**South Muskoka Breakers Coaching Notes - Shooting Drills**

The listed shooting drills are intended to teach and promote technique in both the actual shot and preparation to shoot the ball. Again, stress proper technique. Encourage them to shoot the ball properly, even if ‘their way’ works a bit better at the time being.

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| **Drill** | **Details** | **Level** |
| Form Shooting | Everyone with their own basketball, no hoops required-Teach BEEF-Balance – get feet shoulder width apart, one toe slightly ahead of the other-Eyes – must be up and on the rim-Elbow – points to the target-Follow-through – flick your wrist, pretend to be reaching for cookie in cookie jarHold ball in one hand, at your side, bend knees, bring ball up beside headShoot ball straight up in the air, let it come down and catch itCan be done without hoop, or from right beside hoop (trying to make swishes)-Add second hand to side of ball-Add jump  | 2 |
| Full Court | Everyone with their own ball-FT line to FT line dribbling, finish with a shot-Specify shot to use or assortment of shots-Challenge footwork | 1 |
| 2-Line Shooting | 2 lines at the 3-point line, foul line extended, everyone with ball except 1st in one line-Player without the ball jabs to basket, then comes into the middle of the floor-Opposite line passes ball, Player catches ball and shoots it, gets rebound, goes to other line-Player who just passed ball now makes jab to basket, then curls to middle of key-Repeat-Use Catch & Shoot, Catch 1-Dribble Shoot, Catch 2-Dribbles Lay-up | 2 |
| Lay-Up Lines | 2 Lines set up, about 15 feet from half court, everyone with ball except 1st in one line-Player without ball cuts to the middle, receives pass from opposite line-Either 2 foot stop, pivot and go to side of basket you started on OR-Catch and dribble right away, go to opposite side of basket you started on-After you pass, you become cutter – get rebound, go to opposite line | 2 |
| Partner Shooting | Partners with 1 basketball-One player shoots the ball, chases down rebound-Once rebound secured, player passes to partner who is moving around on perimeter-Use catch & shoot, catch 1-dribble shoot, catch 2-dribbles lay-up-Stress proper footwork, good passes, game type conditions |  |
| 3-Man Shooting | Groups of 3 with 2 basketballs, 1 basket-Shoot, follow your shoot, get the rebound, pass to player without the ball-Make it a competition – first team to 10 or first in group to 5-Catch & Shoot, 1-Dribble Move, 2-Dribble Move, 3-pointers | 3 |
| Dribble Drift | 2 Lines at the 3-point line, foul line extended, everyone with ball except first in one line-P1 in line with ball makes penetration move to the basket-P2 in opposite line, without ball, drifts to the baseline-P1 makes pass under the basket, to P2 on baseline – catch and shoot-After pass, P1 cuts up to foul line, receives pass from P3 at front of line that P2 started in | 3 |