




CENTRAL LOUDOUN BASKETBALL LEAGUE - PRACTICE RESOURCES



# *Shooting* **MANUAL**





# **CLBL**

## ***Practice Drills Manual - Shooting***

### **Included in This Manual**

- *Introduction to Shooting*
- *Points of Emphasis for Shooting Drills*
- *4 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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## ***Introduction***

While some players seem to be born with the ability to shoot a basketball, most are not. Most great shooters have honed their skills through hours of practice.

The first step in improving a player's shot does not involve showing the player how to "put the ball in the basket" but rather it is showing the player the proper form to use when shooting a basketball. A great way to teach form is to line your players up facing a wall and have them repeatedly shoot at a spot. This is a great drill because it helps the players concentrate on their form instead of on making a basket. This drill also allows you and your coaching staff the opportunity to watch their technique and help them improve without chasing balls all over the gym. Make sure your players have their elbows tucked, shoulders squared, and they follow through on the release giving the ball backspin.

### **Key Points/ Cues:**

1. Body squared up
2. Feet are shoulder width with the knees slightly bent
3. Elbows tucked in (not sticking out to the sides)
4. Follow through extend the arm and fingers of the shooting hand towards the hoop
5. Ball should have a perfect backspin if released correctly

Once your players start to understand the proper technique of shooting a basketball you can then let them begin shooting at the hoop. Slowly work into the long range shots so they don't quickly revert to their old shooting form.



## Form Shooting (Laying Down)

### Recommended Sets and Reps:

- Repeat drill until 50-75 repetitions completed

### Description:

- 1). Lying on your back practice shooting straight up into the air.
- 2). Be sure every shot goes straight up and straight back down.
- 3). Be sure to keep a perfect back spin on the ball on every shot without allowing for any side spin.
- 4). Follow through by pointing at the ball with all fingers upon the release of each shot.

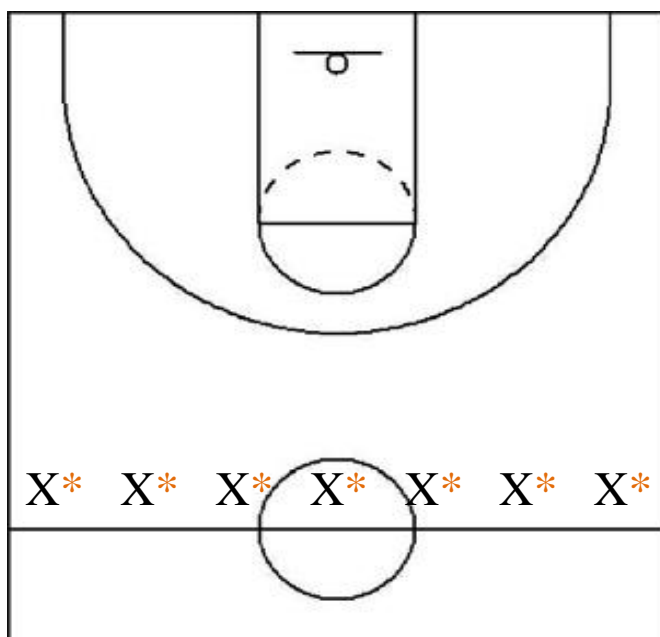
### Drill Set-Up:

-Find a spot that is open enough to shoot about 8-10ft high.

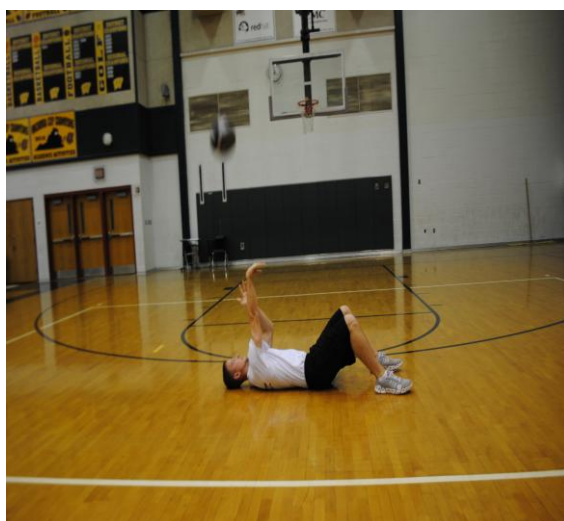
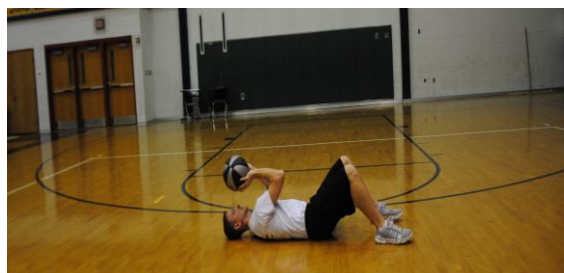
-Lay on the floor on your back with the legs bent.

**X = Athlete**

**\* = Basketball**



## DYNAMIC: SHOOTING



## PROGRESSIONS:

1. Laying Down - 5 Ft. Height
2. Laying Down – 10 Ft. Height
3. Standing – No Basket
4. Against a Wall
5. Step and Shoot – No Basket  
(or Wall if Available)

## Form Shooting (hoop)

### Recommended Sets and Reps:

- 3 total minutes of shooting at each spot

### Description:

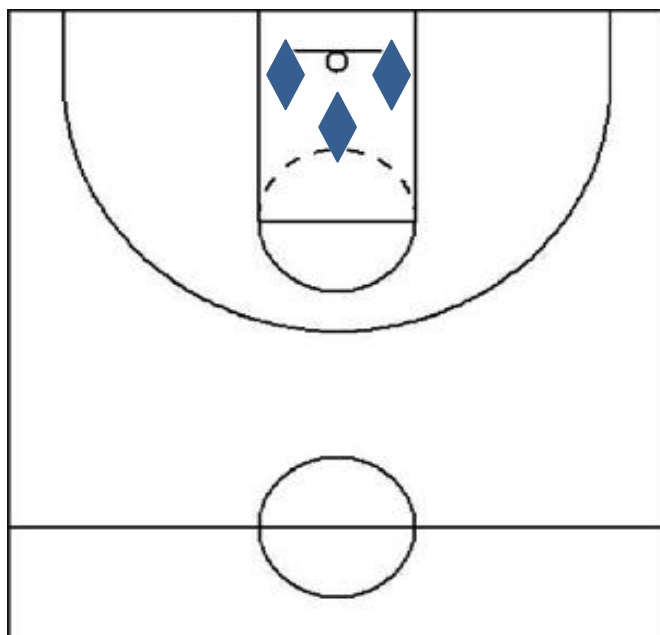
- 1). Pick 3 spots (as shown below).
- 2). Spot placement should be about 5ft from the hoop and vary in shot angle.
- 3). Place an even number of players at each spot
- 4). Players quickly rebound their own ball and pass to the next person in their line.
- 6). Repeat for 3 minutes.

### Drill Set-Up:

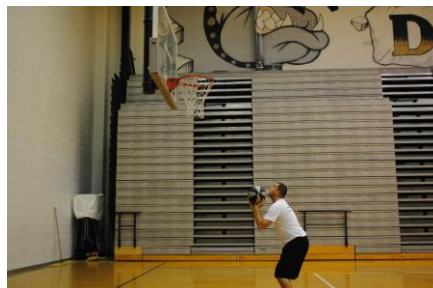
- Pick 3 spots on the floor for athletes to shoot from.
- Start off with short distances to the basket and then move spots back based on ability of the shooters.



= Proposed Shooting Spots



## DYNAMIC: SHOOTING



## PROGRESSIONS:

1. Short Distance
2. Further Distance
3. Step into Shot
4. Dribble, then Shoot
5. Shot Fake, then Shoot

## Spot Shooting

### Recommended Sets and Reps:

- For each set, perform drill for 1 minute, switching which partner shoots half-way through the drill

### Description:

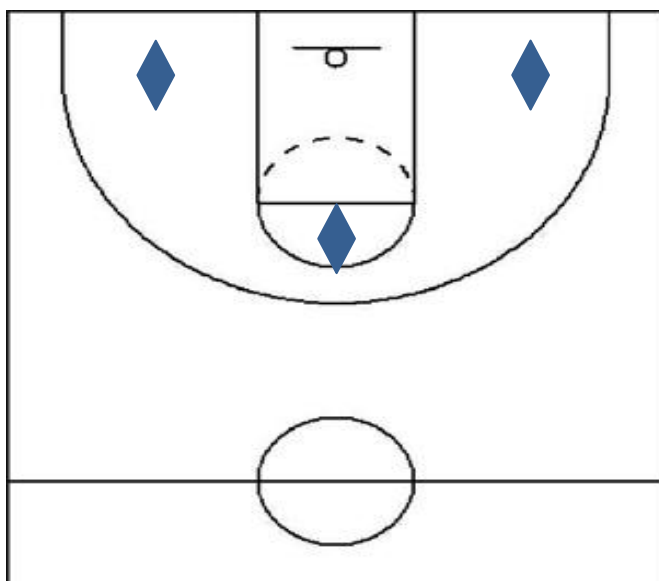
- Pick 3 spots (as shown below).
- Spot placement should vary in distance and shot angle.
- Groups players with a partner – 1 standing at a spot and another in rebounding position.
- Players shoot the ball while partner rebounds and passes back to them at the spot.
- Players continue to shoot for 30 seconds and then switch with partner.

### Drill Set-Up:

- Pick 3 spots on the floor for athletes to shoot from.
- Start off with short distances to the basket and then move spots back based on ability of the shooters.



= Proposed Shooting Spots



## DYNAMIC: SHOOTING



## PROGRESSIONS:

### 1. Short Distance

### 2. Further Distance

### 3. Run into Shot

- Shooter starts 10-15 feet away from spot and runs toward spot, receiving pass at spot
- After shot, run back to starting position and then back to the spot, repeating each rep

### 4. 1 Dribble, then Shoot

### 5. Shot Fake, then Shoot

## Layups

### Recommended Sets and Reps:

- 5 minutes of each side of the basket

### Description:

- 1). Start with 2 lines. 1 on each side of the free throw line. Line 1 is layup line. Line 2 is rebounder line.
- 2). First player in line 1 dribbles the ball to the hoop for a layup. First player in line 2 leaves at the same time so that he can rebound the ball after his partner shoots the layup.
- 3). Rebounder quickly throws the ball to the next person in Line 1. The player shooting the layup quickly gets back into Line 2.
- 4). Repeat the movement on the opposite side of the basket after 5 minutes.

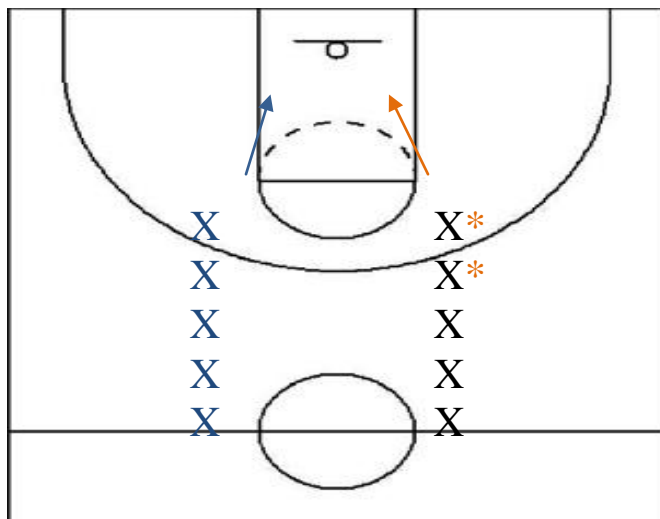
### Drill Set-Up:

- Start 2 lines from either of the free throw line.
- Line 1 is layup line. Line 2 is rebounder line.

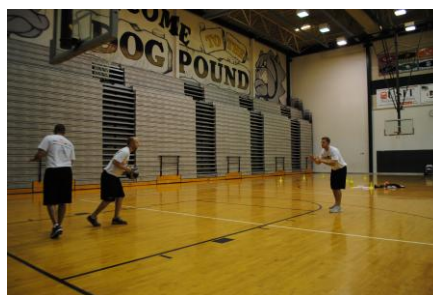
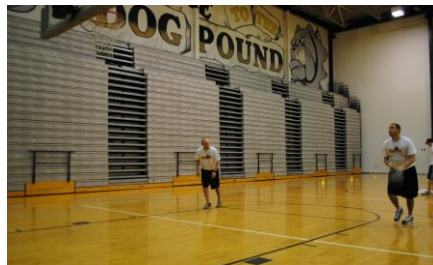
**X = Athlete**

**\* = Basketball**

**X = Rebounders**



## DYNAMIC: SHOOTING



## PROGRESSIONS:

1. *Slow Approach / Start at Free Throw Line*
2. *Fast Approach/ Start at Half Court*
3. *Add Hesitation Dribble or Double Crossover at Cone*
  - a) *Start at half court and put a cone at the 3-point line*
  - b) *Dribbler runs to cone, performs the move (hesitation or double crossover), and then continues in for a layup*
4. *Add Pass*
  - a) *Player with ball passes to rebounder, then cuts toward basket*
  - b) *Rebounder passes back to player for layup*