



Solway Basketball Club – Coaching Drills

SHOOTING

Name: Form Shooting

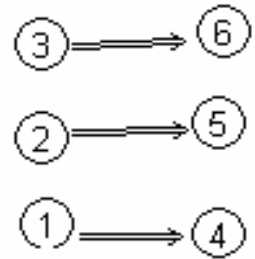
Description:

This drill should be done every training for 1-5 minutes depending on how far along the kids are.

Split group into partners with one ball between two.

Have the partners face each other with 5-15 feet distance between the partners.

Players shoot the ball to each other concentrating exclusively on the technique/form of shooting.



Variations:

Move to a hoop. Start right in front regardless of age and ability. Take five shots each, with players taking a step back after making two swishes.

Watch For:

1. Start in set point - ball below eyes.
2. Shoot with an “all out” shooting action - fully extend arms and legs and shoot on the way up.
3. Hold follow through until ball hits the ground.
4. Shoot up and in the hoop, not at the hoop.