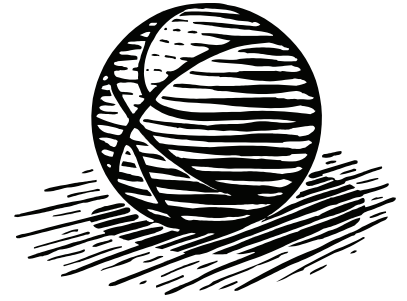


Name _____

FUNDAMENTALS

“ Shooting ”



* 5 shoot, rotate next group

*** Shot from self toss**
everyone with ball
(shoot short shots!)

*** Shot from Dribble**
everyone with ball
short shots!

*** Shot from dribble**
with crossover
everyone with ball

3 Close Out
3 pass from baseline to
3 shooters 12' out, close out
shooter shoots, shot fakes,
one dribble drive

First to 5
Divide into 2 groups,
first to 5 from different
spots on floor

3-up
2 teams
first group to get 3-up
from similar spots on floor

Gothcha
Also known as Knockout

First to 8, Follow ups count
2 teams
first team to score 8 pts
follow ups count 1 pt too

Know Principles

B.E.E.F.
balance, elbow in,
eyes on target, follow thru
shooting hand, guide hand

Slap & Squeeze (Slams)
Purse Drill
Dribble, pick-up, into
shooting pocket

On your backs shooting
hold follow thru, parachute,
snap wrist, backspin on ball,
aim ball straight up

Partner Shooting
stance, shooting pocket,
elbow in, hold follow thru,
up on toes

Short Shots
5 spots
one hand form shooting
from 3 feet out

Circle Shots
5 feet out, 5 spots
square up

Self Toss, Shot Fake, Jab step
square up, along 3 pt line
R/L, form only, do not shoot

Shot from dribble
follow 3 pt line R/L
square up, dribble outside hand
form only, do not shoot