

Iowa City West Shooting Drills

Form drills

#1. L Extension- Player each have a ball and spread out equally around at all the baskets. The players set the ball in their shooting hand with their palm facing the sky. They get a big hand (keep the ball off the palm) and move the ball to the proper L shooting position but they will shoot 1 handed (don't add the guide hand). They will shoot 10 shots like this. All shots are 2 feet in length. The goal is to work on the correct form and follow through early in a shooting session

#2. Perfect Shot- we often follow L Extension drill with this. The players will take a step out to the 5-foot area and add their guide hand. The goal is to maintain proper form and shoot swishes. They will shoot 10 of these as well.

#3. Feel Goods- we put the players in pairs and we have them shoot 10 shots at a time or we put 2:00 minutes on the clock and we rotate every 30 seconds. This is a form shooting drill and I want the shooter to shoot from spots where he will make 6-7 out of 10 attempts. The rebounder throws the shooter a good pass, the shooter catches the ball ready to shoot (10 toes to the rim, knees bent, hands ready calling for the ball). The goal is that each player shoots 20 form shots, makes at least 12 and feels good about his shot.

#4. VB Jumpers- We do VB's in the same manner as feel goods, the only difference is that on the catch, the shooter will pound the ball 1 time with his shooting hand and let the momentum of the pound take him into a shot. As with Feel Goods, we want the shooter to get in positions where he will make 6-7 shots out of 10.

#5. Rapid Fire Jumpers- We get players in group of 3's at each basket. The shooter has a ball and one of the 2 rebounders has the other ball. We usually put 2 minutes on the clock and rotate shooters every 20 seconds until everybody has shot twice. The rebounders will keep feeding the shooter balls above their head and the shooters will shuffle in an arc 5 feet from the basket. The rebounders need to hit the shooters shooting hand so he can react and put up the shot without resetting the ball

#6. Groove Free Throws- Groups of 3's again. One person is shooting, one is handing the shooter the next ball and one player is rebounding. The shooter will get the ball waist high and go directly to his shot (no dribbling, moving feet etc.). He will shoot 10 shots and then the players rotate. They should be able to get in 2 sets of 10 shots each in 3 minutes.

#7. Groove Shooting- Same as Groove Free Throws except you can do it from any spot on the floor.

#8. Roll Ball shooting- Partners with 1 ball, 10 shots each. Roll ball to each other, rebound your own shot. Do not bounce the ball, roll on ground.

Live Drills

#1. Intensity shooting- Have players partner up. One partner starts with the ball with head under basket. The other partner is out of bounds and counting made baskets. The shooter goes for 1 minute and takes 2 dribbles away from the goal and shoots, rebounds his own shot and then takes 2 dribbles away from the goal. The goal is 10 makes in 1 minute. Roles are then switched

#2. Rocker step layups- Every player has their own ball and they dispersed equally at all the baskets. Players are spinning the ball out to simulate a v-cut and catch on the perimeter. On the catch, they get in triple threat position and work on their rocker step moves. We stress that they real moves, be great actors, take game shots at game speed. The other thing we really look for are players that really go somewhere with one dribble. Players will mix up mid range jumpers and at the basket finishes.

#3. Elbow to Elbow Shooting – 30 seconds. Keep score

Competitive drills

#1. 5 Spot Shooting-

* 4 Minutes on clock

* 3 Players, 2 balls per basket (like Olympic Shooting)

* 5 Spots: Wing, Corner, Corner, Wing, Top of Key

* Must make 8 baskets at each spot to move on (do not have to be in a row)

* Once 8 baskets are made at all 5 spots (40 total makes), the group continues at the top of key to get as many extra baskets in the remaining time

- 3 people per hoop (could use 4 if needed, still only 2 balls)

- Each basket is ranked from 1 (best shooters) to 5 (challenged shooters) for added competition (if 5 groups of 3)

* To move up a basket:

1) Beat the team in front of you by 10 or more, or

2) Beat the team in front of you two times in a row

- Your minimum team goal should be above even (even= 40 makes) Example:

1) Group # 1 completes 4 spots and has made 5 baskets on the 5th spot (top of key)

Group # 1 = -3

2) Group # 2 completes all 5 spots and makes 5 more 3's (at top of key)

Group # 2 = +5

3) Group # 3 completes all 5 spots, but makes no extra 3's

Group # 3 = Even

4) As a team (add up all scores)

Team Total = +2

#2. 7 Make Shooting- This is a shooting drill that is competitive. We divide the team into equal groups of 3-4 and put 1 ball with each group. You can have 2 teams shoot at a

basket so on one side court, you could have 4 teams shooting at once. Everybody shoots from the same spot until 1 team makes 7 baskets from that spot. If the shooting team makes a shot, that is one. If they make the next one they are at 2. If they miss 2 in a row, they go back to 0. When one team makes 7, every team transitions down to the other end and shoot at the same spot. After shooting at the same spot at each end, the team goes to the other end and shoots at the next spot. We keep track of wins and hand out rewards for losses.

#3. Bird Drill- 2 minutes and 3 players and 2 balls. Must make 2 in a row at 10 spots

#4. Bethel Shooting- we do this almost every day and we chart it. 2 minutes, 3 players and 2 balls. Shooter must make 5 shots at each spot to move to next spot. Goal is to make 25 shots in the quickest time possible. Score is number made or time completed.

#5. FT Golf- Shoot in pairs. 2 shots at each basic (6 baskets total). You can go 9 holes or 18. 9 holes is one time around the 6 baskets. Par is 36 for 9 holes and 72 for 18 holes. Each shot is worth the following: 0 points for a miss, 1 point if it hits the side rim first and goes in, 3 points if it hits the front or back first and goes in and 5 points for a swish.