Solway Basketball Club – Coaching Drills

SHOOTING

Name: Knock Out

Description:

Players line up in single file at a set distance from the hoop.

The first two players line have a ball each.

First player in line shoots the ball.

The second player cannot shoot the ball until the ball is out of the hands of the first player.

If the player in front makes the shot, he/she gives the ball to the next player in line and then goes to the end of the line.

If the shooter misses, he/she rebounds and shoots until the shot is made.

If however, a player cannot make a shot before the next player makes his or hers, the player who has missed their shots is eliminated.
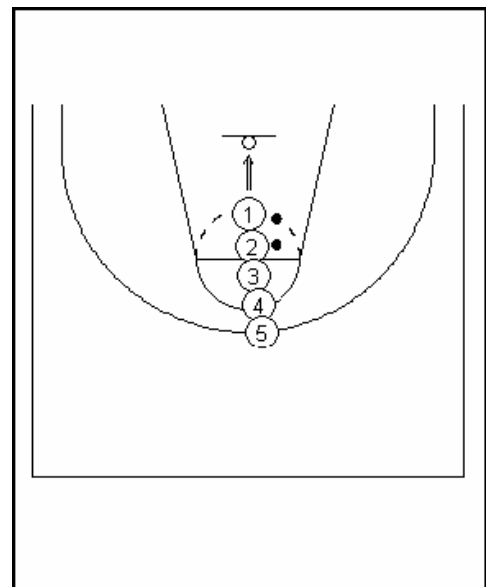
Watch For:

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.