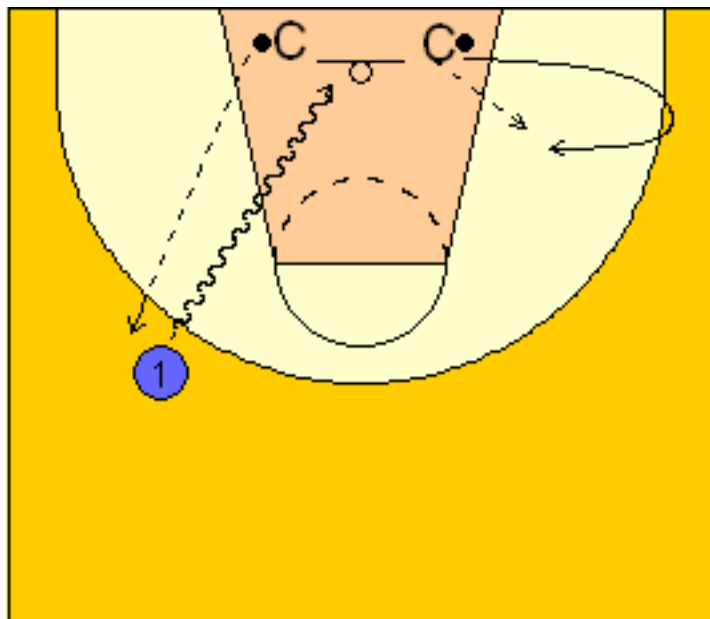
You may choose to use the players at the elbow extended as passers instead of chairs. After the pass they will still become the rebounders.

## 12.10 Villanova Shooting Drill.

### Description:

Player receives a pass from the coach & dribbles in hard for a lay up. The player then continues through to opposite side getting 2 feet outside the 3 point line, turns & cuts towards the basket. Receive the pass from second coach for catch & shoot option.

The player runs back to the start to receive the pass & repeat drill. Continue drill until designated # of points scored.



### Emphasise

Layup technique & speed  
Step into jump/set shot, low balanced & in shooting action.



## 12.11 6 Spots Perimeter Shooting.

### Description:

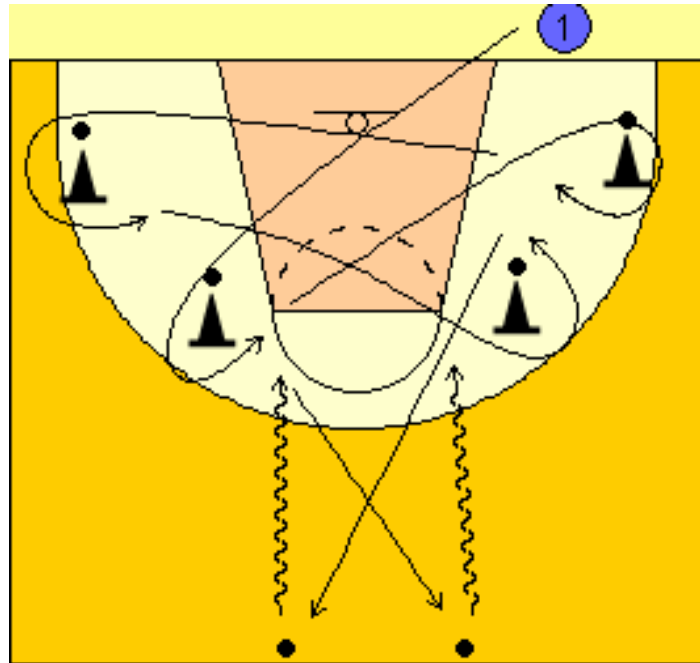
6 balls & 4 Chairs needed.

Player 1 sprints & picks up the basketball from the 4 chairs on the court, shooting from the alternative positions as shown.

After shooting the 4 shots, player 1 then sprints to the 1/2 way line & picks up the basketball, dribbles it to the elbow & shoots, then sprints back to the centre to pick the other basketball up & repeats the dribble & shot.

Although this drill is a hustle drill, players should look to make their shots.

Apply Push-ups for set amount of misses.





## 12.12 6 Spots Post Shooting.

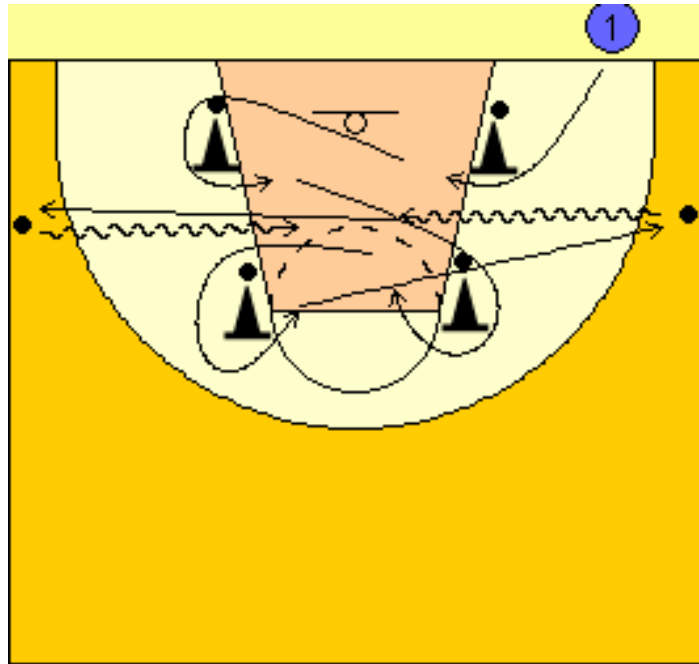
### Description:

Player 1 sprints & picks up the basketball from the 4 chairs on the court, making post shots from alternative positions.

After shooting the 4 shots, player 1 then sprints to the sideline and picks up the basketball, power dribbles (crab dribbles) it to the middle of the key & shoots a hook shot, then sprints to the other sideline, picks up the other basketball up to repeat the dribble & shot.

Although this drill is a hustle drill, player 1 should look to make their shots.

Apply Push-ups for set amount of misses.



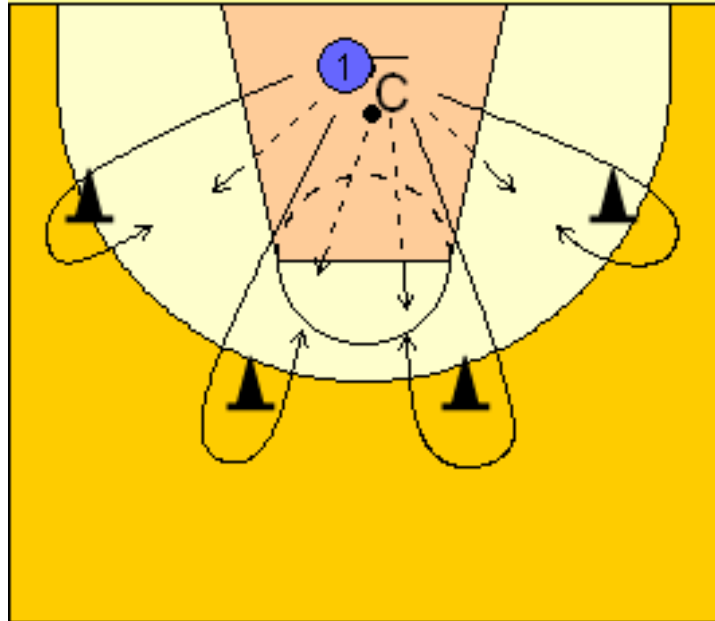
### 12.13 Iceland Merry Go Round 1.

#### Description:

Coach has the ball. Player 1 runs around a chair (or bin), comes back & shoots off a pass by the coach. Coach rebounds the shot.

Player 1 then goes around the opposite chair & shoots the ball off another pass by the coach.

Players must come into the shot in a loaded stance. Show hands & get the ball into the shot pocket as quickly as possible for a quick shot.



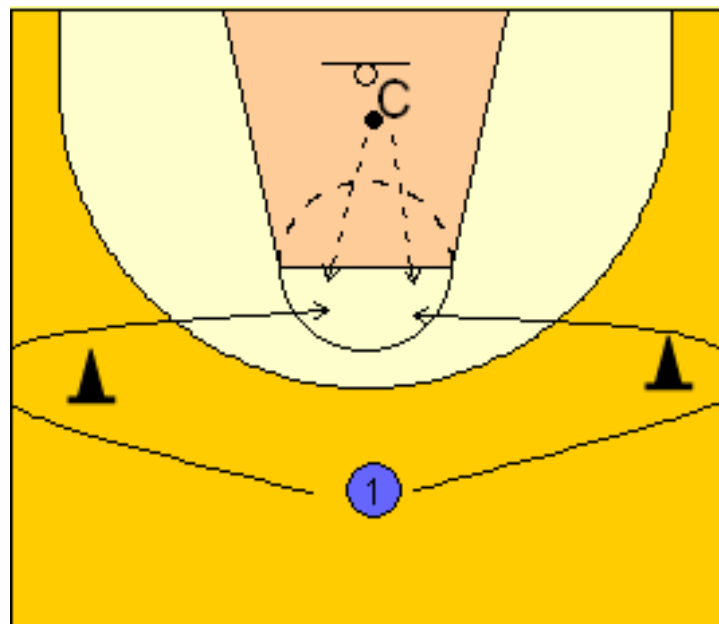
### 12.14 Iceland Merry Go Round 2.

#### Description:

Coach has the ball. Player 1 runs around a chair (or bin) positioned on the sideline, comes back & shoots off a pass by the coach. Coach rebounds the shot.

Player 1 then goes around the opposite chair & shoots the ball off another pass by the coach.

Players must come into the shot in a loaded stance. Show hands & get the ball into the shot pocket as quickly as possible for a quick shot.



## 12.15 3 Way Shooting.

### Description:

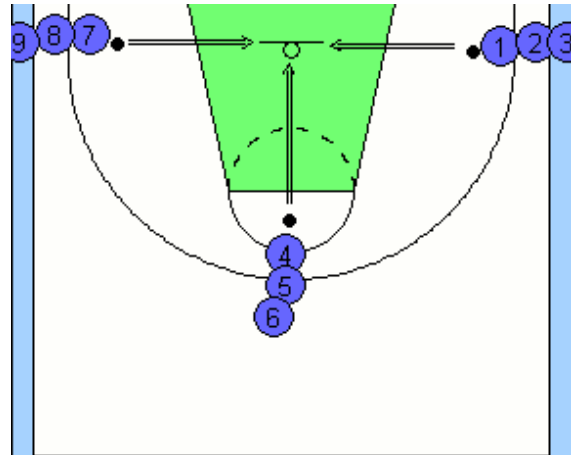
3 balls

6 or more players.

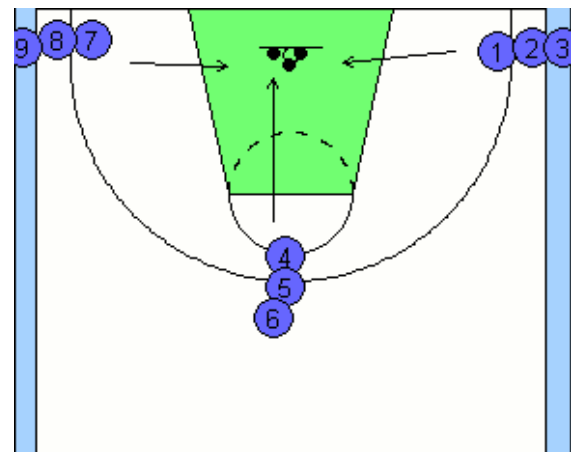
Line up in 3 rows 2 at the side line, 1 in the middle.

The first player in each row has a ball.

The drill starts with a jump shot from players 1, 4 and 7.



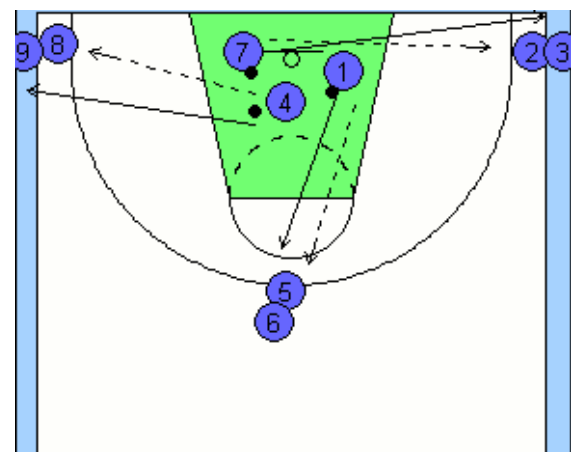
After finishing the shot completely with good follow through, the players chase the ball for the rebound.



After the rebounds the balls are passed to next row (Clockwise) & the players follow their pass.

Make sure that the pass is good so players 2, 5 & 8 don't have to adjust before taking a jump shot.

The drill repeats itself.



### Emphasis:

Prepare for the shot, show hands & be loaded.

Step to catch the ball in the air with a 1-2 step & shoot.

Good passing after the rebound.

### Variation:

After the pass try to block the shooter.

With more than 12 players use the full court.

## 12.16 AIS Shooting Drill.

### Description:

Drill needs at least 5 players, however can be done with more.

#### First Spot

Players start lined up on the baseline, two basketballs on one side of the key & one basketball on the other side.

**Player 1** starts the drill by shooting & rebounding their own shot then passes to the player opposite (4). After player 1 has shot the ball player 2 shoots their ball & rebounds then passes to opposite side.

Basic rule is that after you shoot the ball you rebound your own shot & pass to the side opposite. You always rotate to the opposite side after shooting the ball.

After making 20 shots as a group, both lines go to the next spot.

Drill should be run for 5 minutes.

#### Second spot

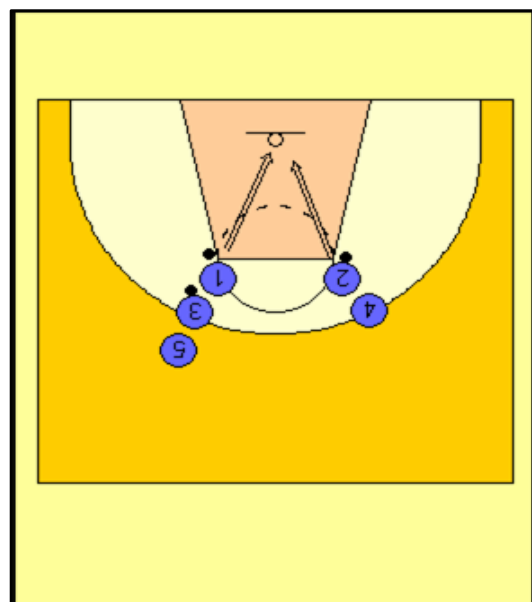
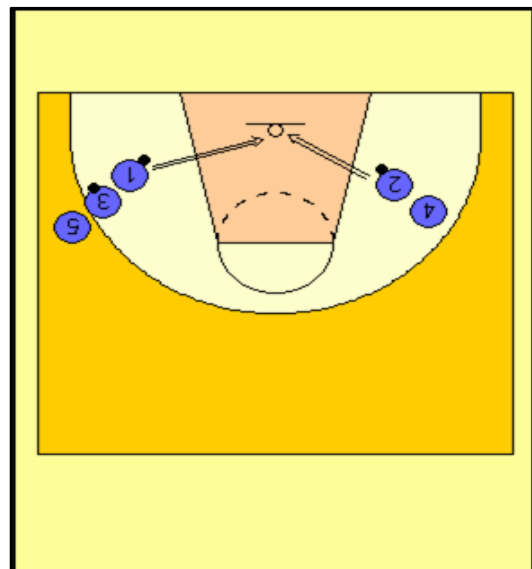
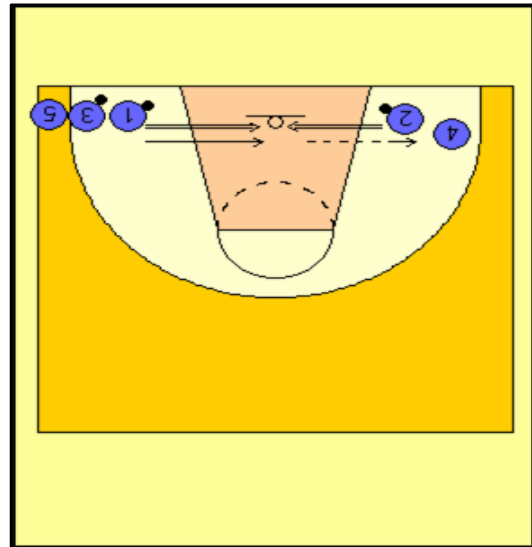
Group must make 20 shots from the 45.

Once they complete this they rotate to shoot the ball from the elbow.

#### Third and final spot

Group must make 20 shots from the elbow.

Once they complete this, they then rotate back to the baseline and start again.



## 12.17 On the Rack Shooting Game.

### Description:

This is a fun shooting game. Each athlete selects a spot around the 3-point line. Once a spot is selected, the athlete cannot move from their spot.

Each athlete commences the game with 10 points. The aim of the game is to keep your score in the positive as if your score hits zero you are out of the game!

### General Rules:

Each player only takes one shot per "go"

After a player has lost points for missing a shot, the score goes back "0 on the rack"

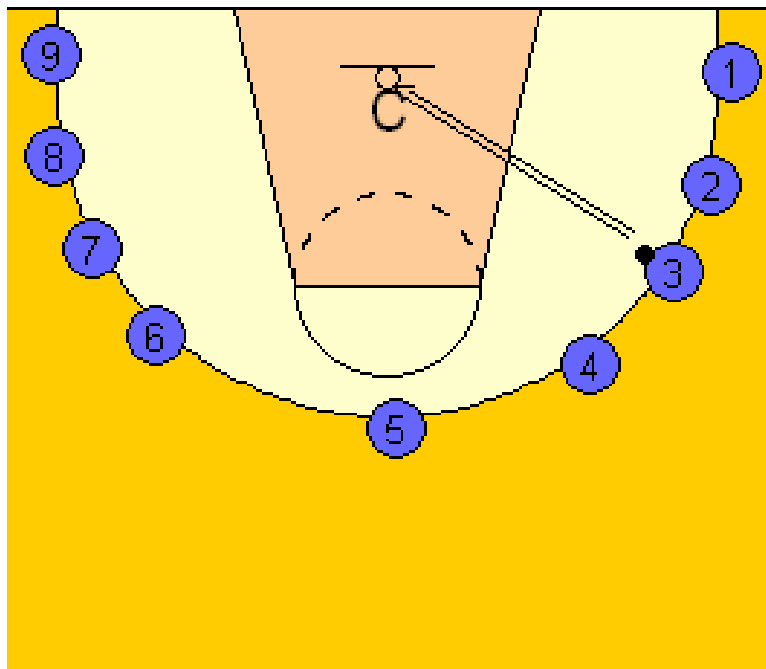
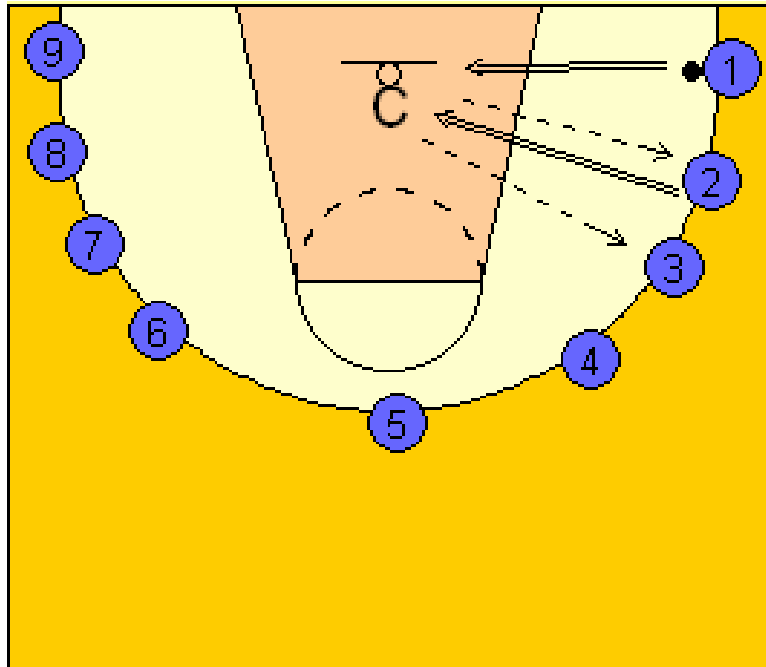
### An example of the game.

If player 1 makes their shot, the ball goes to player 2 for a shot. Because the basket counted, there is "1 on the rack" so if player 2 missed their shot, they lose one point and their score becomes 2.

However,

If player 2 makes the shot, there are now "2 on the rack", so if player 3 misses their shot they lose 2 points or if they make their shot, there are "3 on the rack", & so on until players lose all their points and are out of the game leaving the last player with points as the winner.

**Variation:** When a player's score becomes 0, they can remain in the game by scoring a half court shot & re-enter the game with a score of 3.





## 12.18 Shot after Dribble.

### Description:

Offence 1 & 2 speed dribble to the opposite side.

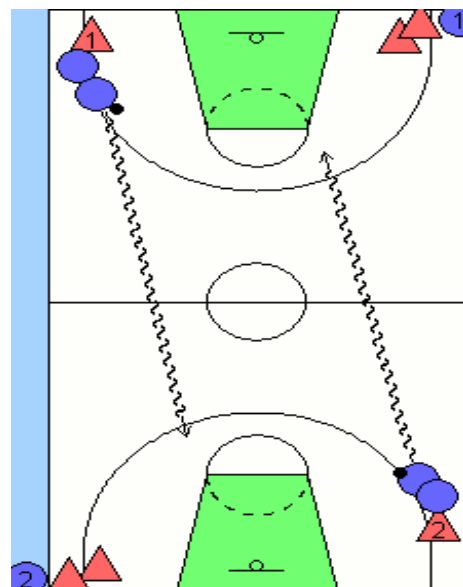
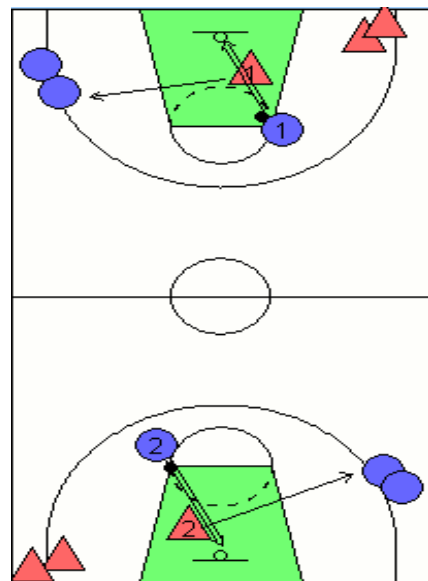
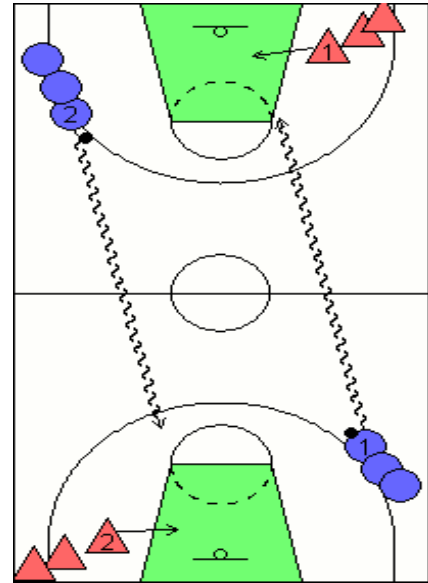
Defenders 1 & 2 prepare to defend, box out & rebound.

1 & 2 pull up & take a jumpshot outside the keyway.

Defenders 2 & 1, box out, rebound & give an outlet pass to the next player in line.

### Rotation:

After the outlet pass the defenders rotate to the outlet line & the shooter joins the defenders line.

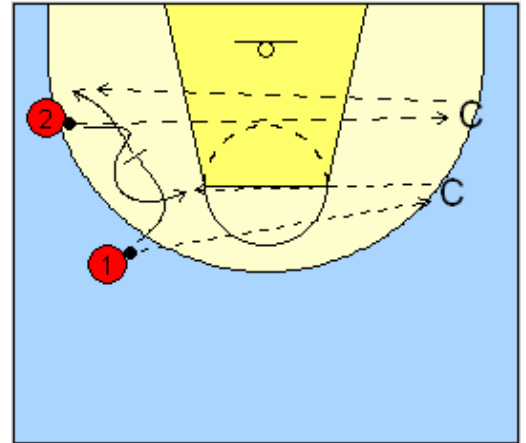


## 12.19 Two Ball Motion Shooting.

### Description:

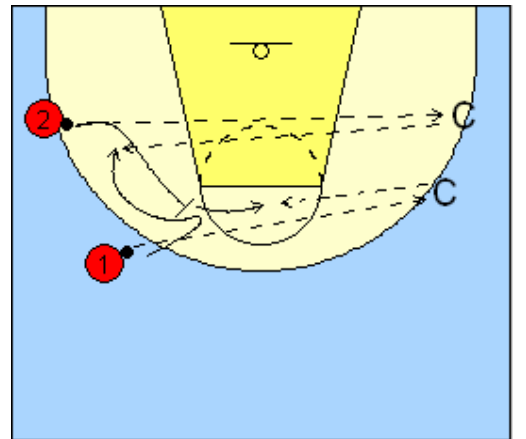
Player 1 passes to high coach. Player 2 passes to low coach.

Player 1 steps toward ball & aligns himself to set a screen for player 2.  
 Player 2 makes a V cut & comes off the screen looking for the pass from the high coach & shoots the shot.  
 After screening, player 1 flares to the weak side looking for the pass from the low coach & shoots the shot.  
 Each player rebounds the ball & goes to the other starting point to repeat the drill.



Player 1 passes to high coach. Player 2 passes to low coach.

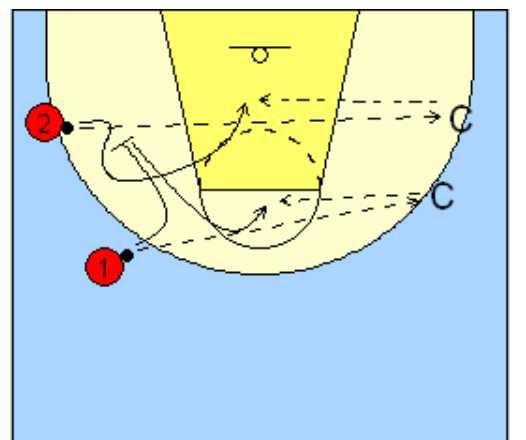
Player 2 steps toward ball & aligns himself to set a back screen for player 1.  
 Player 1 makes a V cut & comes off the back screen looking for the pass from the low coach & shoots the shot.  
 After screening, player 2 leads to the ball looking for the pass from the high coach & shoots the shot.



Each player rebounds the ball & goes to the other starting point to repeat the drill.

Player 1 passes to high coach. Player 2 passes to low coach.

Player 1 steps toward ball & aligns himself to set a down screen for player 2.  
 Player 2 makes a V cut & comes off the screen curling to the basket looking for the pass from the low coach & makes the layup.  
 After screening player 1 pops back out high looking for the pass from the high coach & shoots the shot.



Each player rebounds the ball & moves to the other starting point to repeat the drill.



## 20.20 Two Ball Shooting.

### Description:

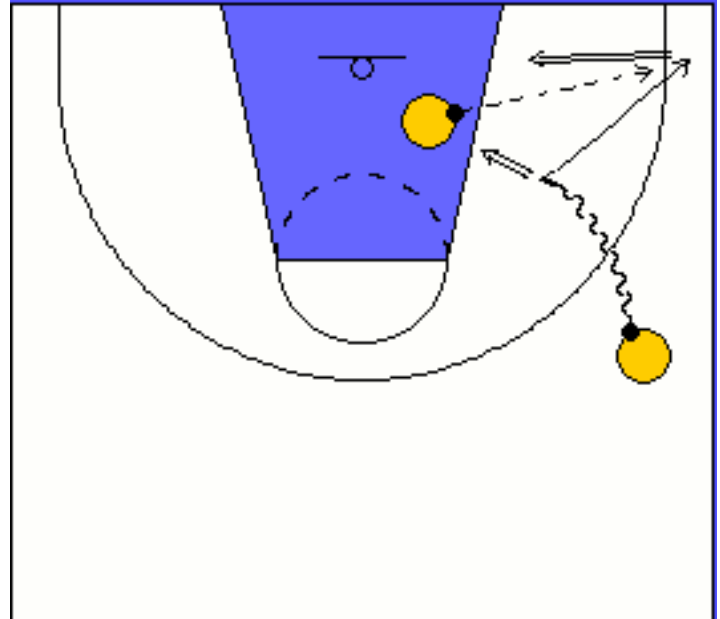
Two players are on the floor as shown with a ball each.

The wing drives toward the basket to pull up & hit the jump shot.

After the shot is released the player quickly relocates to the corner in ready stance to receive & shoot the second ball passed from the player in the paint.

The players rebound one ball each & rotate positions.

Drill can be moved anywhere around key.





## 20.21

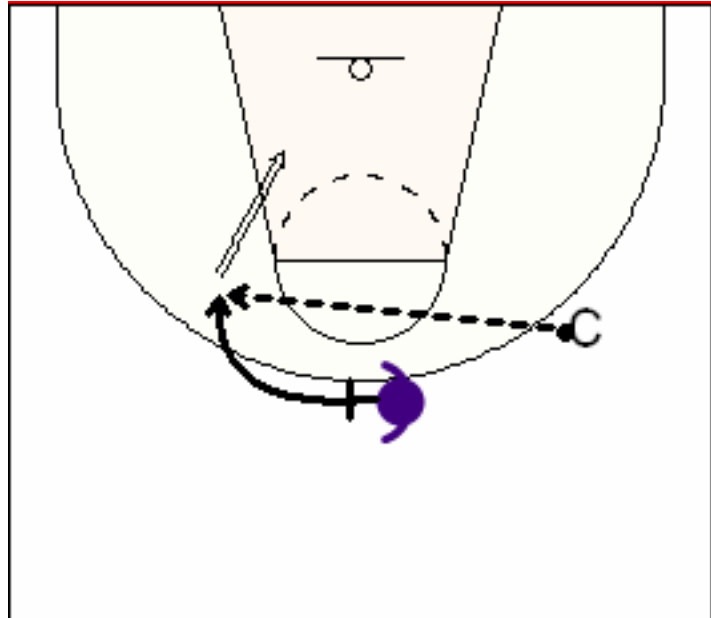
### Description:

Player sets an imaginary on-ball screen out high then continues through to spot up on the weak side.

Coach passes the ball to the screener.

Player takes the shot.

Progression is to have the player take a dribble into the shot.





## 20.22 Beat the Closeout.

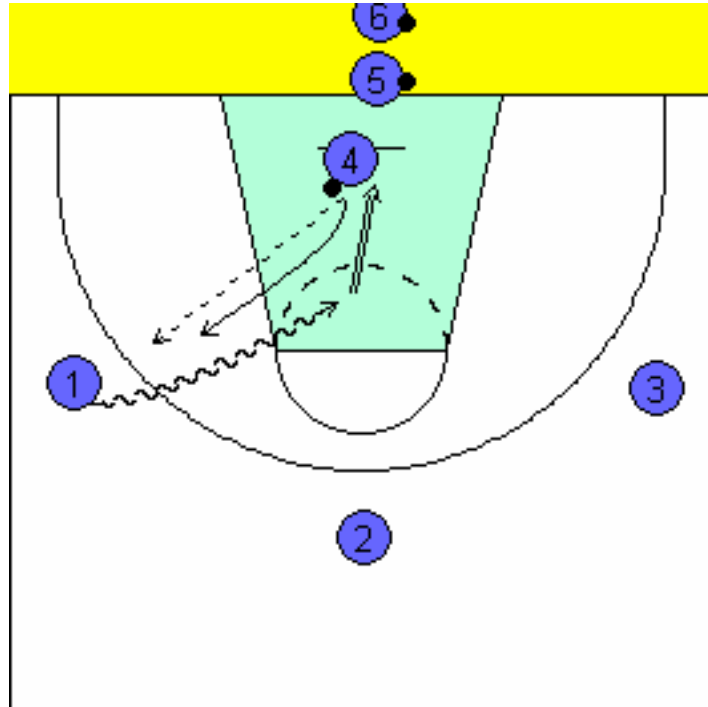
### Description:

#### A.) Drive to the basket.

Have a line of players with balls under the basket, as well as 3 lines of players around the perimeter spots as shown.

4 passes the ball out to 1 and closes out. 1 catches the ball in a stance, shot fakes & penetrates beating the close out to the basket.

Move along the line for each go, add additional players on the perimeter. 5 passes to 2, then 6 passes to 3 and so on.

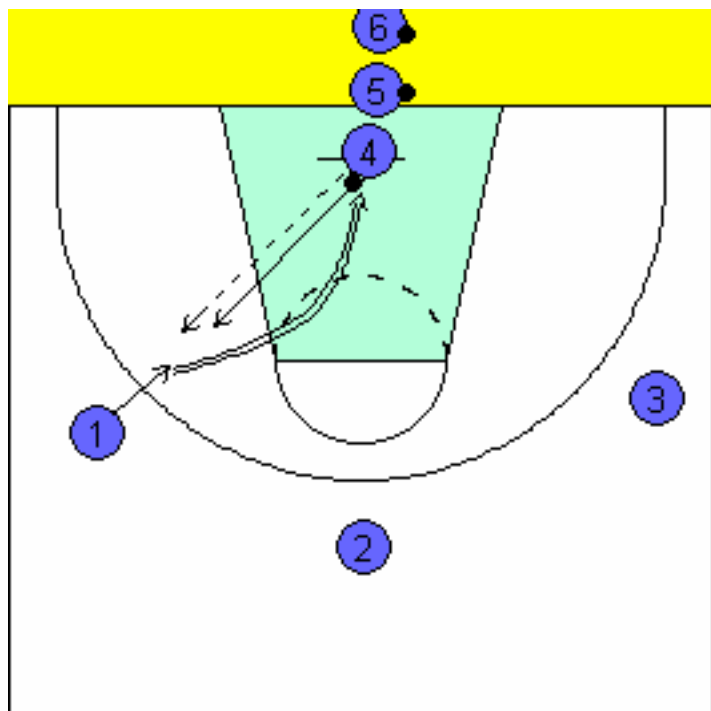


#### b.) Catch & Shoot.

Have a line of players with balls under the basket, as well as 3 lines of players around the perimeter spots as shown.

4 passes the ball out to 1 and closes out. 1 steps to the ball with a 1-2 step coming into a shooting stance & shooting the ball as the passer closes out.

Move along the line for each go, add additional players on the perimeter. 5 passes to 2, then 6 passes to 3 and so on.





## 20.23 Chair Shooting.

### Description:

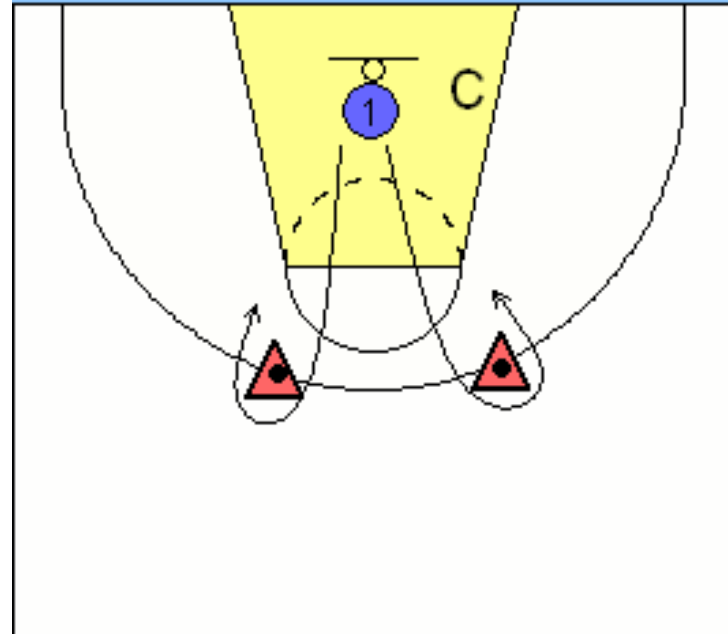
Player 1 starts under the basket, goes inside & up the lane, picks the ball up from the chair and shoots a jump shot or 1 dribble jump shot.

Coach rebounds the ball & puts in back in the chair.

Player 1 runs back to the rim & continues up to get the 2nd ball off the other chair and the drill is repeated until satisfactory or number of shots is reached.

### Variation:

Lay-ups can be substituted for jump shots.



## 12.24 Pressured Shooting.

### Description:

The following shows 3 examples of different shooting under pressure drills. The diagram is not meant to show all 3 being performed at once.

#### Players 1.

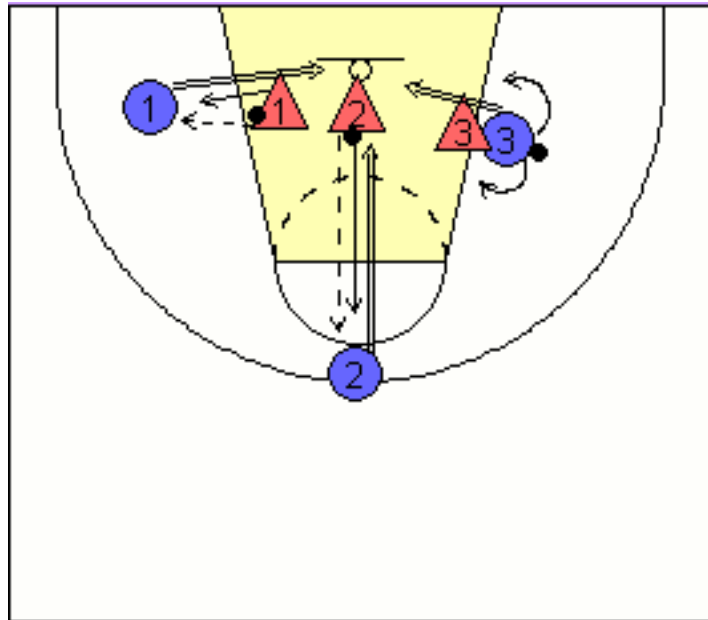
Here the Defender (1) throws the ball to Offence (1) from short range then closes out to make 1 shoot over a hand.

#### Players 2.

Here the Defender (2) throws the ball to Offence (2) from under the basket then closes out to make 2 shoot over a hand.

#### Players 3.

Here the Offence (3) starts back to the basket on the block with the ball & Defence (3) makes the offence shoot over a hand when they square up.



### Variations.

Coach can elect to add a dribble to the offence.  
Players may also play 1 on 1 to a score or stop.