

Shot Club Shooting Drills

Mikan Drill: Stand under the front of the rim and work on alternating right handed and left handed shots as fast as you can and keep track of how many you make in 60 seconds.

Set Lift: 3 types of set shots - Line up just above the low Block area in 1)Front of rim, 2) on top of the left block; 3) on top of the right block. Concentrate on perfect form and hold the follow through until the ball hits the floor after the shot.

Short corner: Baseline jump shots about 6-8 feet from the basket. Left and right side.

Free Throw Shooting- 1) stand with back to the basket at the free throw line and pivot on left foot at game speed and shoot. 2) Same thing but pivot on right foot at game speed and shoot.

Elbow Shooting : Shoot from the “elbow” on the left side and from the right side. Start at the elbow with the ball on your outside hip and at game speed rip the ball through and take one power dribble to the center and shoot a jump shot. (“Elbow” is a spot on the court where the free throw line and the lane line meet to form a corner or elbow).

Elbow w/ rip- Start at the elbow position with the ball on your inside hip and rip the ball through and take one power dribble and shoot a layup. Do this drill from both the left and right elbow sides.

Wing shooting- Start on the left wing position and self toss the ball by spinning it back to yourself, catching it, fake a jab step to the center and then take two dribbles to the base line and shoot a jump shot. Do it from both the left and right wing positions.

Free Throws: Always finish up with free throws to replicate game situations where your already tired.

Creative Shooting: Make up your own favorite move or favorite shots. It could be a fade-a-way jumper, a running floater in the middle of the lane or a drop step move in the low block or whatever else you like to do. Make it your “signature move” and give it a name or use your own name to identify it.

Teaching points:

1. Get the ball in the “pocket” area next to your shoulder and chin.
2. Shooting hand under the ball and the other hand on the side guiding it only
3. Extend your shooting arm and hand and release the ball with a backwards spinning motion. You should follow through with your arm and hand extended up but bent at the wrist (as if your hand was up reaching in the cookie jar)
4. Hold that form until the ball hits the floor (creates consistency and accuracy)