

Summer Workout #8 - Basic Shooting Drills

Nothing is more important this summer than practice proper shooting technique.

One Ball Drills starting with self-toss & a 1-2 downhill catch out of the air

#	Drill	# of reps
1	<p>Form Shooting</p> <ul style="list-style-type: none"> - 6-12 ft. shots using perfect form and a smooth release. 	20 Shots varying spot from 6-12 ft.
2	<p>Step Back Shooting</p> <ul style="list-style-type: none"> - A little different than the video. Start and different spots and angles. If you make the shot move back a step. If you miss move 2 steps forward. Try to make it to the 3-point line. 	30 total shots
3	<p>One Leg Form Shooting</p> <ul style="list-style-type: none"> - Just like the video, Stretch down the touch the ball on the ground then rise up and shoot it off of one leg with a smooth release. Do this from the middle hash in the key or from about 10 ft. away. 	<p>5 from right middle key hash (10 ft) 5 from left middle key hash (10 ft)</p>
4	<p>Star Shooting</p> <ul style="list-style-type: none"> - Full Speed, 2 sets of ten at a comfortable distance. - Start in a Corner, go opposite Wing, opposite wing, opposite corner, top 	<p>2 Sets of 10 shots Self-toss at full speed, comfortable distance</p>
5	<p>Pull-Up shooting off toss & 2 dribbles</p> <ul style="list-style-type: none"> - Just like the video, self-toss from straight on at the 3 pt. Line. Dribble control the toss with a dribble then explode right or left with the dribble into a 15 ft. shot. 	<p>10 from right wing 10 from left wing</p>