

Spin & Catch Shooting Drill

Work Phase	Rest Phase
25 Consecutive Mikan Makes	10 FT
Spin & Catch from Right Elbow (10 Makes)	10 FT
Spin & Catch from Left Elbow (10 Makes)	10 FT
Spin & Catch from Right Angle (10 Makes)	10 FT
Spin & Catch from Left Angle (10 Makes)	10 FT
Spin & Catch from Right Angle w/Shot Fake (10 Makes)	10 FT
Spin & Catch from Left Angle w/Shot Fake (10 Makes)	10 FT
Spin & Catch from Right Baseline (10 Makes)	10 FT
Spin & Catch from Left Baseline (10 Makes)	10 FT
Spin & Catch 3 Pointers from Right Wing/Corner (10 Makes)	10 FT
Spin & Catch 3 Pointers from Left Wing/Corner (10 Makes)	10 FT
Spin & Catch 3 Pointers from Top of the Key (10 Makes)	10 FT
Spin & Catch 1 Make from Each of Previous Spots (11 Makes)	10 FT
25 Consecutive Mikan Makes	10 FT
*Total of 161 Made Shots in the Work Phases	140 Total FT

*This drill can be done alone or with a partner. If you pair up, your partner would shoot from the mirrored spot on the floor. Keep track of FTs - Goal \$80%!

*If you miss in a Work Phase, follow your shot for a put back. The shooter is blocked out the least on the floor. Following your shot is a great habit to develop.

*This drill should be a conditioning drill. The only rest you should really get is when you are shooting freethrows or waiting for your partner to get to 10 makes.

WORKING HARD = GAME SPEED

*If you want results, you should do this as often as you can. Honestly, you would EASILY get more out of doing this for one hour and then playing 5 on 5 for a half hour than you would playing 5 on 5 for 1.5 hours. Playing 5 on 5 when you are a little tired would improve your conditioning and your ability to make crunch-time plays.

*To have a chance in our Section and Conference next year, none of you can be the same player you were this year. That will not be good enough. You have to add skills, moves, consistency, conditioning, etc. If you plan on just going to a few tourneys and a few open gyms, you will be in for a long season.

*Don't forget stationary ball handling. Get a tennis ball out and get to work! You have all done the drills with me, so spend a lot of time with them.

*Lift weights and work on your agility. The weight room is open on Mondays, Wednesdays & Thursdays from 8:00 am - 9:30 am from June 4th - August 8th.