

21

Description It's a shooting drill designed to improve shooting technique and following the shot but it is in a fun way for kids to enjoy.

Instructions Get two groups, one on each corner of the foul line. The players get one shot from the corner of the foul line and try to get it in for two points, they must then rebound the ball without it touching the ground.

They then put the ball in the basket if they have caught the ball without it touching the ground and they score one point. If they did not catch the ball on the full off the first shot they must pass the ball back to the next person in their line and join the back of their line. If they get the first shot from the foul line in and the second follow up shot they score a total of three points to be added to the aggregate team score. Play up to 21 loser team gets 1 suicide, 20 push ups or 10 star jumps - up to you. This drill is especially good for young kids 9,10,11, and 12 year olds. It teaches them to shoot the ball properly and follow their shot which a lot of kids don't do.

Players min.6

Tips Enforce shooting technique! Scores don't count unless ball was shot with correct technique.

Also on first shot, no scores count if they shoot from in front of foul line.

Variations Instead of shooting do lay-ups or instead of first shot dribble to basket then do jump shot.

Skills following the shot

PERMALINK www.degerstrom.com/basketball/drills/370/

33 Point Shooting Drill

Description This is a speed shooting and conditioning drill, which originates from 5 spots behind the 3-point arc. (Each corner, each wing and the point)

Instructions Start in the corner. Shoot a 3 pt. shot off a spin back toss, follow and rebound the ball and sprint back and touch the 3 point line where shot was just taken from and pivot toward basket, take 1 hard dribble covering as much space as possible and shot jump shot off the dribble. Follow shot and rebound. Sprint back to the original 3 pt. spot, pivot and shoot a driving lay-up on side you are facing.

3 Pt. shot counts 3 points.
Jump shot counts 2 points.
Lay-up is worth 1 point.

Do this repetition at each of the other 4 spots. Each spot has 6 possible points. 30 points are possible from those 5 spots.

After all five spots have been finished go to the free throw line and shoot 3 free throws with each free throw being worth 1 point.

Perfect score is 33.

Players 1 or 2

Tips Work on using proper shooting form and incorporate speed and vertical jumping.

Do the spot shooting as fast as possible using good form at all time. All shoot free throws as you would in competition.

Variations Play against an opponent in competition and of course always try to get a perfect score. Your opponent could be a rebounder.

We will also have our players continue to do the drill till a composite score of 200 is scored without stopping. This is a great drill for any player to use in individual workouts.

Skills 3 Pt. shot, shot off dribble and hard lay-up

PERMALINK www.degerstrom.com/basketball/drills/371/

5 ball shooting

Description 5 balls are used as players work on 3-player weave resulting in a lay-up, and shots for other 2 players. This is a continuous drill that can be timed or played to a specific amount of made shots. Skills develop in passing, spreading court on fast break, good shot selection and lay-up at high speed.

Instructions Players form 3 lines along one baseline, ball in hands of middle player. The second players in each of the outside lines also have a ball. Two players, each with a ball, are on the opposite baseline.

First three players do a 3-player weave, no dribbling, with the middle player doing a lay-up. The other two players receive passes from the players at the baseline. They rebound their own shots and go to baseline to become passers to next group that comes their direction. The lay-up player rebounds own shoot and passes to one of the two baseline passers who have now become his weave partners. He again does a lay-up, while the other two players receive passes from two players, the outside players in the weave lines. They shoot and go to the end of one of the weave lines while the next two outside players rebound and get at the head of their lines. The original lay-up maker goes to the end of one of the weave lines, while the next player under the basket grabs the ball as it goes through the basket and starts the weave with one of the outside players. They go down the court with the middle player doing a lay-up and the whole process starts again

Players 8-15

Tips Focus on crisp passes ahead of the receiver and concentration on lay-ups. Have players look to take good, high percentage shots and hustle. Have players stay wide (three to five feet from sideline) on the weave. Players should make all passes and catch passes with two hands.

Variations Do drill for time or points or both. Try to improve score every time. You can also add a fourth player (a fly) who takes off as the second passer looks to pass it ahead to them for a lay-up. This is a great drill to use as a warm-up.

Skills Dribbling, 3 player weave, lay-up, outlet, outside shot

PERMALINK www.degerstrom.com/basketball/drills/372/

6 Hoop Continuous Shooting

Description 6 hoop shooting working on catching and shooting the ball quickly, as well as getting some endurance work, without even knowing they are benefitting.

Instructions We run a continuous shooting drill in our practices, that maximizes the number of repetitions each player gets in a short period of time. Our gym is set up with two courts running crosscourt through the main court, this gives us six baskets to use. We start with two players under each basket on the left side of the lane (as you are looking at the hoop) Each of these players has a basketball. The third player stands at the elbow on the same side as the passers underneath the hoop. On command, the passer at the front of each line passes to the shooter. After passing, the passer then sprints to the basket directly to her left, (in a clockwise direction) She then becomes the shooter at that basket. The shooter at the first basket rebounds her own shot, and falls into line under that basket which she shot at. The drill is continuous, in that you will pass the ball, become the shooter, rebound and stand in line, pass the ball, become the shooter etc. until the drill is stopped. If more than 18 people are used, merely put the extras under one of the baskets, and everyone has a little longer rest at those hoops. We run this drill daily, and in both directions. When running in the opposite direction, passers and shooters will change sides of the lane, and we go to the basket in a counter-clockwise direction to become the next shooter. We often travel around the circuit 3 times, for a total of 18 shots. We set goals, and have rewards for those who don't reach their goals. If fewer than 18 girls are used, you may only use 4 or 5 baskets. We encourage sprinting to the spot, breaking down and readying themselves to catch the pass, and make the shot. We can include a dribble before the shot, or change where we want the shot taken from.

Players Best with 18, any number (3 per hoop used)

Tips We change shot locations, and shooting off the dribble to change up the drill. You may want to set cones, for the shooter to go around, so they have a good angle at the basket for the shot. You may also move the passers to different locations, so they don't get hit with the ball.

Skills Shooting/Conditioning

PERMALINK www.degerstrom.com/basketball/drills/373/

Around the World Free Throws

Description This drill gets players significant free throw practice with excellent results. The object of the drill is to make 2 free throws at each of 6 baskets.

Instructions Each player starts with a ball at a basket.
The player has 3 shots to make 2 at each basket.
If the player makes 2 shots at a basket, he/she moves to the next basket and repeats the 3 to make 2 shots.
If a player does not make 2 shots at a basket, he/she must move back one basket and repeat.
When the player arrives at the last basket, he/she must make 2 shots in a row. If 2 shots are not made, they must move back one basket where they again must make 2 out of 3.

Players One

Tips Try to monitor your players as they may try to slide by without finishing as expected.

Variations Add time limitations, consequences for finishing last, etc.

Skills Free Throws

PERMALINK www.degerstrom.com/basketball/drills/374/

B.E.E.F Shooting Routine

Description This shooting drill concentrates on player balance and control of the basketball. This drill has been taught for years by Lenny Wilkens and is also promoted by Stanford and Ex-USA Olympic Coach Tara VanDerVeer.

Instructions The important thing to remember when doing this drill is what B.E.E.F actually means. B= balance, E= eyes on your target, E= (shooting) elbow straight, F= follow through. To begin, the shooter should position him/herself about a foot away from the bottom of the rim. The object is to shoot the ball using the B.E.E.F routine. After the second basket made in that spot, without touching the rim, the player may take a step back. This is done until the player is at the foul line. Continue this drill until the shooter feels most comfortable.

Players one

Tips This drill should help with both foul and jump shooting.

Skills Foul and Jump Shooting

PERMALINK www.degerstrom.com/basketball/drills/375/

Back Nine Shooting

Description Spot shooting/following shot drill that you can work in ball handling and conditioning.

Instructions This drill can be used as a fun way to change up a practice routine and still get in plenty of shooting, ball handling and conditioning. Place 9 cones at various spots around the basket (you determine the placement based on your team's needs.)

Starting from the left side of the basket, designate the cones as holes 1-9. Each hole is a 'par 2'. Have players line up behind the cone representing hole 1. The first player takes his shot and follows it. If he makes it, he is now 1 under par.

If he misses, his second shot must be taken from the spot of his rebound. If he makes his second shot, he is now even par.

If he misses, his third shot is taken from the spot of his rebound. Players keep shooting until they make a shot at that hole.

As soon as the player in front is done at the hole, the next player steps up and shoots. After each player has gone through the front nine, they go in reverse order around the basket for the back nine.

Players Full Team

Tips To work in conditioning and ball handling skills, require the players to do designated ball handling drills while waiting in line at even numbered holes and conditioning drills at odd numbered holes.

Designate shorter 'holes' near the paint as water hazards that must be negotiated by using the glass on the first shot. If the glass isn't used, charge a penalty stroke and make the player start over.

Reward the top shooters with something (getting out of a conditioning drill at the end of practice.)

Skills Shooting/following shot/ball handling

PERMALINK www.degerstrom.com/basketball/drills/376/

Basketball Biathlon

Description The original biathlon is a combination of cross-country skiing and shooting (with a rifle). Basketball biathlon is a combination of dribbling and shooting (with a ball). In the original biathlon athletes use two shooting positions (standing up and lying down), we use bank shots and free throws.

Instructions Set up two adjoining basketball courts (i.e. 4 baskets in total). Set up a circle of cones in both middle circles.

1 player stands with ball under each of the baskets. The players take five bank-shots from somewhere around the low or middle block (you can have another player helping out as a rebounder/passer). If the player hits all five shots, she takes the ball out of the basket and sets off on a dribbling course around both of the courts until she reaches her own basket again. Then she shoots five free throws and repeats the same procedure, then another five bank shots from the other side of the lane and finally another five free throws.

The fun starts when a player misses a shot. For every missed shot in a series of five, she has to do a penalty lap around the cones at the nearest middle circle (thus three laps for three missed shots etc.) and then set off around both courts. the biathlon ends when a player had completed the penalty laps for the last series of free throws, then another 4 players can start.

I find that a time of 2'30" - 3'30" for the whole thing is ok for my team (girls 12-14). Depending on the level of skill faster times can be done.

Players 4 or more

Tips Emphasize concentration on the shots. Shooting five quick shots and having to do four or five penalty laps is always worse than taking a bit of time and having to run no penalty laps.

Variations if you have 8, 12 or 16 players, you can make this drill into a relay.

Skills Shooting when tired

PERMALINK www.degerstrom.com/basketball/drills/377/

Baskets in a Row

Description This shooting drill teaches you concentration. If you are going for ten in a row and the player has hit seven, you can tell that they don't want to miss. The drill also emphasizes the correct shooting form. It is almost impossible to hit many shots in a row if your shooting form changes from shot to shot.

Instructions As with most good drills, this drill is really simple. The coach tells players how many consecutive baskets they need to hit. Players shoot in pairs, one the shooter, the other the passer and rebounder. The shooter stands still and shoots until he or another shooter reaches the required number. Then the passer and shooter change positions.

Players 2

Tips Have the players compete against other pairs of shooters to increase the pressure.

Variations Two spots: After hitting one shot the shooter steps a couple of steps closer to the basket and shoots the next shot there. After hitting again he returns to the original spot to shoot. If he misses a shot he stays put until he scores.
Two balls: As soon as the shooter has shot the first ball, the passer passes the second ball to him. This of course puts pressure on the shooter, makes him shoot as quickly as he can.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/378/

Beat Bill Bradley

Description Teaches shot selection and judging the ball off missed shots that are missed.

Instructions Find 2 parabolic shots on the court (best from the plays in your play book) keep shooting until you get to 15 if you make a basket then you get 1 point if you miss then bill gets 3

Players 1

Skills shooting quick rebounding

PERMALINK www.degerstrom.com/basketball/drills/379/

Beat X Drill

Description This drill is designed to help players become more accurate foul shooters and to improve concentration at the free throw line.

Instructions The player starts out with five points. He shoots foul shots. If the ball goes in without touching the rim or the backboard he gets one point. If it goes in after it hits the rim or the backboard, his score stays the same. If he misses the shot he loses one point. If the player gets 10 points they win, if they get down to 0 points they lose.

Players 1

Skills Foul shooting

PERMALINK www.degerstrom.com/basketball/drills/380/

BEAT THE PRO

Description A shooting game for one player, to work on his/her shooting skills.

Instructions PICK YOUR FAVORITE PLAYER
SHOOT THE BALL MOVING TO DIFFERENT SPOTS ON THE FLOOR.
IF YOU MAKE THE SHOT YOU GET ONE POINT, IF YOU MISS
THE PRO GETS TWO POINTS.
THIS GAME IS MOST COMMONLY PLAYED TO SEVEN.

Players 1

Tips WATCH THE PLAYER FOR PROPER FORM.

Variations CAN BE PLAYED TO DIFFERENT AMOUNTS OF ENDING POINTS

Skills JUMP SHOT

PERMALINK www.degerstrom.com/basketball/drills/381/

Bump ball

Description 2 balls 'Shooter' attempts to make foul shot. If he misses he tries to get rebound before next player sinks his foul shot. 'Rebounder' may try to bump 'Foul shooter's' ball so as to interfere with it going in, in order to bide time so that rebounder can get ball in first.

Instructions Players line up, one behind the other behind the foul line; first two players each have a ball.

Player #1 attempts foul shot. If shot is made, he gets ball and passes it to Player #3 and then joins the end of the line; Player #2 then attempts foul shot...etc... If shooter misses foul shot, player with ball behind them, then attempts his foul shot before the player who missed foul shot can get his rebound and sink a shot.

If rebounder gets shot in before next man gets foul shot in, he remains in the game...If foul shooter beats rebounder with a successful basket, then rebounder is now out of the game. Play continues until you have a winner.

Only rebounder who misses shot leaves the game.

Players 2 minimum but 5 or more works best

Tips This drill stresses importance of 'feeling' your shot.

Players must be able to align themselves up for the shot accurately and quickly.

This drill also stresses reaction time and rebounding skills.

This drill should be done continuously and as quickly as possible, without stopping.

When players are out of the game, have them go to a 'free' net and practice foul shots.

Skills Foul shot

PERMALINK www.degerstrom.com/basketball/drills/382/

Chair Shooting

Description Set a chair up at the freethrow elbow extension to the three point line. A ball is set on the chair and a player next to the chair. A player is rebounding as well. Then the shooter starts at the chair and then sprints to the half court line then back to the chair in a low squared up position with his wrist back in shooting mode so he can pick the ball up snatch it back and shoot. Repeat on both sides of the three point line. Continue until shooter MAKES 10-15 shots. then shooter rotates to rebounder and rebounder to the player who sets the ball up on the chair. Then the chair boy rotates to shooter. Two balls are required one is already on the chair when the shooter begins then the rebounder has one then when the shot is up the rebounder then passes the ball to the chair boy to set the drill back up.

Players Three

Tips Shooter will learn to be in shooting position squared low center of gravity so when he/she catches then elevate then shoot. Catch n' shoot. Also shooter will learn to have wrist back so when he/she catches they won't have to caulk back to shoot. One fluid motion. Or shooter will already be in a triple-threat position when they catch it.

Variations Instead of a chair you can have a passerto deliver the ball to the shooter. Or on any five spots of the three point line. Top, wings, baseline.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/383/

Circuit Shooting

Description Quick continuous shooting

Instructions Grouping: Pair/one ball

Set up: Each pair goes to a basket. Coach designates a different shot for each hoop, i.e.: right wing, baseline, pinch to pinch.

One partner is a rebounder, the other a shooter. Each player is given 1 minute to shoot from the designated spot. After both players have shot they rotate to the next hoop. The clock runs continuously, making the players hustle to the next hoop. The players keep track of their individual scores, running total.

Players 8-12

Tips Shooters should always be ready to shoot. The more shots they take, the more they make.

Rebounders must be aggressive to allow for more shots.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/384/

continuous 3 on 3

Description Drill is a continuous 1/2 court 3 on 3 drill with players going from offense to defense. Players must move without the ball on offense then quickly find their man on defense. Any phase of the game can be emphasized--offense, defense, rebounding, passing etc.

Instructions 12 players get into 3 lines with 4 in each line at the half line facing the basket. One line is in the middle and the other 2 out wide on the sides. Alternate colors or skins/shirts in each line. The first player in each line steps out to be on defense--(3 skins). The next 3 players (3 shirts) will be on offense and attack the basket 3 on 3.

The offense will try to score by screening the ball, screening away from the ball or give and go cuts.

The defense of course will try to stop the offense by creating a turnover or rebounding a missed shot. When the defense rebounds a missed shot or steals the ball they must outlet to the next player in the outside line who then passes to the middle line. If the offense scores the defense must step out of bounds and throw the pass to the outside line. When the ball gets back to the middle the next 3 players attack the basket.

The players who were just on offense must turn and defend the new offensive team. You keep alternating from offense to defense. After playing defense you run wide off the court and get back into the lines at the halflines.

Players 9, 12 or 15

Tips The offense should attack as soon as the ball is in the middle line. The new defensive team must then talk and find a man to guard. Focus on good outlet passes and moving without the ball. The defense must fight screens and play position defense.

Skills Shooting, defense, offense and rebounding

PERMALINK www.degerstrom.com/basketball/drills/385/

Cougars Rapid Fire Lay-ups

Description This drill teaches snappy passes, quick movement, lay-ups and emphasizes good communication. Because of the rapid pace and quick ball movement, failure to communicate will cause all types of havoc in the lane.

Instructions Have your team form a line at the low block facing towards the opposite low block. For this example, we will assume they on the right low block facing toward the left sideline.

Take the first three players from this line and assign one to the opposite low block and the two elbows of the free throw line (forming a box).

The drill is started with a ball at the right low block. This person passes to and replaces the person at the left free throw elbow. The person at the left free throw elbow passes and replaces the person at the right free elbow. The person at the right free throw elbow performs a right handed lay-up and replaces the person of the left low block. The person on the left block rebounds the lay-up and passes to the person at the front of the line and goes to the back of the line.

Put the line on the left low block to practice your left-handed lay-ups.

Players 5 or more

Tips Make sure you emphasize communication in this drill. It will run smoother if you get your team talking.

We like to use this as a pre-cursor to stretching at the start of practice because of the variations and the pace is performed will get your players warmed up. Also with the talking, we find our players focus quicker with is great if some of them (and even the Coach!) is having a slow day.

Variations See how many lay-ups can be performed in a set timeframe (We use 2 minutes a side)

Introduce a second or third ball as the team becomes more proficient. The more balls involved, the faster the pace.

Instead of player just moving from spot to spot, have them run to the next spot, jump stop and pivot (set a screen and roll) to receive the next pass.

Have them take no dribbles on the lay-up

Skills Passing, Communication, Lay-ups and Rebounding

PERMALINK www.degerstrom.com/basketball/drills/386/

Cross court lay-ups/jumpers

Description Each player will throw a baseball pass, catch a baseball pass, shoot a lay-up (or jumper) and work on their speed dribble. If done correctly and with intensity conditioning will also take place.

Instructions There are two lines at the baseline corners of one end. (Line A on the right and Line B on the left.)

Players A2, A3, A4, B1, B2 and B3 will all have a ball. Player A1 will sprint towards half court. Player B1, standing one step on the court, will throw a leading baseball pass to A1. A1 will catch the ball, start dribbling to the opposite end without traveling and will shoot a lay-up (or jump shot if coach wants that). A1 will get his/her own rebound and speed dribbles out of bounds to line B. At half court A1 will pass the ball to the next player in line B that needs a ball.

As soon as B1 passes to A1 he/she sprints towards half court and receives a pass from A2. B1 does the same thing A1 did.

As soon as a player passes the ball they sprint toward half court in order to receive their pass. This continues for either a set number of reps, a set time, or a set number of made baskets.

Players 6+

Tips Do not let the receiver knock the ball down into a dribble. Make them catch it.

Do not let them travel before the throwing the pass or after receiving the pass.

We have our girls call the name of the person they are passing to.

Variations You can change the type of pass and/or the type of shoot. I am sure there are several ways to improve this drill.

Skills Lay-ups or jumper and passing

PERMALINK www.degerstrom.com/basketball/drills/387/

cross court lay-ups/shooting

Description This drill works on passing accuracy, catching while on the move, full speed lay-ups, and conditioning.

Instructions There are two lines of players at the corner of one baseline. Line A is on the right and Line B is on the left. Players 2-4 in line A have a ball. Players 1-3 in line B have a ball.

Player 1 in line A(A1) sprints towards half court. Player 1 in line B(B1), who is one step on the court, throws a baseball pass to A1. A1 should catch it and begin dribbling without traveling and go to the opposite end and make a lay-up. A1 gets his or her own rebound and speed dribbles on the outside of the court to the opposite sideline from where he or her came and head back to the other end. At about half court he or she makes a pass to B4 who is waiting for a ball. In the mean time, as soon as B1 makes the pass to A1 he or she sprints towards half court receiving a pass from A2. B1 catches the ball, dribbles to the goal and makes a lay-up, gets the rebound, speed dribbles around the court toward the A line and passes to A5 who needs a ball.

This continues at a rapid speed.

Players 4 - ?

Tips Make the players catch the ball.

If it is going to be a short pass they must come back and catch it.

Do not let them knock it down into a dribbling motion.

Make them dribble before they travel.

I make them call the name of the player they are passing to.

You can go a set number of reps or I like to go for four minutes and they must make 50 lay-ups.

You can also allow jump shots.

Skills lay-ups and baseball passes

PERMALINK www.degerstrom.com/basketball/drills/388/

Daily Dozen

Description This is a drill which teaches young players to use both hands when finishing shots around the basket. Every team that I have used this drill with has improved their overall game shooting percentages over the course of a season. Getting easy shots around the basket doesn't mean a player can finish with a high percentage shot.

This is a two line lay-up drill. We usually the shooting players line start with a pass to the rebound player who returns the pass to the shooter for a lay-up. We simply call this 'two-pass' daily dozen. Each player will go the shooting line, shooting each of 6 different lay-ups twice for a total of twelve shots, hence the name daily dozen. This drill when done properly only takes 5 minutes and is a good concentration drill as well. If you are short on practice time, we manage to practice one day the daily dozen from the right side, and the next day from the left side.

The six lay-ups (from the right side) are a:

normal right-hand, underhanded lay-up

right-hand, overhand lay-up with the hand behind the ball, not under it like on a normal lay-up. This requires putting the ball off the glass with a soft touch.

right-hand, under-the basket reverse lay-up. Your players should plant their left foot as close under the shot release point as possible. Most young player miss this shot because they long jump before attempting to rotate their body, which usually causes a missed shot. (We call this an Inside Pivot)

left-hand, reverse lay-up, after crossing over from the right hand dribble under the basket. (We call this an Outside Pivot)

two-foot jump stop just before the basket, with a right foot crossover step to a left handed short hook shot.

power dribble to a power right hand lay-up, (off hand up fending off a potential block attempt by the defender), or in the case of older players a slam dunk off the power dribble.

The six lay-ups (from the left side) are a:

normal left-hand, underhanded lay-up

left-hand, overhand lay-up with the hand behind the ball, not under it like on a normal lay-up. This requires putting the ball off the glass with a soft touch.

left-hand, under-the basket reverse lay-up. Your players should plant their right foot as close under the shot release point as possible. Most young player miss this shot because they long jump before attempting to rotate their body, which usually causes a missed shot. (We call this an Inside Pivot)

right-hand, reverse lay-up, after crossing over from the left hand dribble under the basket. (We call this an Outside Pivot)

two-foot jump stop just before the basket, with a left foot crossover step to a right handed short hook shot.

power dribble to a power left hand lay-up, (off hand up fending off a potential block attempt by the defender), or in the case of older players a slam dunk off the power dribble.

Players 6 or more

Tips These drills are fairly boring for most players, however I have been amazed at how many talented players cannot make a particularly simply shot around the basket because they are limited to the use of one hand, or one particular shot. To force their concentration we usually have them do 10 or 20 sit/ or push-ups for each missed shot.

This requires the players to bring their concentration early on in practice.

We can usually tell how prepared a team is to practice or play by how many of these relatively easy shots they miss. If most of my players are making 10 or 11 out of 12, it is a good sign. If they're only making 50 percent, it's a quick tip-off to a poor practice.

Variations Dribble Only Daily Dozen: Same drill, we use both ends of the court with players dribbling in a clock-wise or counter-clock-wise direction and rebounding their own shot attempts. We have our players practice speed and direction changes in this variation.

Figure 8 Daily Dozen: Figure 8 passing before the lay-up. Players must pay attention and rotate lines properly to ensure everyone shoots each of the six shots.

Rebound Outlet Daily Dozen: Only two players here are required. One player tosses the ball off the backboard and make an outlet pass to a player outside the free throw lane and these two players slide up the lane making three or more passes before return to the basket where the player in the outlet pass position returns the last pass to the rebounder before they execute the first of the six different lay-ups.

Skills Finish shooting skills around the basket

PERMALINK www.degerstrom.com/basketball/drills/389/

Decathlon

Description Decathlon is another way to make shooting competitive and exciting for the individual and the team. It involves taking shots from ten different spots on the floor with five repetitions at each spot. The experienced and novice shooter will find challenges in this drill. It can also be modified by coaches to suit their team's offensive focus.

Instructions Note: This drill works best with two partners of approximately the same skill level. Each player is responsible for keeping track of his own score and the score of his partner. This enhances the competitive aspect between the individual players on your team. The ten shooting areas are as follows:

- right handed lay-up -- (done at full speed with a dribble to the top of the circle and back between shots)
- left-handed lay-up
- bank shot from either wing
- baseline shot
- Mikan lay-up
- elbow shot (either side)
- one dribble to the right from FT line area followed by a shot
- one dribble left from FT line area followed by a shot
- Three point shot
- Free throw

These are the ten areas that require five repetitions at each area which will have the shooter end up with a total of 50 attempts.

Players Individual, Groups, or Teams

Tips Coaches may want to make up a score sheet for daily or weekly decathlon scores for individuals on the team.

Coaches may also want to supply their players with individual score sheets that can be taken right out on the court with pencils that will help remind younger players where the ten areas to shoot from are located. This would be necessary for example if the coach were going to make variations in the shooting areas for the daily or weekly decathlon drill. Coaches should take time over the course of the season to break down different shooting areas used in the decathlon and demonstrate and explain proper form and technique. This way the decathlon drill is used as reinforcement for what is being coached in practice. A good example of this are shots number 7 and 8 listed in the decathlon above. The one dribble right and left should not just be an idle dribble to either side, but a powerful, break down dribble that helps the shooter find separation from the defender and also allows him to 'load the legs'.

Variations Coach shoots decathlon along with the players. Whatever score the coach gets, let's say he scores a 39, that score becomes the 'score to beat'. Any players that are able to beat the 39

shot by the coach would then be rewarded in some way. Maybe they get to skip conditioning or the coach buys them a soda.

It's a good way to liven up practice and teach the 'competitive edge'.

Skills Shooting/Competition

PERMALINK www.degerstrom.com/basketball/drills/390/

FT 20 series

Description let each player shot FT for 5 or 10 minutes where he only matters on making largest matched serie and shortest missed serie.

Then convert the results to know what is the best and the worst percentage for this player.

largest matched serie = LMAS (example : 8)

largest missed serie = LMIS (example : 4)

shortest missed serie = SMIS (exemple : 1)

shortest match

Players 2

Skills Free throws

PERMALINK www.degerstrom.com/basketball/drills/391/

FIGURE 8 SHOOTING

Description 1 shooter, 1 rebounder, 2 passers, 2 defenders. Shooter starts under goal, flashes in front of defender inside of block and receives pass from wing and shoots over outstretched arms of defense. After attempting shot, shooter goes to the opposite side repeating the same sequence in a figure 8 fashion until 10 shots are made.

Instructions Shots should include turnarounds on each shoulder, drop steps, and up and under shots with and without dribble.

Players 6

Tips Encourage post players to keep ball high, pivot aggressively and finish shots off of the backboard.

Variations A time limit can be used instead of a certain number of made shots, ex. each player shoot for 1 min.

Skills SCORING W/BACK TO BASKET AND CONDITIONING

PERMALINK www.degerstrom.com/basketball/drills/392/

Flash-Shoot-Rebound

Description This drill is designed to teach your players a number of important offensive skills. Areas that will be covered included:

- 1) Cutting
- 2) Pivoting
- 3) Shooting
- 4) Offensive Rebounding

Instructions The drill starts with players forming two lines. One line sets up in the corner on the baseline and the other line set up above the 3-point line opposite of the line in the corner. Players in the line above the 3-point line should have 2 basketballs. Players in the corner give a good fake to get open and then cut hard to the foul line. The player with the ball gives a good chest or bounce pass. Once the cutting player receives the pass they pivot back into the lane (it is important that they pivot into the lane because this will allow the trailing defender to run right by the offensive player and free him/her up for an open shot). After catching and pivoting into the lane the offensive player shoots the foul-line jump shot and then follows his/her shot. If the shot is missed the offensive player should get the rebound and put it back into the basket. After shooting or passing the basketball players should change lines. I usually have my players make 30 jump shots, not follow-up shots, and then we switch corners and do the same drill from opposite corners.

Players 8-12

Tips This drill must be run hard to be effective. Make sure your players are faking to get open and then cutting hard to the foul line. The pass must arrive at the appropriate time as well. Make sure your players are pivoting back into the lane in order to free themselves up for a good look at the basket.

Variations This drill can be run with or without defenders. I start off without defenders and then gradually place them in the drill in order to make it more challenging. Place a defender on the passer and one on the cutter. You can also have the passer cut hard to the basket and look to receive a pass back from the cutter or follow up the missed shot with an offensive rebound.

Skills Cutting to get open, Shooting, Offensive Rebounding

PERMALINK www.degerstrom.com/basketball/drills/393/

Forty-fives

Description This drill helps players shoot from all areas of the floor. It can be done as a group, but it is also a very good way for a player to practice by himself/herself. The stations used in this drill are:

the baseline opposite your shooting hand

halfway between the baseline and a line dividing the lane in half, opposite your shooting hand

straight out from the basket

halfway between the baseline and a line dividing the lane in half, near your shooting hand

the baseline near your shooting hand

the same as station #5

the same as station #4

the same as station #3

the same as station #2

the same as station #1

Instructions Stand 1-2 feet away from the basket at the first station.

Take ten jump shots.

If you make eight or more shots, move to the next station. If you don't make 8 or more shots, repeat step 2 until you make at least eight shots.

Repeat steps 2 and 3 from each station.

When you reach the first station again, step back about 3 feet and repeat the drill.

When you are done shooting from behind the three-point line, begin working your way in towards the basket again.

Players Any number, but can also be used as a solo practice

Tips This drill helps players shoot from places that they normally would not shoot from in a game. The variations on this drill help a player's entire offensive game aside from rebounding.

Variations You can also try passing the ball to the shooter from the center circle and having him/her shoot the ball as quickly as possible. This works on shooting time. Having your point guard pass the ball in will also develop his/her passing skills.

Another good variation is to pass the ball to the shooter at the station and have him/her drive in for a layup. You can use a defender if you want, but it is not required.

Skills Shooting jump shots

PERMALINK www.degerstrom.com/basketball/drills/394/

Foul Shooting Drill

Description The drill is designed to add an element of game-like pressure to shooting foul shots in practice. It forces players to concentrate at the foul line instead of just 'going through the motions'.

Instructions Divide the team in half and let each group go to a goal. The two 'teams' will start with a tie score, for example 50-50, and each player will shoot a 1 and 1. The first team to 60 wins the game. Obviously, if 1 player misses the front end and his 'opponent' hits, that team must wait until the opponent shoots the bonus. In this way each team has the same number of shooters.

Players All players on team

Tips Play best out of 3 changing ends after each game. It should take about 10 minutes to complete the drill.

Variations You may want to have the losing team run a sprint for each point they lose by. Another way to reward an individual is to make a rule that if you don't miss a shot but your team loses, you don't have to run.

Finally, you can add more pressure by announcing at the beginning of a game the loser runs a suicide per point instead of a sprint.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/395/

Free Throw 16

Description Place a team at each end of the floor lined up around the free throw lane with one ball. For example, A team vs. B team, 1st vs. 2nd, JV vs. varsity.

Instructions Coach says begin and each player shoots two free throws and rotates. A swish is worth two points. If the ball hits the rim or backboard and goes in its worth one. A miss is minus one. You cannot go below zero. The first team to get to 16 wins.

Players Two Teams

Tips Make the losers run.

Variations If you don't have time play to 10 or 12. If a team misses one that would have won it, take off 2,3,4,5, or more points. Make sure they understand its not a race but to concentrate on their free throws.

Skills Free Throws

PERMALINK www.degerstrom.com/basketball/drills/396/

Free Throw Challenge

Description You will need to find a board such as a 2x4 that is about two feet long. I have used an old wooden one before. You then need to hammer nails down the length of the board about two to three inches apart. Make sure you have a nail for each player. You then need to make tags with each player's name on it and punch a hole in each one. Hang each player's tag at random on each nail.

Instructions Try to do this drill every day. Each player on the board pairs up with his opponent for that day. Fifty free throws is usually what I like to shoot but some days we only get in ten. Whoever makes the most wins and moves up. For example, the first day player #1 plays player #2 and loses, you replace #2 with #1 and put #1 in #2's spot. In other words the only way to advance is to beat a player that's above you. Furthermore, the player in the top spot shoots every other day to allow players in the #3 and below spots to move up.

Players Entire Team(s)

Tips You now have a running tally that shows who you want to have the ball at the end of the game or who you want to shoot technical fouls. You can also identify who shoots well in practice but not in games and vice versa.

Variations High school level: Put JV and Varsity together, the competitiveness will go up another notch.

Skills Free Throws

PERMALINK www.degerstrom.com/basketball/drills/397/

Free Throw - Fast Pace Drill

Description Give all players a basketball, and use all the baskets in your gym. We have 6 baskets. Place 2 players at each basket, or make sure your entire team is spread out to each basket 2 deep.

Instructions Player 1 at the line steps up and shoots the front end of a one and one. If he makes it he automatically shoots his second shot. (If he makes his second shot he rotates to the next basket right or left, which ever way you determine to rotate the drill)

RULES:

If the player misses the front end of the one and one he rebounds his ball and dribble sprints the entire length of the floor 2 times. He then returns to the basket where he missed his free throw.

If he makes the first, but misses the second, he rebounds his miss and dribble sprints the length of the floor one time and automatically rotates to the next basket.

ROTATION RULES

First player to the line gets to set up and shoot. Thus if two players are coming to one line, the first one to get their gets the honor of shooting first.

HOW TO WIN

The first player to make it around the horn, must return to his home basket. He or she must make the front end of the their free throw. If they miss this shot they must rebound the miss and dribble sprint the length of the floor one time and attempt the front end again at their home basket. The first player to complete the around the horn and make the front end at their home basket wins.

Players Whole Team

Tips You can place a time limit on this drill. All players who do not complete the drill in the allocated time limit have sprints, push ups etc. We determine the amount by the number of baskets the did not get to.

This drill forces concentration, increase pressure for each shot, keeps the player gasping for air (like in a real game) and offers maximum effort in a short time frame.

Variations We allow all the players (be they behind the shooter, or be they those who are sprint dribbling) to yell, whoop, shout, joke, or jazz the shooter at any basket. The only thing the cannot do is run in front of a shooter, or poke him as they pass by. In this manner it forces the player at the line shooting in focus on the task and tune out the crowd noise or confusion along the lane.

Skills Free Throws

PERMALINK www.degerstrom.com/basketball/drills/398/

Free-Throw Pressure Shooting

Description Player's pair up and go to a hoop. Each player must shoot a bonus pair of free throws (1+1). Both player shoot. Everyone must wait until all players have shot the 1+1. If a player misses their FIRST, they get no second shot and will run baseline to baseline on the main court (once everyone has shot). If they miss their SECOND (assuming they made their first), they will run FT line to FT line on the main court (once everyone has shot). If they make both, they go to the sideline (usually at mid court) and will not run. MAKE SURE ALL PLAYERS WAIT UNTIL EVERYONE HAS SHOT. Once all players have finished this round of shooting, they run (if they missed one of the two shots) or CHEER ENCOURAGEMENT for their teammates if both shots were made. All groups rotate to the next hoop and repeat.

The goal is to get a designated number of players to the sideline (we aim for 10 of the 12 athletes). If that happens anytime in the three minutes, the drill ends and kids get a drink and rest. If they don't get 10 of 12 players to the sideline, all players must run a '17' (17 sideline touches in a minute) at the end of the three minutes, before they get a drink and rest.

Instructions This drill must be fluid. Players must wait for everyone to shoot, and once they see everyone is done, they run. As soon as they are done running, they rotate to the next basket and shoot the next round.

Coach should not have to say 'Go' for the running or 'Begin' for the shooting ... players simply get into a drill rhythm.

Players Team of 8-12

Tips This drill is great, because it makes players think about their foul shot (pressure), and makes them shoot under fatigue.

Variations We've added various changes. One, for example, if one player makes all their foul shots in the three minutes, nobody needs to run the '17'.

Skills Free throw accuracy

PERMALINK www.degerstrom.com/basketball/drills/399/

Free Throw- Transition- 3-Point

Description This drill combines free throw shooting drill combines free-throw shooting, running, step-slide, and transition back to offense for a 3-point shot (rebounding/put back if necessary)

Instructions (Transition/3-Point) Player 1 sprints to half court along with step-slide across center court (back to basket). Coach will call out 'turnover' and player will transition to offense. Player 2 will hit player 1 with a pass for a 3-point shot. Player 1 will rebound and put back shot on miss.

Accomplish this 5 times prior to shooting free throws

(free throw drill) player 1 will shoot 10 free throws (must make 8 of 10- Extra sprint is added for each miss over 2) shoot until 10 free throws are made.

Repeat transition/ 3-Point drill 5 times.

Keep alternating 5 transition/3-point, 10 free throws made until 50 free throws are 'made' not 'shot'.

Players Minimum of 2

Tips I do this drill with my son at the end of practice when his legs are tired. It seems to push him harder and build endurance for the later part of the game.

Variations This could be used with various transition/conditioning drills or passing drills.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/400/

Free Throws

Description FIVE PLAYERS WITH TWO BALLS TAKING POSITION AROUND THE FOUL LINE AREA. THE FIRST PLAYER WITH THE BALL TAKES A FREE THROW SHOT. IF HE MADE THE BASKET THEN TAKES THE SECOND BALL FOR A NEW SHOT. THE PROCEDURE CONTINUES UNTIL HE MISSES THE SHOT. THEN NEXT PLAYER TAKES HIS POSITION.

IF A PLAYER HAS TEN FREE THROWS IN A ROW IS THE WINER.

Players 5

Skills Free Throw Shooting

PERMALINK www.degerstrom.com/basketball/drills/401/

Full Court Shooting

Description We use this drill to start practice with. It involves passing/catching on the move/shooting/lay-ups.

Instructions You will need 4 lines (2 on each baseline) in the corners.

Each line will require a ball

To start the drill have 3 players start at half court (like Three-man weave) Player (A) in the center, player (B) on left wing and player (C) on right wing. Ball is in player a hand, passes to player (B), player (B) passes back to (A), player a passes to player (C), player (C) takes 1 dribble and shoot the lay-up. Player (B) receives pass from baseline and takes jump shot, player a receives pass from opposite side baseline person for jump shot (passes from baseline should happen simultaneously)

A and B fill in on baseline lines. Player C gets rebound and starts back up the floor in the middle with two new players on each side from the baseline lines. The player in the middle should (ideally)make only 1 pass to each side in order to get full length of floor.

Players 8+

Tips Keep pace high
Concentrate on catching ball in triple set position from baseline, taking a good jump shot
Work on catching and passing without traveling
We often require a certain shooting percentage out of 100 Shots.

Skills Passing/shooting without dribble

PERMALINK www.degerstrom.com/basketball/drills/402/

Gotcha

Description This drill will increase concentration on free throws, and aggressive rebounding of missed free throw shots. We tell our players over and over that the shooter knows best which way the ball will bounce off of the basket. This drill shows that exactly.

Instructions All players line up in a single file line behind a player on the free throw line (giving room of course to shoot).
2 balls are needed in this drill.
Player 1 shoots a free throw. If it goes in, that player passes their ball to Player 3.
Immediately after Player 1 shoots, Player 2 shoots a free throw. If their ball goes in, that player passes to Player 4...and so on.
If Player 1 misses, however...the fun begins.
Player 1 must get the rebound and score a basket in any way, before the person next in line scores one.
If the player behind you scores before you, you are out of the game. If you score before them, you go to the back of the line, and continue.
Play continues until there is one player remaining who is the winner.

Players At least 3, preferably more

Tips This is, believe it or not, a very quick moving and tiring game, but my girl's love it !
I usually use this as a bonus at the end of a long practice or a very long week.

Variations You could use the same system on 3 point practices, or any other spot you'd like to practice from.

Skills Free Throws and rebounding

PERMALINK www.degerstrom.com/basketball/drills/403/

Heaven, Hell, and Purgatory

Description This drill is a free throw shooting drill that is very demanding, and requires a high level of concentration. You need 6 goals; 2 main goals at both ends, and 4 side goals.

Instructions Line your players up at one of the end goal (this goal is called heaven). Each player attempts to make 5 free throws in a row. If he does, he's finished with practice. If he doesn't, he goes to purgatory (one of the side goals). He has to make 5 in a row in purgatory in order to get back to heaven and try for 5 in a row there. If he misses any in purgatory, he goes to hell (the goal at the opposite end of heaven). He then has to make 5 in a row to get back to purgatory, and 5 in a row there to get back to heaven. When a player ends up in hell, he has to make 15 free throws in a row to get out of practice.

Players any number

Tips There will be times when most of your team is in hell. When this happens, you can change what was being used as a purgatory goal into a hell goal. Then you won't have 10 players using one goal to shoot on. I usually set a time limit on the game, or you may be in the gym all night. I set a 20-minute limit. If anyone is still shooting after 20 minutes, I give them a heavy punishment (suicides, horses, etc...). Although no players like the punishment, they all love the challenge of the game itself.

Skills Free throws

PERMALINK www.degerstrom.com/basketball/drills/404/

In The Bucket

Description This is a game/drill that helps with your free throw shooting.

Instructions First you line up at the foul line.
There are 0 points in the bucket.
First person in line shoots from the foul line and they get it in there is one point in the bucket.(if they miss there is still 0 points in the bucket)
The next player in line shoots and they miss so their score is 1. (the less points the better)
The next two players get their shoots in so now their is 2 points in the bucket.
If the next player missies then there score is 2(because as the points add up more pressure is added, also once a player misses the points in the bucket go down to zero)
Your out once your own score reaches 5.
Play until there's a winner!

Players 2 but more fun with 3+ players

Skills Shooting free throws

PERMALINK www.degerstrom.com/basketball/drills/405/

In The Pot

Description Each player takes two free throws. If he makes the shot, a point is added into the pot. If he misses the shot, he gets all the points in the pot, and the pot is reduced to zero. The first person to 11 loses. This drill can be modified for a one-and-one situation by making a miss on the first shot empty the pot, AND cost him another point. He must still shoot the second shot anyway.

Instructions Make this drill fun. I like to use it as competition and keep track of a player's won/loss record. This drill puts the competition and pressure of a 'make the shot or lose the game' atmosphere into a fundamental of all great teams... the ability to make free throws.

Players 2

Tips Compete with your athletes. It makes it fun for them to beat the coach sometimes.

Skills Focus and accuracy on the free throw line under pressure

PERMALINK www.degerstrom.com/basketball/drills/406/

Jump Shots Under Pressure

Description This drill teaches players how to:

- Properly pass the ball to a player for a jump shot;
- Properly catch different types of passes and bring them to shooting position;
- Properly challenge the shooter without fouling or trying to block the shot;
- After challenging, blocking out the jump shooter
- Focus on the shot / rim after catching the pass instead of a charging defender.

Instructions Start with two players; one with a basketball under the basket, and one in his shooting range. Player 1 (with the ball) makes a pass to player 2, and charges at the player to defend against the shot. Player 2 must catch the ball in proper shooting position, square to the basket, focus on the rim, and shoot the jump shot. Player 1 may not try to block the shot; instead, he may distract the shooter by yelling or waving his hands. After the shot is released, Player 1 must block out Player 2 until the ball hits the floor. Players rotate from offense to defense on each shot. Allow each player to take 5 shots from spots on the floor that they will shoot from in a game.

Players any number in groups of two

Tips

DEFENSE: Stress that the defender will not try to block the shot (we give 5 pushups for blocked shots and 15 pushups for fouling the jump shooter), but will instead block out the shooter and hold his block out.

OFFENSE: Stress proper catching (get player's body behind bad passes) and squaring the shoulders to the basket. Emphasize shooting with proper form and focusing on the rim with proper body balance. Players should jump as high as they can comfortably and shoot at the height of their jump. Do not encourage fall-away jump shots.

PASSING: Stress making proper passes (chest, bounce, overhead) to the player's shooting hand side.

Variations

Move players to different spots on the court. Post players should be shooting from 15' (more if their range allows)

Players should be shooting in their perimeter range. I suggest that they start the drill by spotting up inside the three-point line, then progress to spots outside the three point line.

Players should practice catching passes that are slightly to the left / right of their spot (bad passes happen often).

Advance by adding a shot fake and one dribble left / right for jump shots. Emphasize that this is NOT a 'driving to the basket' drill.

Skills Passing and catching; shooting quickness, form; rebound block out

PERMALINK www.degerstrom.com/basketball/drills/407/

Kentucky 1 on 2

Description 3 players, one shooter, one rebounder and one defender. Players rotate on each shot. The person not rebounding or shooting closes out on the shot. If the shooter fakes and drives, he goes two on one, with 3 dribbles.

Instructions The drill starts with the shooter shooting, the player that rebounds passes to the person who didn't shoot or rebound. After the rebounder passes out he/she closes out the shooter. The previous shooter goes to get in rebounding position, rebounds the ball and passes out to the defender. The rotation goes, shooter to rebounder to defender back to shooter. If defender closes out too strong and unbalanced, the shooter is to fake and go 1 on 2. One point is scored for each basket.

Players 3

Tips Emphasize catching the ball with proper footwork, good shooting form and focusing on the target. Defender should say 'close-out' on each shot. Rebounder should keep hands over head and overhead pass the ball out.

Variations Shooters can stay behind the three point line.
Vary the number of dribbles
Rebounder can play offense to work on inside-outside game.

Skills Pressure shooting, one on one moves, close outs

PERMALINK www.degerstrom.com/basketball/drills/408/

Kings of the Hill

Description Improve shooting within a fun and competitive atmosphere.

Instructions This can be a fun and competitive activity to allow the kids some time away from the structure of a typical practice.

Split the kids into teams of 3 or 4. It works best with 3 teams stationed at 3 different baskets. Each kid gets 1 minute to score as many points as possible for 'his team'.

Kids must shoot 3 shots from 7 different spots.

Scoring is as follows:

- Lay-up (right side) = 1 point
- Lay-up (left side) = 1 point
- In the paint (jumper) = 1 point
- Free throw = 2 points
- Wing (right side) = 2 points
- Wing (left side) = 2 points
- Three point area = 3 points

Tally the total per team. The winning team gets to watch the other teams run. Tell the kids to work on their shooting when they have a chance away from structured practice.

Players 9+

Tips Teach proper shooting techniques. Balance, square-up, release rotation, etc. Gives kids a chance to shoot under pressure too. Watch to make sure that they hustle to get the rebound.

If time runs out on the shooter use the points that he has accumulated and move on.

Variations Shot location. Point value. Team size. Stick a defender another team (someone not shooting).

Skills Accuracy

PERMALINK www.degerstrom.com/basketball/drills/409/

Knockout

Description This drill is very popular with my 1st through 4th graders. It teaches quick shooting, rebounding your own shot, shooting under pressure. My third grader had to work hard to teach me the drill. Once learned, the kids love it.

Instructions The team lines up at the foul line. The first two players shoot the balls. If the player who is behind makes his shot before the front player, then the front player is knocked out of the game and has to sit out.

If the front player makes his shot and the second player has not, he is still in the game. He passes the ball to the next player in line who is now the back player and is trying to knockout the second shooter who is now the front player.

The first shot comes from the foul line. Followups can layups. If you survive, you go to the back of the line. It takes about 5 minutes to get down to one player who is declared the winner.

Players The whole team, 2 balls.

Variations All shots have to be outside the paint.

Skills Shooting and rebounding

PERMALINK www.degerstrom.com/basketball/drills/410/

Minute Drill

Description Try to make as many baskets in one minute as possible.

Instructions Have 2 or 3 players go to a basket with one ball. On the wistle, one player simply shoots baskets one-handed, while getting own rebound through the mesh with other hand and right back up again. Run drill for 1 minute while the other players count how many baskets are made than switch players.

Players 2

Tips Run drill as a contest and shout the results of every shooter out loud so every one can hear. Players will often try harder if results are made public.

Variations Run the drill both right and left - handed.

Skills Quick shooting under pressure

PERMALINK www.degerstrom.com/basketball/drills/411/

Minutemen Shooting

Description An excellent shooting drill to work catching the ball ready to shoot and also allow players to get warmed up. We do this drill every day for 10 minutes at the beginning of practice and before every game. This drill allows constant shooting for 10 minutes.

Instructions Players line up in 2 lines out of bounds under the basket. (Width of the free throw lane) Start with 2 balls in each line. Line A (left side) starts with the balls in the second and third players hands. Line B (right side) begins with the balls in the first and second mans hand. First player in line A cuts inbounds from the left side to 1 foot under the basket on the right side. First person with the ball in line B passes the ball to the cutter and then cuts from his line on the right side to 1 foot under the basket on the left side. (After receiving the pass players pivot off their inside foot, turn and shoot, get their own rebound and pass ball to next man in line without a ball on the side they are now on. They will then go to the back of that line) After several minutes players cut to the block on the free throw lane for a 3 foot shot. After several minutes begin cutting to the corners of the free throw lane. Then begin cutting to the three-point line.

Players Minimum 6

Tips Stress pivoting off inside foot. Good Passes. Catching the ball ready to shoot. Proper form. Balanced when shooting.

Variations Add a shot fake and drive for a lay-up. Work areas you will be shooting from in the game. Shot fake 1 or 2 dribbles and then a shot.

Skills Shooting, Cutting, Pivoting, Passing

PERMALINK www.degerstrom.com/basketball/drills/412/

Mirken Shooting Drill

Description This drill is created to teach players where to receive the basketball on the wings and how to get shots off from those spots.

There are 2 lines, 1 top of the key (passer) and the other foul line extended.

The wing player runs a v cut and pops back to the wing. Top of the key passes and the wing shoots. Passer goes to shooter line and shooter gets the rebound and goes to passer.

After the line goes through then, the v cutter catches, squares and ball fakes with 1 dribble to the baseline. Same rotations.

The same previous move, except that the passing line runs a v cut to the other elbow and gets the pass back from the shooter who has done his fake, dribble to the baseline.

Everything's the same but no the shooter on the elbow passes back to the passer who has faded to the corner for the 3.

Everything is the same no the 3 shooter hits the passer from the elbow who runs a basket cut for the lay up.

Everything is the same except no the cutter runs all the way through to the opposite wing for the skip pass.

The players can get a lot of shots off and keeps them working on game moves. ENJOY IT!!!!

Players 4-10

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/413/

NC State

Description Helps to develop one's shot off the pass with no dribble.
Involves 2+ balls

Instructions Make 2 lines on the baseline on either side of the basket
Give the 2nd player in each line a ball
The first player in one line runs out from the baseline and into the paint
The person with the ball in the other line passes it to that person and then they shoot the ball
The person who just passed the ball runs to the outside of the player that they passed it to and they receive the ball from the other line and shoot
Get your own rebound and hand it to the line you are going to go to next.
Repeat the drill for several minutes working your way from the paint to the FT line to the 3pt. line and back in
So it basically goes pass-run-catch-shoot-rebound-pass (or hand off).

Players 6+

Tips The drill seems confusing at first, but is an excellent drill for getting a shoot off after the pass.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/414/

Northstar Builder

Description All players line up at the baseline. Three players set to the free throw line to shoot one shot at a time. If all three shots are made the next three players come up to shoot free throws one at a time. If any shots are missed the whole team will run a suicide (baseline to baseline within 13 seconds. After the sprints are completed the next three players come out to shot. Any missed shots will cause the entire team to run. Every player must make a free throw before we go to the next drill.

Instructions Team members must be positive and not get down on a teammate who is having a difficulty making free throws.

Players Team

Tips Players must stay positive. Very easy to get down on the players that can't make free throws.

Variations Sprints can be adjusted to become longer or shorter.

Skills Free throws and Conditioning

PERMALINK www.degerstrom.com/basketball/drills/415/

One Basket Shooting

Description This is a shooting drill you can use when your space is restricted or for a game-day shootaround. It will work getting players to pass the ball and move for shots.

Instructions Ideally, when you're working your full team, you will have four lines. One line on each wing and two lines on the baseline where the lane meets the baseline.

Part 1: The Drill starts with a simple flash across the lane to the low block. The perimeter players enter the ball for the post player to work any of the post moves you want. The Post Player always gets the rebound and returns the ball to the perimeter lines. Each part lasts for about 2 minutes and you should average 20 shots per minutes.

Part 2: After the perimeter players enters the ball to the post, he slides either towards the baseline or towards the top of the key to get a return pass from the post for a shot. Three-point shooters should catch the ball behind the lane and non-three shooters should catch the ball at their range.

Part 3: Now the post player flashes across the lane from the block to the elbow. He catches and executes whatever shot you want.

Part 4: Again, after entering the pass, the perimeter player slides into position for a relocation pass and shot.

Part 5: Have the perimeter player drive into the elbow. The post players adjust by stepping out to the short corner for the catch and shot.

Part 6: Have the perimeter player drive towards the block. The post now makes an I-cut up the line for the catch and shot.

Players At least 6 with posts and perimeter players

Tips Focus on post players taking their time when they catch the ball and making good moves, not lazy moves.

Focus on all passes being good sharp passes, preferably bounce passes going in and out to make them used to throwing them.

Make sure the perimeter players are working to catch relocation passes with their feet and hands ready to shoot.

Each player switches lines each time.

Variations Add in a cross-court relocation out of the double. This drill requires both feeders to pass at the same time and then slide up to the top of the key. Useful when you're playing against a team that doubles down from the top of the key.

If you're a pure motion team with every player possibly posting, then also switch lines between the perimeter spots and posts. This can also work for a few players who swing from inside to outside.

Skills Post Entries, Post Moves, Relocation Passes and Shots

PERMALINK www.degerstrom.com/basketball/drills/416/

Power 3's

Description This drill is an excellent warm-up drill that emphasizes penetration into the arc and filling the spot vacated for the three attempt.

Instructions 3 white line-up in lane at both ends. 3 black face on basket with ball and 3 black face other basket with ball. Middle player attacks arc as while shooter fills spot vacated. Player filling depends upon the hand the penetrator goes with. Right hand, right-side player. This is going simultaneously with the other basket. If offense scores or defense rebounds, Off defends ball back to 1/2 court, then the three white defenders become offensive players on the other basket and the rotation continues.

Players 12

Tips Filling spots when penetration occurs, jump stop on penetration, look for skip, if player on your side, take to basket for score.

Skills Seaming basketball for 3 attempt

PERMALINK www.degerstrom.com/basketball/drills/417/

Pressure Free Throws

Description This is a drill that I use with my team to provide some incentive for make free throws and to see who can shoot under pressure.

Instructions The whole team lines up around the lane. I choose someone to shoot 2 free throws. If they make both, the team doesn't run.
If they miss one, the whole team does a down and back. If they miss both, the whole team runs a suicide. I have three people shoot each day and with 15 people on my team, that means everyone will shoot once a week. I find that this provides my team with some incentive to make free throws as well as providing them with some pressure to make the FT's (especially if they are last and the other people have missed both).

Players 3

Tips I like to look for the players that volunteer to shoot versus the ones who try to hide. This helps to make my decision on late game substitutions easier.

Skills Free Throws, shooting under pressure

PERMALINK www.degerstrom.com/basketball/drills/418/

pressure layups

Description Use two lines at half court - one player dribbles to start the drill. The trail player must rebound the ball before it hits the floor (made or missed).
The shooter, after shooting, must sprint outside the 3-pt. line; the rebounder passes to the previous shooter.
Two players take off from the other line - the last shooter passes to the first person, the trailer is the rebounder.
From this point on, the drill continues with the second rebounder passing to the second shooter outside the 3-pt line.

Instructions Use a 3 minute time limit.
Each time a player makes the layup, it is a plus 1.
Each time a player allows the rebound to touch the floor, a player misses the layup, or a pass is dropped it is a minus 1 from the team score.
Set your own goals as to the plus goal for your team.

Players full team

Tips Have players square on all passes.

Variations Adjust the time limit.

Skills layups

PERMALINK www.degerstrom.com/basketball/drills/419/

Pressure One and One

Description Depending on the number of baskets available, place a ball at each basket and divide the team as evenly as possible at each basket. Players shoot one and one foul shots at each basket with a time limit.

Instructions On the coaches signal, first player shoots the front end of the one and one. If you miss you must quickly rebound the miss, pass to the next shooter and go to the end of the line at the basket you started on. If you make the front end, shoot again. If you make it go to the next basket.

If you miss, quickly rebound your miss and go to the end of the line of the basket you started on. You can only rotate baskets when you make both ends of the one and one. I found that really good shooters can hit all baskets (6) in 5 minutes. The amount of time you give will depend on the number of baskets available.

Players Team Drill

Tips Ensure the shooter doesn't take longer than 10 seconds on the line quickly rebounds all misses and passes directly to the next shooter. Shooters cannot cross the foul line until the ball hits the rim. Players waiting to shoot must stand outside of the free throw circle in order to give the shooter room.

Variations Decrease the amount of time as the season progress.
Arrange the team in groups, and the group cannot rotate to the next basket until the entire group makes both ends of a one and one.
Put poor shooters with good shooters for added pressure and foul shooting help.
Rotate clockwise today and counter the next.

Skills Foul Shooting

PERMALINK www.degerstrom.com/basketball/drills/420/

Pressure One and One

Description Pressure One and One Foul Shooting on 6 baskets.

Instructions Really simple. Put at least one player and one basketball at each of the six baskets. Even the rest of the team so that there are no more than 3 players at a basket. The players must shoot one and one at each basket in a specified time limit. If you miss your first shot you go to the end of the line at your basket. You cannot rotate baskets until you have made both ends of the one and one. I have found good foul shooters can complete a six basket rotation in 5 minutes. Be prepared for back logs at baskets where poor shooters are stuck.

On the coaches whistle or command the first six shooters start. Once the start command is given the drill doesn't stop until time expires. They must rebound their own miss and pass to the next shooter in line. If they don't hustle after their rebound - TAKE NOTE AND ACT ACCORDINGLY. I prefer to use a stop watch so the players don't know how much time they have left.

Players Minimum of 6 players

Tips Stick to the time limit. It adds the element of pressure to the shooters.

Variations Decrease the time or make it so that the entire group rotates baskets when all the players at that basket have made both ends of a one and one.

Sometimes put the poor foul shooters with good ones.

Don't underestimate peer pressure in this situation.

Line drills for all those who don't complete the required number of baskets or a minimum number of shots.

Skills Foul Shooting

PERMALINK www.degerstrom.com/basketball/drills/421/

Rapid Fire Shooting

Description Three people and two basketballs. One shooter, one rebounder, and one passer. Five shots for each setting and then rotate so each person has the opportunity to be the shooter, etc.

Instructions *Shooter shoots the ball and the rebounder retrieves the ball and passes to the passer, who in turn passes the ball to the shooter when she is ready. After every made shot the rebounder puts the ball back in the hole for an easy sure shot practice.

After 5 shots, everyone rotates until all have shot for the one rotation.

This is followed by the shooter dribbling one bounce and then shooting. Rotate until all have shot with one bounce.

Followed by two bounces and shot. Rotate.

Followed by dribble out, away from basket, pivot and shoot. Rotate.

Followed by dribble in, stop and shoot. Rotate.

Followed by V-cut, receive pass and shoot. Rotate.

Followed by a pass into rebounder and rebounder passes out for shot. Rotate.

Players three in a group with as many groups as baskets available

Tips This will give everyone a great variety of shots and they do not have to worry about retrieving the ball and they work on passing, catching, and game like shooting situations. The rebounder has the opportunity of reading the rebound and making the outlet pass and shooting the simple ducks after made shots.

Have the players use head fakes, pass fakes, etc. when they receive the pass. Use gamelike moves.

Variations Any variety of shooting skills can be used. You may want to vary the V-cuts right and left, pass fakes, drive and pull up, any variety to make the drill gamelike.

You can also do this as a 3 point shooting drill using two rebounders, two passers, two shooters and 4 balls. However, be careful of flying basketballs.

Skills Shooting, rebounding, passing, and putbacks

PERMALINK www.degerstrom.com/basketball/drills/422/

Rotation Shooting

Description Continuous shooting drill: 2 balls, 3 players at a time. 45 sec.- 1 minute in between whistles.(Maybe longer).
Shots taken are: spot up, shot fake 1 dribble, bank shot, 3's, and coaches choice. Shooter will follow their shot, get rebound and pass to the open guy.
Call out names every time.

Instructions Start out with 3 players around the perimeter. Player 1 starts the drill by taken the first shot. Simultaneously he rebounds his own shot while Player 2's shot is going up.
When Player 1 rebounds he passes to Player 3 and goes to find a place to spot up. Player 2 is now rebounding his shot and passing to Player 1 and then finding a place to spot up. After Player 2 shoots, Player 3 shoots, rebounds, and is passes to Player 2.
This cycle continues for 45 sec.- 1 minute. Coach blows his whistle and the next group goes while the first group gets a quick breather. After both groups have completed a turn at spot up, change the drill to the shot fake 1 dribble.
Then change to the bank shot, 3's, and coaches choice.

Players any multiple of 3

Tips The players will be passing to the same person every time.
#1 to #3
#2 to #1
#3 to #2
Call out names every time.
Watch how they catch and pivot.
Good passing drill also.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/423/

Round the Horn and Shoot

Description There are four positions on the floor. One at the top of the arc (TOP), one where the three-point line and foul line extended meet (OUTLET), one under the basket (BOARD) and one near where the three-point line and foul line extended meet on the other side from position 2 (SHOT).

This drill will get your players to learn the art of popping-out and shooting, leading a popping-out shooter and passing around the horn.

Instructions When the BOARD position player rebounds the ball after a missed shot, the BOARD position player will immediately pass the ball to the OUTLET position player and pop-out to the SHOT position. When the OUTLET position player receives the pass, the OUTLET position player will pass the ball to the TOP position player and move under the basket to the BOARD position (for the next rebound). When the TOP position player receives the pass, the TOP position player will pass the ball to the SHOT position player who has just popped-out. When the SHOT position player receives the pass, the SHOT position player shoots the ball and moves to the TOP position.

This creates a circular motion of movement by the three players (BOARD->SHOT->TOP->OUTLET->BOARD). When a fourth player is entered into the mix, have two players underneath in the BOARD position at the same time. Whoever gets the rebound gets to pass the ball to the OUTLET and move to the SHOT position.

Players 3 minimum, 4 is better

Tips I've used this drill to help girl's teams--which I have found after coaching girls for over ten years--don't always look to shoot first. This drill gets them used to catching, turning and shooting quickly.

Make sure the drill is run quickly. If the drill is run quickly, it's a great conditioning drill. Also, look to make sure the stopping and popping shows the kind of effort you want during the game. Don't let players get lazy on you.

Variations I didn't mention which direction the OUTLET position was (right or left) from the BOARD position. That means this rotation works both ways. Definitely make them work both ways. This will work on the muscles and turn-around techniques required to be championship-level players.

Skills Pop, Stop and Shoot

PERMALINK www.degerstrom.com/basketball/drills/424/

Royal

Description DESIGNED FOR A GROUP OF PLAYERS TO GET AS MANY AS POSSIBLE IN THE SHORTEST AMOUNT OF TIME. ROYAL CAN BE USED AS A COMPETITIVE GAME SIMPLY BY COUNTING THE NUMBER OF SHOTS MADE BY EACH GROUP. ALSO, IT IS AN EXCELLENT WARM/UP DRILL.

Instructions HAVE THREE LINES BEYOND THE THREE/POINT LINE. ONE, AT THE TOP OF THE KEY, ANOTHER ON ONE WING, AND THE THIRD ON THE OTHER WING. EACH LINE GETS A BALL. THE FIRST PERSON SHOOT, GETS THE REBOUND AND PASSES THE BALL BACK IN THE LINE HE SHOT FROM. HE THEN ROTATES INTO THE LINE TO THE RIGHT. THIS CONTINUES ON.

Players 3 or more

Tips TRY TO GET AS MANY SHOTS AS POSSIBLE. HAVE COACHES HOLD UP BROOMSTICKS IN THE AIR TO SIMULATE A JUMPING OPPONENT. WORK ON THE SPEED THAT THE PLAYER GETS THE SHOT OFF IN,

Variations YOU CAN HAVE THE PLAYERS STAY IN THE SAME LINE CONTINUOUSLY UNTIL TOLD TO ROTATE SPOTS.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/425/

Russian 5 Ball Shooting Drill

Description This drill I picked up watching the Russian national team preparing for The European Championships. There are three lines of players under the baskets at each end of the floor. All four players who are at the front of each line on the outside, two on one end of the floor and two on the opposite end have a basketball to start. Three players (one ball) start on the court, usually with a rebound outlet pass, and make a three man passing figure 8 weave, until the ball ends up in the middle man's hands when he is within shooting distance at the other end of the floor. Of these three weaving players, one will be weaving to the left, where they will receive the ball from the player standing out of bounds (facing) the breaking team, on their side of the floor (left side or corner).

The third player of the breaking team, is weaving toward the right, where they receive a ball from the player standing out of bounds (facing) the breaking team, on their side of the floor (right side or corner).

Almost simultaneously there each of the three players of the figure 8 team will take a jump shot and move to the end of the lines out of bounds under the basket they have just shot at.

The player out of bounds under the basket, takes one basketball and initiates a figure 8 weave back in the other direction using the two players who just made the pass from out of bounds, in each the right and left corner. The first two players behind each right and left corner retrieve the two extra balls and wait for the figure 8 to return, on the next trip down the court.

The new figure 8 weave team follows the same procedure, only in the opposite direction, until the man in the middle is within shooting distance, and the man cutting to the left can receive the pass from the man with a ball in the left corner, and the man cutting right can receive the pass from the man with a ball in the right corner.

Each time down the court, the break will end with three shots. However, there is only one ball moving up and down the court on the figure 8.

This is a great warm-up and conditioning drills and provides extra shooting practice under game speed conditions.

Shooters do not rebound any missed shots, so that the drill keeps moving quickly.

Players 10 or more

Tips Make sure your players clear the extra two balls shot quickly and that the passers in each of the corners are ready to pass when the fast breaking team arrives in their half of the court.

Variations We like to practice our three point shots with this drill, as it simulates conditions where a player must stop quickly off the break to hit the open 3.

For younger players I would always encourage they only practice shots, that they can make, and should be taking in game situations. Post players can pull up at the elbow or on the short baseline.

We often play a game where the winner is the first player who makes 10 shots, and losers get sit-ups.

Skills Shooting off the break and conditioning

PERMALINK www.degerstrom.com/basketball/drills/426/

SCORE-O

Description TWO PLAYERS, WITH BALLS, LINE UP ON THE DIFFERENT ENDS OF A COURT. WHEN READY THE PLAYERS GO UP AND DOWN THE COURT TAKING A SHOT AT THE BASKET ONLY ONCE AT A TIME. THEY RUN UP AND DOWN THE COURT. THE PLAYERS GET POINTS BASED ON WHERE THE SHOT WAS TAKEN ON THE FLOOR.

3-POINT: 4 POINTS

FREE THROW: 3 POINTS

SHOT FROM 4-5 FEET OUT: 2 POINTS

LAY-UP: 1 POINT.

THE POINT IS TO GET AS MANY POINTS IN THE TIME PERIOD.

Instructions START THE PLAYERS AT A RESPONSIBLE TIME PERIOD, ABOUT 1 MINUTE IS GOOD. THE PLAYERS START AT DIFFERENT ENDS OF THE COURT. THEY GO AND TAKE 1 SHOT FOR EVERY TRIP DOWN THE FLOOR.

WHEN PLAYERS ARE IN SHAPE ENOUGH WHERE 1-1.5 MINS ARE EASY, ADD 1 MINUTE TO THE TIME.

Players 1-2 COURT

Tips THIS IS A GREAT WAY TO IMPROVE SHOOTING AND TO IMPROVE ENDURANCE. PUSH THE KIDS TO WHERE THEY GET TIRED, IT WILL ONLY MAKE THEM BETTER AT THIS GAME. HAVE A CONTEST WITH THE KIDS, HIGH POINT GETS TO DO OR DOESNT HAVE TO DO SOMETHING.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/427/

Shoot and Run

Description You need 3 players for this drill. 1 player at half-court, and 2 players (1 under each basket). Each of the players under each basket should have a ball. When each player completes the drill rotate around.

Instructions On your whistle, the half-court player will sprint to one of the baskets short corners, (baseline). He will then receive a pass from the player under that basket with the ball. He is going to receive the pass and take a jumpshot. While the player under the basket will rebound the shot, the shooting player will sprint to the other basket to take a jumpshot.

He will then sprint to the 1st basket to take a jumpshot from the 45 degree angle to the baseline position, and then the same at the other end. And then return sprinting to the 1st basket to take a jumpshot from the point position and so on until he has taken 10 shots, 5 at each basket from all five different positions.

Players 3

Tips Point out the drill carefully to all players shooting or rebounding by showing them all the positions they are going to take shots from to avoid any mistakes and confusions.

Time for each player the time he takes to put up all 10 shots as a measure for his/her speed and also count the number of shots he/she makes in as a measure for his shooting percentage. This is a very useful drill if you have a small number of players that showed up for practice. This drill makes the player sprint when he is quite tired which helps to improve the player physical condition. After the player completes the drill make him take a couple of free throws from the foul line it could be quite useful.

Make the short players take their jumpers from the 3 point range and the tall ones from the medium range to show competition between players. Compare the number of shots made by each player and the time taken for each player to complete all 10 shots to see the skills of your players among each other and if each player is improving or not.

Variations Instead of making the player shoot on both baskets make shoot on 1 only and after making each shot he should run to the half court line or to the opposite baseline to make the following shot from the next position. If each player is going to shoot only on 1 basket, why not make him shoot from 2 times from each position or make complete the drill 2 times in a row. It's always up to the coach.

Skills Quick shooting after a sprint.

PERMALINK www.degerstrom.com/basketball/drills/428/

Shoot For The Record

Description This drill is a series of various shooting competitions against the clock. What makes this drill different and a great motivator for teams is that you attempt to set a record for your team.

This record then becomes a target goal for competition against another team not your own. You can do this within a team, but it's fun to see where you stand against other teams that can even be several hundred miles away. We fax these results to other teams and each week can see if a team or team(s) have bettered our record.

We have 21 different shooting drills that we attempt to set a new record in either a given amount of time, or a set number of baskets which are timed. We record these 'team bests' and post them on a board for the team to see. We also send these 'records' to other teams or clubs to see where they stand and if they can beat our 'records'. The instructions lists a few of the shooting drills we use. Try these or make up your own.

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- Instructions** Full Court Lay-up Drill. Lines under each basket. two balls one at each end. When a lay-up is made or missed, the next person in line grabs the ball and sprint dribbles to the other end for a lay-up. The object is to make as many lay-ups in two minutes as possible.
- Full Court Figure 8-Laker Drill. with three lines under each basket, and one ball, see how much time it takes to make 30 successful lay-ups without a passing mistake, traveling, or missed shot. As soon as a lay-up is made, the player in the middle under the basket grabs the ball and initiates the 3 man weave in the other direction before the ball hits the floor.
- 6 Row Full Court Figure 8- (see Russian 5 Ball Drill in the Coaches playbook). 5 basketballs, 2 minutes, maximum number of passes three, only shots outside the paint count. How many baskets in 2 minutes.
- 2 line free throw jump shots. Two lines at two different ends of the court, each line with two balls. As soon as one player has shot, the next player may shoot. How many baskets in 2 minutes.
- 2 line 3 point jumpers. Same as above but at 45 degrees outside the three point line. How many baskets in 2 minutes.
- 21 team shooting with two balls. First team to 21 baskets from a given spot on the floor (left elbow, right elbow, left corner, right corner, left wing, right wing, 3 point line from the same locations). Time this one.
- Free Throws. Most consecutive 5 minute time limit, and each player shoots 1 and 1.

Players 3 or more

Tips No player can be a good shooter when they rush the shot, however no player in today's fast paced game can get shot attempts if they can't spot up quickly, and with proper technique get shots off in a minimum amount of time.

We think these drills teach great concentration under pressure.

No one wants to let a team down, and especially when you may be competing against another team.

Remember you should 'shoot for the record' against teams with of the same age, and skill level, but knowing the records set by older more physically developed teams is a good measure of the speed and skill required of basketball players on higher levels.

Variations You can split your team up into two different teams for this competition.

However by finding another school willing to 'Shoot for the record' your team is drawn closer together as a team in attempting to 'break a record'.

This is a good motivational tool once or twice a week, so that the teams focus isn't just inside. It is also a very good yardstick for measuring your perimeter, free throw shooting,

and free throw shooting skills, against other teams. The fastbreak drills will also give you a good idea of your teams speed and ball handling skills relative to other teams in your area or even across the country or continents.

Skills Shooting concentration under pressure

PERMALINK www.degerstrom.com/basketball/drills/429/

Shoot and Charge

Description This drill is mainly to improve shooting under pressure. The nature of the drill will however also mean that the players are tired while shooting, thus increasing the need for concentration. It'll teach the player to shoot from his legs, to follow his shot, and to shoot under pressure.

Instructions Pair the players, preferably according to position. Each pair gets a ball.

Player 1 shoots the ball, he then follows his shot, and rebounds the ball, not allowing the ball to touch the ground. He then passes the ball to his partner (player2). He then rushes out to apply defensive pressure on player 2.

Player 2 must shoot the ball, he may not drive for a layup. He may employ any skill to get his shot off.

Note: he need not wait for player 1 to reach him

*After the his shot player 2 repeats the drill. i.e. he follows his shot, rebounds the ball, passes out to player 1 and then applies defensive pressure.

The players may move freely around the half court, and do not need to concentrate on one specific spot.

The drill continues until a cumulative amount of baskets are scored. The amount can be decided by the coach.

Players 2

Tips Try to make sure that you match up you're players according to position.

Also be sure to make sure that they take shots that are valid game shots.

As we all know the more tired you get, the less concentration goes into execution, resulting in loss of form.

Make sure to emphasize the importance of consistent form.

An often ignored part of this drill is the need for the player applying defensive pressure to be balanced, so that player on offensive does not easily drive by him.

Variations A third player can be introduced, to make the rotation easier. However this will only mean that the players are less tired when shooting.

Skills Shooting under pressure

PERMALINK www.degerstrom.com/basketball/drills/430/

Shooter Special

Description To improve players shooting on the run and making passes down the floor without the dribble. Helps improve teamwork, basic fundamentals needed to run the break and keeps everyone involved.

Instructions Players line up evenly on hash marks on the same side of the court. One player each line up under each basket for a total of 2 players each with a ball. On coaches whistle, players with the ball will start by shooting the ball at their own basket, and then begin the drill. Opposite side player of other teammates will dribble the length of the court and then stop and shoot the jumper and rebound. Then without dribbling, player will make a pass to the first hashline mark line sprinting back down the floor. Hashmark line one will pass back to streaking player at halfcourt who then in turn passes to hashmark line number 2, after receiving the pass back from line 2 at the elbow, they will shoot the layin. Player from line 2 will trail and rebound, then start the process again.

Players 6+

Tips Have 2 balls to start, one at each end, then increase the amount after mastery of drill. Encourage players to pass and receive without travelling or putting the ball on the floor on the hashmark line side.

Variations Time the drill to see how many jump-shots and layins are made.
Pre-determine the amount needed to make in allotted time.
If more than 10 players, make 4 hashmark lines or split your team into more than one drill at a time if space allows.

Skills passing, jumpshooting, lay-ups

PERMALINK www.degerstrom.com/basketball/drills/431/

Shooterlot

Description Improves passing without putting the ball on the floor, gets players to hit lay-ups at full speed and teaches kids how to stop on the dime for a quick jumpshot.

Instructions One player with ball starts in front of basket. Other players file into two lines at each hash mark down the sideline. On coaches whistle, player one throws the ball off the glass to simulate the fast break and turns to pass to line one. After the pass, he/she will sprint up the sideline and receive the pass back from line one and hit line to with the pass without putting the ball on the floor. After receiving the pass from line two, player goes in hard for the right-handed lay-up. Line two player will trail in behind and get the rebound and sprint as hard as he/she can dribbling the ball to the other end for the quick jump shot from 14-19.9 ft. After the shot, the player will either retrieve the make or rebound the miss, put it back in and then start the rotation over with the pass to line one.

Players 6+

Tips Each player will rotate after each pass, (example: after the lay-up, player will rotate to line one. After passes, line one player rotates to line 2, etc..)

Make sure players are going at game speed for optimum conditioning, ball handling and shooting on the run effectiveness.

Variations Add two or more balls to the rotation.

Do this drill from both sides, left and right.

Put time on the board and have criteria for made shots at both ends of the floor.

Music always helps keep a positive environment and pushes the players harder. Very good coaching tool, unless your instructing of course.

Skills Lay-ups, passing, jump shots

PERMALINK www.degerstrom.com/basketball/drills/432/

Shooting continuum

Description The 3 players use 2 balls. A1 takes his shot, grabs his own rebound and passes the ball to A3, who is waiting on a spot outside the zone. If A1 has got the rebound, A2 makes his shot.

After each shot the players grab their rebounds, pass and take a new spot and await the next pass.

Instructions *Keep all three players moving!
Try to raise speed during the drill!

Players 3

Variations You can perform this with jump shots and drives.

After the catch there can follow a shot fake with a cross over or an onside dribbling. The move can again be finished by jumper or by lay-up.

Skills Shooting / Shot fake with drive

PERMALINK www.degerstrom.com/basketball/drills/433/

Shooting off the screen

Description The drill is used for teaching shooting from coming off a screen, rolling after the screen and put-backs after a miss.

Instructions One player is a passer, located at the top of the key. The second player starts at the opposite elbow and cuts off a screen on the block. Player one passes to player two. Player three after setting the screen rolls to the basket for the rebound or pass-out after a make. Player two will return to the elbow after his shot is taken.

Players 3

Tips Player coming off the screen should be shoulder to shoulder. After catching the ball square up for the shot.

Roller should open up to the ball and get to the opposite side of the rim.

Variations Variations can be made by repositioning the players on the floor.

Skills Coming off the screen, catching and shooting, and screening

PERMALINK www.degerstrom.com/basketball/drills/434/

Shooting Relay

Description Split your team into four groups. Put one group at each basket. Each group will have two balls. Each player will shoot and get his own rebound and pass to the next shooter. At all other baskets available put 2 balls, one on each elbow. Each player must make three shots (or a number you designate) before he can advance. When he makes his shots, he moves clockwise to the next hoop. The object is to see which team completes the circuit of every basket first.

Instructions Explain to the team, that this drill is both individual and team. Your team cannot win until all players complete the circuit. Also explain that after each player makes his shots, he can advance without his team. As he does that he must get his own rebound.

Players 12

Tips Have the players concentrate on game condition shooting, and making shots under pressure.

Variations You can add dribble moves or fakes, or anything you like to keep the drill in game condition.

Skills Catch/shoot game conditions

PERMALINK www.degerstrom.com/basketball/drills/435/

Shot from Perimeter and Triangle Rebound

Description To shoot from perimeter and rebound.

Instructions Shooter starts from positions 4 to 2 to 1 to 3 then 5. Place one rebounder at least 3 ft in front of rim. Place 2 players (one player on each side of basket). These 3 players will be in a triangle position in the paint. The shooter will shoot and move to the next position. The rebounders will look at the flight of the ball, with hands up ready to rebound. Rebounder will pass to shooter for next shoot. After shooter has completed his or her jumpers around the perimeter, shooter takes the place of one rebounder and that person will shoot from the perimeter. The goal of this drill is to work on perimeter shooting and setting up a triangle in the paint for rebounding.

Players 4

PERMALINK www.degerstrom.com/basketball/drills/436/

Speed Layups

Description Form two lines at the half court stripe, both facing the basket. Each has a ball. At the coaches signal, the first players in the respective lines dribble 'race' toward the same basket. Both attempt to make their layup, one on the left, the other on the right. Penalize the losing player with laps or pushups, and double penalize them if they don't make their layup!

Players 2- whole team

Tips Keep the lines fairly close together so the players don't hit each other after the layups.

Variations Sometimes we give points to the players who win, and to those who make their layups(especially with their weak hand) and then give a reward to the top 3 on the team.

Skills layups under pressure

PERMALINK www.degerstrom.com/basketball/drills/437/

Spot Shooting Drill

Description In order to improve shooting skills, a player must train their muscles to shoot correctly when making realistic game shots. This drill requires the player to move randomly to various key shot positions around the basket, square up, and take their shot.

Instructions Point out several key shot locations around the basket to the player. These should be the locations of shots that are expected in your offense. Have the player start at one of the spots and time them for 60 seconds while they move randomly around to the various spots. The coach keeps track of the number of shots made. This statistic can be used for measuring improvement or for competition.

Players 1

Tips The player should be taught to take these shots in the drill as they would be taken in a game situation. For example, if the shot is to be taken moving toward the basket on a jump stop, than the player should shot that way during the drill.

The player should be coached to work on keeping their form consistant as they make each shot. There is a tendency to rush the shots in this type of drill, just as in a game situation. This usually causes the player to change their shot. Proper coaching with this drill will allow the player to learn to focus on shooting correctly and not on the situation they are in.

Variations I usually use this for jump shots, but it can obviously be used for any type of shot that your offense is trying to develop.

Skills Consistency of shooting form

PERMALINK www.degerstrom.com/basketball/drills/438/

Team Free Throws

Description Have one player on the free throw line. The other players are all lined up one behind the other on the sideline. The rest of the team begins to make laps around the court (usually timed). The person at the free throw line must make three free throws in a row, if he misses the team takes another lap. This continues until the shooter makes three in a row. Then the next person in line goes to the free throw line and the drill starts over again until everyone shoots free throws.

Players The entire team

Variations To speed up the process you split up the team, use a shooter at either end and have each group run around half the court

Skills Making free throws under pressure

PERMALINK www.degerstrom.com/basketball/drills/439/

Tennessee Free Throws

Description Pressure Situation Foul Shots

Instructions Line up the entire team on the baseline. Bring them one at a time to the foul line. They shoot 1 and 1. If they make both ends of the 1 and 1, the next player in line shoots. If they miss the front-end of the 1 and 1, the team sprints down to the opposite base line and back. If they make the front-end and miss the back-end, the team sprints down to the other base line and stops. Continue until every player has had a turn.

Players 10+

Variations Players can run killer drills when the front-end is missed, and sprint down and back when the back-end is missed.

Skills Free Throws

PERMALINK www.degerstrom.com/basketball/drills/440/

The Shot Doctor

Description This drill requires two players and one manager or coach. This drill provide players with not only great conditioning work, but also it will simulate game-like shots, cutting without the ball, boxing out, and rebounding.

Instructions Player one starts underneath the basket with the basketball. He then throws the ball out to player two who is standing at the three-point line. Player one then boxes out the coach or manager with a pad as player two shoots the ball. Player one must then rebound the shot, and while this is going on player two makes a v-cut towards the basket. Player one then makes a pass as player two gets close to the basket. The coach or manager then makes contact with the pad on player two who shoots a layup. While player two is shooting his/her lay-up, player one sprints out to the next outside shot-spot. The drill then repeats steps one through six.

Players 2

Tips The player boxing out must get low with his arms out. Be physical, push the coach or manager back, and then go get the ball. The player waiting to shoot must get his body and feet prepared to shoot, square your shoulders, elevate with your legs, focus on the goal, and follow through. The player making the cut must use change of pace and change of direction and then explode to the whole. The player passing the ball must make a solid pass to the cutter. Sprint at all times!

Skills Shooting, Cutting, Boxing Out, Passing

PERMALINK www.degerstrom.com/basketball/drills/441/

Three-spot-game

Description Every player shoots from three different spots on the court. He starts out with a shot from about 3 feet outside the zone, continues with a lay-up and finishes with a freethrow.

Instructions Make two groups with the same amount of players and place them about three feet outside the zone near the baseline. The first player shoots, grabs his own rebound, dribbles down the court and makes a lay-up, dribbles back to the freethrow-line closest to the point he started out from and finishes the drill with a freethrow. He gives the ball to the next player. The other group does exactly the same.

Players 6 or more player (only even numbers)

Tips Let the teams shoot up to thirty points. Each basket counts one point. The losing team has to run additionally after practice.

Variations Last shot is not a freethrow but a three-point-shot.

Skills shotting from different positions on the court

PERMALINK www.degerstrom.com/basketball/drills/442/

Triangle Lay-up Drill

Description This is a passing, cutting and lay-up drill tied to an out-let and fast break lay-up drill that stresses the fundamentals of the jump-stop, catch and pivot, entry and lead passes, and the running and fast-break lay-up.

Players move from spot to spot to practice all the skills, and the ball keeps moving the entire time to stress timing, quickness and speed.

Instructions Start with two players (or line) with basketballs at the far free throw line (Spot A), a player or line at the half-court line near the out of bounds line (Spot B), on either the right or left side of the court (to work on either right or left side lay-ups), a player (or line) at the block on the same side as Spot B (Spot C), and a player (or line) at the 'outlet pass' area on the opposite side of Spot B (Spot D).

On your signal, the Spot A Player 'attack dribbles' into the forecourt. When the ball crosses half-court the Spot C Player V-cuts and breaks, hard, to the top of the lane on their side where they jump stop and aggressively set up for entry pass.

The Spot A player can dribble pass, fake high and bounce pass, or fake bounce and high pass to the posted-up, Spot C player. As soon as the pass is made (not sooner) the Spot B player executes a strong V-cut and dashes straight to the basket with their outside hand extended for a lead pass.

The Spot C player aggressively receives the pass and performs a strong drop-pivot (dropping their outside foot toward the basket and turning, athletically, to face the sideline) and passes to the onrushing Spot B player, leading that player

toward the basket. The Spot B player catches the ball with two hands and makes a running lay-up (or reverse lay-up for advanced groups).

The Spot C player follows the pass and seals for an aggressive defensive rebound. The Spot C player rebounds the shot and executes a breakout dribble. The player at spot D calls 'outlet' and sets up for a lead outlet pass with their outside hand outstretched. Spot C player throws a strong lead outlet pass to the player at Spot D who 'speed dribbles' the length of the court for a fast break lay-up.

The Spot A player moves to Spot B, the spot B player moves to Spot C, the Spot C player moves to Spot D, and the spot D player brings the ball right up to start the sequence again. (Of course, the second player that was lined up at Spot A will have already initiated a second sequence with all the preceding players who have just moved up a Spot so the team will now be on their third sequence.)

Players 5 to 12

Tips Stress the fundamentals of each step. I often break the drill down and teach it one step at a time, starting with the jump stop, then the jump stop and pivot, then the V-cut, then the power rebound and break-out dribble, before I add any passing or shooting.

It is good to place a coach at Spot A to control the tempo of the drill. (A Coach at Spot B can watch for the fundamentals of the V-cut the jump stop and the drop-pivot.)

It is extremely important for the players at Spot B to cut and drive directly (straight) to the basket near Point C and never curve away from Point C toward the baseline.

It is also important that the drop-pivot be performed correctly to seal and protect the cutting player from Point B from help defenders.

Variations For more than 4 players it is best to put a second player in each line that you can populate, from Spot B to Spot C.

Continue to expand the lines at Spots A through C with additional players, but leave Spot D to one player to be followed each sequence by the player from Spot C. It helps the flow.

Coaches can eliminate the breakout dribble if they want to teach an immediate outlet pass.

The drill can be simplified to a half-court drill by moving Spot A to just outside the half-court line and by eliminating Spot D, the outlet pass and succeeding lay-up. The player from spot C rebounds the ball, executes the breakout dribble then power dribbles to Spot A.

To add stress to the drill, coaches or managers can play defense at Spots A, B, and C*. (Or you can have a second set of Spots - E (defending Spot A player), F (defending spot B player), G (defending spot C player, and H (starting at the baseline and chasing the player from spot D - don't let this player leave too early.) that the players would move to, before getting into the offensive lines, i.e.: the player from Spot E would move to Spot F and then to spot G and Spot H. The player from Spot H rebounds the ball from the fast-break lay-up by the player at Spot D and goes to spot A. The player from Spot D moves to spot E and goes through the defensive cycle.

This variation with defenders can be run as a half court drill also by eliminating Spots D and H. The player from Spot G rebounds the lay-up by the player from Spot B and moves to Spot A. The Player from Spot C moves to spot E to go through the defensive cycle.

If you add defenders it is good to allow the cutting player from Spot B to pull up and shoot or pass to the player from Spot C

cutting to the basket if the defender at Spot G steps out.

Skills Attack dribble, entry pass, jump stop, drop-pivot, V-cut, running lay-up (or reverse lay-up), power

PERMALINK www.degerstrom.com/basketball/drills/443/

Triangle Warm-Up

Description A good drill to warm up.

Instructions Line 1/3 of players near the goal out of the way (for rebounding). Divide the rest of the players into two lines at the elbows. One is for passing; the other for shooting. The first player in the shooting line makes a hard cut to the goal and the passer gives him a good pass to do a lay-up. The rebounder rebounds and passes the ball back to the passing line. They rotate lines: the shooter moves to the back of the rebound line; the passer goes to the shooting line; and the rebounder goes to pass.

Players At least 3

Tips Make sure that cuts are hard, passes crisp, and rebounding solid.
To remember the rotation order: go to the line that got the ball after you.

Variations After lay-ups on both sides, you can continue with short bank shots, longer 2-pointers, and 3-pointers on one side.
It may be necessary to move the passing line to the baseline for the 3's in the corner.

Skills Lay-ups/shooting

PERMALINK www.degerstrom.com/basketball/drills/444/

Turn out

Description This drill can be used for warm up before game or in practice. To get their eye in before hitting the floor.

Instructions Have two lines on the baseline. Each line has a basketball. In one of the lines have the second player in line holding the basketball, so the first in line will cut round and receive the pass from the other line, then make a lay up. The passer then cuts around behind the first shooter to receive the pass from the other line. The drill now continues on.

Players Min 4

Tips For the lay ups, players should make hand off passes. Once the team has nailed 10 lay-ups they then move out to the mid post and make 10 more shots. Following this is 10 shots from the elbows and then finally a few from the 3-point line depending on time available.

Variations Make the team hit the lay ups consecutively, to make it more of a team effort. Have penalties for not hitting the 10 in a row. There are many ways you can vary this drill to suit the needs of your team, especially if they need more shooting practice from a particular position.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/445/

Two Ball Shooting

Description Line you team up as you were doing two line layups, Except you are going to shoot 3 shots from the block, 3 from the baseline, and 3 from the elbow.

Instructions After you rebound you must touch the wall at the other end of the gym then go to the shooting line. After you shoot you must touch the wall at the other end of the gym and go to the rebounding line.

Players Team

Tips We do this drill on the right side of the floor in the first 20 min. of practice then do it on the left side of the floor maybe at the end of practice. It is a great drill if you have limited space as we do.

Variations You can shoot 3 point shots if you want to.
You can use only 1 line and have an assistant coach rebound.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/446/

U drill

Description Players run in a U pattern from baseline under basket on one side, to the foul line, then to the block on other side of basket and receive a short pass. They do a jump stop, square up, and shoot the ball off the glass.

Instructions Players form 2 lines at baseline out of bounds on either side of basket facing downcourt, even with the block on each side. 1st player in line A has a ball, 2nd player in line B has a ball. The 1st player in line B starts. Run to foul line and around to opposite block in a U shape. Receive a short pass from player in line A. Square up, shoot ball off glass, and go to end of line A. Coach gets ball and passes to next player in line A. Player in line A who passed the ball in immediately runs to foul line and around to opposite block in a U shape, receives a short pass from player in line B and squares up, shoots, and goes to end of line B. Coach passes ball to next player in line B, and the drill continues. Player motion is continual.

Players minimum 4, no maximum

Tips Have players run hard.
Stress squaring up and using the glass on the shots from the block.
Coach retrieves ball for younger players, but older players retrieve their own shots.
Don't let players cheat by taking short cuts on the U. Great warm-up drill. Good for catching, shooting, layups, squaring up, using the glass, passing, etc.

Variations Extend the drill by having the players run a U but stop part way back on the side of the lane, receive a pass(chest or bounce), and shoot a short jumper.
Reverse the drill by having the 2 lines form on each side at the the top of the circle. Players then run to the baseline and around in a U shape to the opposite block, receive a pass from the player in the opposite line, turn, square up, and shoot it off the glass.
Reverse extend by having the players run to the baseline and around in a U shape to part way up the lane. Receive a pass, turn, square up and shoot a short jumper. Can also run to opposite corner for side shot.

Skills squaring up, shooting, passing, conditioning

PERMALINK www.degerstrom.com/basketball/drills/447/

Wayans drill

Description this drill will help you learn to shoot better, to drive the ball through the lane, and to complete fast pace lay-ups.

Instructions Player one line up to the left side of the free throw line and player two lines up under the basket.

Player one shoots the ball, and then moves to the right side of the free-throw line. Player two rebounds the ball and passes it out to player one

Player one shoots the ball again, and then player two rebounds the ball, and passes it out to player one while he drives down the lane to do a lay-up.

Player two now moves to the left side of the free-throw line, while player one stands underneath the basket waiting for a rebound, to repeat the process.

Players 2

Tips Try to do this in less time, or make a number of shots in a row

Also move your shooting distance out to as far as the three-point line.

Variations Less time
More shots made in a row
Further shooting distances

Skills Shooting, driving lay-ups

PERMALINK www.degerstrom.com/basketball/drills/448/

Wire Catch Shooting

Instructions You Split the players up into 3. A third of the player's line up under the basket, another third at the free throw line and another third at the half court line.

You give the ball to the people at the free throw line then they pass it to the person in the half court line while the person at the half court line is on the move toward the 3 point line, he shoots it.

The 1st person in the line under the basket stands in front of the basket and gets the rebound, turns and faces and passes out to the free throw line. After the person in the free throw line passes it he goes to the shooting line. After the shooter shoots he goes to the rebound line. After the rebounder rebounds he goes to the passing line.

Players 12

Variations You can switch sides and go to the middle you can have the passer on the sides.

Skills Passing and Shooting Footwork

PERMALINK www.degerstrom.com/basketball/drills/449/

Young Player's Shooting Practice

Description This drill is designed to build concentration, consistency and confidence in young players while teaching them the feel of the most common shooting spots.

A shooter is required to make consecutive shots from different spots to complete this drill.

Instructions Mark 5 short spots, 2 side shots, two wing shots and a free throw. Also mark 5 long shots about 3 feet longer than the short shots.

The shooter starts at a side spot and shoots until making 3 shots in a row. Once the 3 shots have been made, he shoots until he misses. After that miss the shooter moves to the next spot. The second player, the rebounder always returns a good pass to the shooter.

When the shooter finishes the round of the short shots, he moves out to the long shots. At the long shot spots, only two shots in a row are required. Still, after the second consecutive shot has been made, the shooter shoots until he misses.

Distances and performance criteria can be changed to make this drill more challenging for more advanced players.

Players 2 or a player and a coach

Tips *We keep several stats and even family records on this drill. Best pct., most consecutive shots etc.

This drill offers the incentive of being a short drill if a player shoots well. Also, it is a good confidence builder when a player makes a long string of shots after the mandatory 2 or 3 shots.

Players also learn to shoot with a little bit of pressure. When they have made 2 shots and are going for the third and they have missed the third shot three times, a young player starts feeling it.

It gives a coach the opportunity to stress form, arch and rotation as well.

Variations Players can compete for least time to complete the drill if you limit the shooting in one spot to just the required shots.

Skills Shooting

PERMALINK www.degerstrom.com/basketball/drills/450/

BASKETBALL GOLF DRILL

Instructions The player stands at position A.
The player advances to each position on the court (B-I), remaining at a position until the shot is made, and advancing to the next position after completing the shot.

Tips Shots from positions A and G should be banked.
The player should move quickly from position to position.
The player should try to complete the circuit with fewer than eighteen shots.
A rebounder is helpful for this drill if one is available.

PERMALINK www.degerstrom.com/basketball/drills/451/

SPOT SHOOTING DRILL

Instructions The player stands in the perimeter region.
The player flips the ball, underhanded with some backspin, to one step right or left of where she is standing.
The player picks up the ball, stands in a ready position, shoots, and gets her own rebound.
The player takes the ball back out on the perimeter and repeats steps 1-3.

Tips This is a continuous shooting drill designed to help players concentrate on the key elements of shooting. A minimum of ten minutes should be spent on the drill.
The drill must be performed at game speed.

PERMALINK www.degerstrom.com/basketball/drills/452/

THE DEBUSSCHERE DRILL

Instructions player 1 stands out of bounds and player 2 stands at half court. player 1 has the ball.
player 1 passes the ball to player 2.
player 1 sprints up court as player 2 rolls the ball up court.
player 1 must catch the ball before it goes out of bounds. She then gathers herself and shoots the ball.
player 1 gets her own rebound and both player 1 and player 2 cross to the other side of the court.
Steps 1-4 are repeated on the opposite side of the court with one change: when player 1 catches the ball after the roll she must make an offensive move and take one dribble before shooting.
The players reverse roles and repeat the drill.

PERMALINK www.degerstrom.com/basketball/drills/453/

POWER UP SHOT DRILL

Instructions The passer (either a coach or another player) has the ball and stands on the perimeter. player 1 is the defensive player and stands in the three-second area. player 2 stands outside of the three-second area so that player 1 is directly behind her. The other players form a line behind player 3 behind the baseline.
player 2 posts up, raises her hand and receives the ball.
player 2 executes a drop step by hooking her defensive leg.
player 2 then dribbles, leaning into the basket, and makes a power layup with an optional head or pump fake.
The players then repeat the drill after rotating positions clockwise. Remember to include the passer in the rotation if she is a player.
The players continue to rotate positions and repeat the drill until each player has played each position three times.

Tips player 2 should get used to the feel of contact with player 1.

PERMALINK www.degerstrom.com/basketball/drills/454/

PIVOT SHOT DRILL

Instructions The passer (either a coach or another player) has the ball and stands on the perimeter. player 2 stands outside of the three-second area. player 1 is the defensive player and stands between player 2 and the baseline. The other players form a line behind player 3 behind the baseline.

player 2 posts up, raises her ballside hand, and receives the ball. She pivots on her outside foot away from player 1.

player 2 then squares up and shoots a jump shot.

If player 1 moves in front of player 2, player 2 steps to her non-pivot foot, sealing off player 1. player 2 then takes one dribble and makes a power layup to the basket.

The players then repeat the drill after rotating positions clockwise. Remember to include the passer in the rotation if she is a player.

The players continue to rotate positions and repeat the drill until each player has played each position three times.

PERMALINK www.degerstrom.com/basketball/drills/455/

Bank shot

Instructions Stand under basket as far as you can and still shoot a bank shot. Do 50 to 100 reps.

This is one of the most under rated drills because its so simple. It promotes proper form while strengthening the arm. The number of reps also promotes instinctive ability to square up properly and shoot with good form.

Also the speed at which you can rebound and go back up allows you to do this drill in a short amount of time. You can also do several sets of 50-100 reps as you advance and still finish in a short period of time. The key to this drill is to stand as far under the basket as you can and still bank the shot.

Submitted by Shooter (huntindog1@yahoo.com)

PERMALINK www.degerstrom.com/basketball/drills/456/

BEAT LARRY BIRD

Instructions THINK OF A PLAYER.

CHOOSE A SPOT TO SHOOT FROM ON THE FLOOR.

IF YOU HIT ALL NET, YOU GET TWO POINTS.

IF YOU MAKE IT AND HIT THE RIM, YOU GET ONE POINT.

IF YOU MISS YOUR PLAYER YOU THOUGHT OF GETS 3 POINTS.

USUALLY PLAYED TO 11.

Submitted by sheila camby (LITTLEDUDE4233@YAHOO.COM)

PERMALINK www.degerstrom.com/basketball/drills/457/

Bank shot

Instructions 2 people or more needed. Number 1 player takes the ball and from the 3 point line he drives in he banks it off the backboard to the other side and the number 2 player does the same and so on for at least 5 minutes and their feet can't touch the ground when they jump to get the ball and bank it off the backboard again and again

PERMALINK www.degerstrom.com/basketball/drills/458/

Elbow to elbow

Instructions You get a partner, that is standing near the goal. You move to either elbow and your partner feeds you the ball. You then square up and shoot. Right after you have released you turn and run and touch half court and come back to the other key. Then your partner feeds you the ball again and you repeat.

- concentrate on hustling back and forth between shots (this will simulate getting tired in a game)
- also focus on your form and don't let it collapse after you start to get tired

Submitted by Chase Brown (chasebrown2004@hotmail.com)

PERMALINK www.degerstrom.com/basketball/drills/459/

Shooting war

Instructions Five people or more with ball, and you have five different positions. On every position you must make two goals, and then you get to a different position. When you have come back there you begin you have won.

I hope you will understand: I am living in Sweden!
Love Pooja

Submitted by Pooja Falk (pooja_f@hotmail.com)

PERMALINK www.degerstrom.com/basketball/drills/460/

LAY-UP KNOCKOUT

Instructions This is just a variation of knock-out that I came up with. Every player has a ball. Use the full-court. Start at any corner. Coach starts a player by yelling 'GO'. Once first player has crossed the half-court, start another. Works just like knockout. If player behind makes the layup then person in front is out. First shot MUST be lay-up attempt or they're out. Follow ups can be any shot. Once made then they proceed to the ext basket a th end hey started from. This is a GREAT conditioning drill as well. Teaches kids to shoot lay-ups under pressure. I've don this drill with boys and girls and they both love it!

Submitted by J. Paul Belflower (egmjpb@yahoo.com)

PERMALINK www.degerstrom.com/basketball/drills/461/

Spot shooting

Instructions teams 4/5/6 players each, 2 balls a team
Divide them at the baskets
Line up at the low post, facing the basket
4 spots, low post right, elbow right, elbow left, low post left.
10 shots + 10 lay ups have to be made at each spot.
Loser gets push-ups, winner encourage the loser.
As the eason continues you can get the players to step back a few steps. 3-point range.
2/3 shooting drills each practice. You can use a code word to start the drill. So you can look at their reaction time!

Submitted by Sedney (Mistased@hotmail.com)

PERMALINK www.degerstrom.com/basketball/drills/462/

Roll, fake, and layup

Instructions PLAYER STANDS W/ BALL AT FOUL LINE
HE/SHE ROLLS THE BALL TOWARD THE HOOP
HE/SHE PICKS UP THE BALL NEAR RIM
THE PLR PUMP FAKES AND HEADS FAKES THEN SHOTS APPROP.
LAY UP(RIGHT OR LEFT HAND)
REPEAT 10 X'S EACH HAND

Submitted by Harold A (17 YRS) (crimson_shorgun_21@yahoo.com)

PERMALINK www.degerstrom.com/basketball/drills/463/

3 Point Jump Shot

Description Work on speed and three pointers at same time.

Instructions You need someone who will get the rebounds for you.
Start at the top of the key and sidestep down to the base line, outside of the 3 point line. When you get to the baseline, sidestep back to the top of the key then sidestep to the opposite base line. When you get warmed up have some one pass you the ball as your keep sidestepping from baseline to baseline. Where ever you get the ball, shoot it. Have the person keep getting the rebounds and passing them to you.

Submitted by Josh (Leoni87@aol.com)

Date 2001-11-08

PERMALINK www.degerstrom.com/basketball/drills/464/

5-Minute Shooting

Description Try and make as many shots as possible in 5 minutes

Players At least 9. No more than 15.

Tips Set a goal beforehand and try to have players make that many shots.
This drill gets each individual a number of shots, from game spots in pressure situations.

Variations Can also do behind 3-point arc.

Skills Pressure shooting.

Date 2001-11-27

PERMALINK www.degerstrom.com/basketball/drills/465/

Mental scoring

Description Think of shootig in your dreams and it will come true

Instructions Before going to sleep, imagine yourself shooting shots from all over the court. Imagine yourself doing layups, slam dunks, hook shots, inside and outside the 3 point line, and from the foul line. Even imagine yourself shooting from half court.

Visualize it happening.

Go to sleep.

repeat steps until satisfied .

This won't be a one night thing, it will always that confidence and still practicing to see your progress. It has been scientifcally proven to work.

Players 1 player needed

Tips Think positive, and concentrate and you will succede even better.

Variations You can imagine it with defense, dribbling, offense , passing, rebounding and non basketball things (if you want to get taller, do this, try super hard and try for a long time and it will actually work (no lie)).

Skills Shooting skill

Submitted by Anthony

Date 2001-12-07

Team/school Wm. Floyd

PERMALINK www.degerstrom.com/basketball/drills/466/

Range Increaser Drill

Description Drill to increase a players shooting range.

Instructions Anyone who has seen Duke University play basketball this season knows that the guards (Jason Williams and Chris Duhon) have a deadly long range jumpshot. They can drain a three from basically anywhere across the half-court line. Perimeter players may often times find it difficult to get a shot off from the 3 point line when they are closely guarded. By increasing their range, they will have more 3-point shot opportunities because defenders will not guard them as tightly when they are a step or two, or even several feet beyond the 3 point line. This drill is most effective with 2 players, but it can also be performed with one. Begin with one player standing 15 feet from the basket, and the other underneath rebounding. The rebounder passes the ball to the shooter, who quickly catches and shoots. The shooter then gets his/her own rebound, and passes it to the other player who has now set up for a shot at 15 feet. The two players continue shooting, getting their own rebound, and passing until they have made a combined 5 shots. The shooters then move out to the 3 point line, and make 5 shots together. They then move out at least a step beyond the 3 point line, and as far as the NBA three point line if they have the range. After 5 shots are made, they return to the college three point line and make 5, then make 5 at 15 feet. When the players return to the college 3 point line and the 15 footers, they will seem like easier shots than they did before.

Players 1-2

Tips Players must shoot from different spots at each distance. For example, the 15 foot jumpshots should be shot from the baseline, wing, elbows, and free throw line.

As shooters move out to the 3 point line and beyond, it is key that they they do not change their shots. Players who do not have the strength to shoot these long range shots will tend to sacrifice good form and will start bad habits.

The purpose of begining and finishing the drill at 15 feet is to remind the players that the form should be the same regardless of distance.

Remind players too increase the power under their shot with their legs, not their arms.

Variations With good shooters, the number of shots that must be made from each distance can be increased to 10 or even more.

If only one player is available for the drill, the player must get his/her own rebounds, and then spin the ball to themselves to shoot from each distance.

Skills Proper Shooting form, Catch and shoot

Date 2002-01-02

PERMALINK www.degerstrom.com/basketball/drills/467/

Free Throw Drill

Description Free Throw & conditioning.

Instructions Have a player shoot 10 free throws. However many he misses have the team run that many conditioners. Then have the same person shoot how many he missed the first time, and have them run how many he missed the second time. Repeat until he gets to zero.

Players 1

Skills Free Throw & conditioning.

Date 2002-02-18

PERMALINK www.degerstrom.com/basketball/drills/468/

Shooting Mania

Description This drill teaches to shoot one place which is the back board.

Instructions On this drill you will get a ball. Then you will go to the side of the basket. Then you will shoot in on place. You will keep doing this then you will always hit the backboard at all times.

Players 1

Tips Do not hit different spots on the side of the backboard or else this drill will not work.

Submitted by Gilbert (dick_69_421@hotmail.com)

Date 2002-02-27

Team/school WJSH/Wright Panthers

PERMALINK www.degerstrom.com/basketball/drills/469/

Shooting 101

Description Practice shot and quick release.

Instructions One player starts with the ball under the basket. The other player spots up from any spot on the floor. The ball is passed to the shooter who catches the ball low with his knees bent and shoots a jump shot. He gets his own rebound while the passer now spots up to shoot. after a pass is made get a hand in the shooter's face and go game speed.

Players At least 2.

Tips Stay low ready to catch and shoot, go game speed.

Variations Try a pump fake, one dribble left/right then shot.

Submitted by John Doe

Date 2002-07-10

Team/school Red Birds

PERMALINK www.degerstrom.com/basketball/drills/470/

Challenge Yourself

Description Challenge how many shots you can make out of 5.

Instructions Choose a spot anywhere around the basket. Make a guess of how many shots you can make from there out of 5. Take 5 shots, and count how many you made. Did you meet your guess?

Players 1 or more.

Tips Take your time, and keep your eyes on the target.

Skills Focus, aim, and keeping your setup the same.

Submitted by Kayla, a.k.a. Basketball Girl (willow_grove77@hotmail.com)

Date 2002-07-12

Team/school Bow River, South 4, Milton, Henry Wisewood

PERMALINK www.degerstrom.com/basketball/drills/471/

Run run run

Description You run if you miss.

Instructions You shoot from anywhere. If you swish it you don't have to run. If it hits rim or backboard run to half-court and back. if you completely miss run full-court and back. Shoot 150 shots.

Players 1 or more.

Submitted by Aubrei (mad4elvis@elvis.com)

Date 2002-07-25

Team/school Bulldogs

PERMALINK www.degerstrom.com/basketball/drills/472/

Determinator

Description Shoot till you drop.

Instructions Shoot 10 shots how many you miss you do 10 push ups then repeat try to shoot 200.

Players 1

Skills Shooting

Submitted by Remone Smith

Date 2002-10-17

Team/school Inglewood Sentinels

PERMALINK www.degerstrom.com/basketball/drills/544/

ADVANCED 2-BALL FOLLOW THE L

Instructions DRILL FOR 2 PEOPLE. FIRST PLAYER SHOTS FROM BLOCK. WHILE PLAYER 1 IS SHOOTING, PLAYER 2 IS RUNNING TO HALF COURT AND BACK AND GOIN TO THE SAME BLOCK. SO AFTER YOU SHOT YOU MUST RUN TO HALF COURT AND BACK. THE ROTATION IS RIGHT BLOCK, LEFT BLOCK, RIGHT BASELINE, LEFT BASELINE, RIGHT ELBOW, LEFT ELBOW, RIGHT WING, LEFT WING, THEN SHOOT 4 THREE POINTERS A PIECE. THIS DRILL HELPS YOU SHOOT WHILE YOU ARE TIRED WHILE WORKING ON YOUR RANGE.

Players 2

Skills CONDITIONING, RANGE, SHOOTING WHILE YOUR TIRED

Submitted by UNTITLED

Date 2003-05-26

PERMALINK www.degerstrom.com/basketball/drills/548/

30 point drill

Description A fun and good drill for shooting.

Instructions Frst shoot 5 shots from the first block then 5 from the second block then 5 from the third block than 5 free throws next 5 right handed layups then 5 left handed layups. Don't forget to keep your score.

Players 1

Skills Shooting

Submitted by lucas (Sschultz2@new.rr.com)

Date 2003-06-07

URL [appleton west online clubs](#)

Team/school [appleton west youth 5th grade team](#)

PERMALINK www.degerstrom.com/basketball/drills/551/

5 score

Description Shooting from 3 point line with target of 5 "made" shots

Instructions In teams of 2 or 3 (depending on numbers), split out on either wing of court & at top of key, all at 3 point line. Have up to 3 stations at either end of court.

Shooter rebounds ball & passes to next player who set ups for shot.

Put up shots counting baskets to 5. Once successful, move to next station.

Players Need 8 – 16 and full court

Tips This will certainly help with the outside game as players are putting up many shots from various spots on the court.

Skills This will help with outside shooting & develops a sense of urgency and hustle around the court.

Submitted by Brian Larkin (vslarkin@optusnet.com.au)

Date 2003-06-09

PERMALINK www.degerstrom.com/basketball/drills/553/

Winded Free Throw

Description Increasing Free Throw Percentage

Instructions Line up the players at the baseline.
Have them run full speed to the free throw line (extended) and back, half court and back, opposite free throw line (extended) and back, opposite baseline and back. (Also known as Windsprints or Suicides)
Have them run at least twice to get them winded.
Once winded, have them shot and make 5 free throws.
Repeat the drill at least two more times.

Players 1 or more

Tips Make it a competition by team.

Variations Give them a limited amount of time to do the running portion. Lower the time available as they get in better physical shape.

Skills Making the Free Throw

Submitted by Galin Hernandez (GalinHdz@aol.com)

PERMALINK www.degerstrom.com/basketball/drills/565/

Do or Die

Description Kids shoot free throws

Instructions You have all the kids except one line up on the baseline. The other person shoots a free throw. If he misses the players run to the other end of the court then run back. The first person back is the next shooter. You keep doing this until a kid makes 3 foul shots in a row or when the whole team has shot.

Players At least 5

Skills Free Throws

Submitted by Pedro Springer

Date 2003-06-29

Team/school Smithsburg/ 7th grade traveling team

PERMALINK www.degerstrom.com/basketball/drills/567/

Game shots

Description WANNA SHOOT LIKE A PRO IN TWO WEEKS?...HAVE A RELIABLE MID-RANGE JUMPER?...TEAR UP THE D WITH YOUR ONE-ON-ONE MOVES?...UP YOUR FREE THROW PERCENTAGE?...DO THESE DRILLS THREE TO FOUR TIMES A WEEK...SEE RESULTS ON THE THIRD DAY!!!

WHY SHOOT 2000 SHOTS A DAY WHEN YOU CAN BE A DEADLY SHARP-HOOPER WITH ONLY 550 SHOTS A DAY? I MYSELF CAN ATTEST TO THIS!!! THIS DRILL IS DEVISED BY ME... USED BY ME... AND SHARED BY ME...

Instructions DO THESE SIMPLE DRILLS (MINIMUM OF 9 FEET AWAY FROM THE RING):

Note: best way to do this if you're alone is to toss the ball spinning it backwards, make it bounce once and catch it, then start the drill...

15 FREE THROWS (record how many shots it took for you to make all)

20 SHOTS without dribble (record how many it took to make all)

10 FREE THROWS

20 SHOTS dribble ONCE, shoot

10 FREE THROWS

20 SHOTS fake left, ONE dribble to right, shoot

10 FREE THROWS

20 SHOTS fake right, ONE dribble to left, shoot

10 FREE THROWS

20 SHOTS dribble TWICE, stop and pop

10 FREE THROWS

20 SHOTS catch and shoot

10 FREE THROWS

20 SHOTS dribble ONCE towards left, cross over to right, shoot

10 FREE THROWS

20 SHOTS dribble ONCE towards right, cross over to left, shoot

10 FREE THROWS

20 SHOTS fake left, spin counter-clockwise, shoot

10 FREE THROWS

20 SHOTS fake right, spin clockwise, shoot

10 FREE THROWS

20 SHOTS fake ONCE, shoot

10 FREE THROWS

20 SHOTS lay-up, left side

10 FREE THROWS

20 SHOTS lay-up, right side

10 FREE THROWS

20 SHOTS low post moves, left side

10 FREE THROWS

20 SHOTS low post moves, right side

10 FREE THROWS

20 SHOTS one-on-one moves towards left

10 FREE THROWS

20 SHOTS one-on-one moves towards right

10 FREE THROWS

10 SHOTS anything

15 FREE THROWS

AFTER THESE, YOU HAVE MADE EXACTLY 550 TOTAL SHOTS WITH 200 FREE THROWS AND 350 DIFFERENT KINDS OF SHOTS.

DON'T FORGET TO CHECK YOUR PROGRESS!!! IMPROVEMENT COMES AFTER THREE DILLIGENT DRILL SESSIONS!!! FOR QUESTIONS, CONTACT ME AT pinoyballer16@yahoo.com.

Players 1

Skills Taking game situation shots

Submitted by Ryan Guzman (pinoyballer16@yahoo.com)

Date 2003-07-03

PERMALINK www.degerstrom.com/basketball/drills/571/

Around the world in 70 shots

Description A draining shooting drill that makes a player shoot on tired legs.

Instructions You take 5 shots from every spot you would in the game around the world (This includes the 3 point shot). The player rebounds his own shot and tries to finish as quick as possible.

Players 1

Tips Make sure the player hustles and uses proper form. This will give you a good look at who is a real shoot and who has heart.

Variations You can start it from inside or outside.

Skills Makes a player shoot on tired legs and concentrate on proper release and form on their shot.

Submitted by Aaron Ayala

Date 2003-07-24

PERMALINK www.degerstrom.com/basketball/drills/580/