



Form Shooting Drill

1. Divide the team into pairs – Player #1 and Player #2
2. Mark three shooting areas around the key based on your team's skill level
3. Player #2 sets up under the basket to pass to Player #1 and get the rebound
4. Player #1 sets up at the first shooting spot
 - Emphasize bent knees and on the balls of their feet
 - Emphasize proper arm follow through and finish
 - Emphasize catch and shoot – quick movement
5. Player #1 should shoot 10 at each spot with Player #2 keeping track of how many they made
6. Repeat with Player #2 as the shooter

