

Skills Video 3	Day	Day	Day	Day	Day
Scoring Challenge	1	2	3	4	5
ROUND ONE (2 minutes): <i>total left and right sides completed</i>					
ROUND TWO (3 minutes): <i>total left and right sides completed</i>					
ROUND THREE (4 minutes): <i>total left and right sides completed</i>					

DAS (distance adjustment scoring) drill

This aim of this scoring drill is to challenge yourself by:

- Maintaining your concentration, footwork, finishing and consistency
- Making three consecutive shots at varying ranges
(*lay up, block jumpshot, elbow jumpshot*)
- Complete this on both sides of the court and continue to repeat
- Finishing through fatigue (there is a conditioning element to this drill)
- Set a target to achieve in a given time, then better your score

Set up

- Use a partner (under the ring) as a passer with a basketball
- Player always starts at wing, and after scoring backpedals to the wing

Method

- At right wing, run to basket, receive a pass at 45 and make a lay up
- Backpedal to wing, run to basket, receive a pass at 45
make a jumpshot from the block
- Backpedal to wing, run to elbow, receive a pass and make a jumpshot

Rules

- Anytime you miss a shot, default back to a lay up and start again
- Make 3 consecutive shots, and repeat on the other side of the court
- Continue to repeat within the designated time and record your score



Spider skills at home
Hornsby Spiders Basketball

