CONDITIONING DRILLS

Shooting under pressure or at the end of the game shows the difference between a champion and a normal player. The champion will hit the basket, whilst the normal player will miss it. We must practice shooting whilst fatigued. We use special drills to improve footwork quality. The quality of footwork determines the quality of the shot. We use the following drills with players who did not play much in the previous game. Plus, we emphasize work without the ball like changes of pace and direction.

SHOOTING

TRIOS DRILL

O1 receives the ball at the free throw line, turns, takes a shot, rebounds his own shot and passes to O3. O2 as soon as he passes to O1, sprints to touch the baseline, comes back and gets the ball from O3.

Developing the drill: We change the passing angle maintaining the same organization and rotation of players.
The receiver fakes a shot, takes one dribble and shoots a jump shot.

SHOOTING

THREE SHOTS

The shooter starts from the left corner, touches the half court line, comes back to the basket, receives a pass from the coach to shoot a lay-up. He sprints to the right elbow, receives a pass again and shoots. He moves quickly to the right corner, gets one more pass and takes a three point shot.

Note: Repeat the drill starting from the opposite corner.
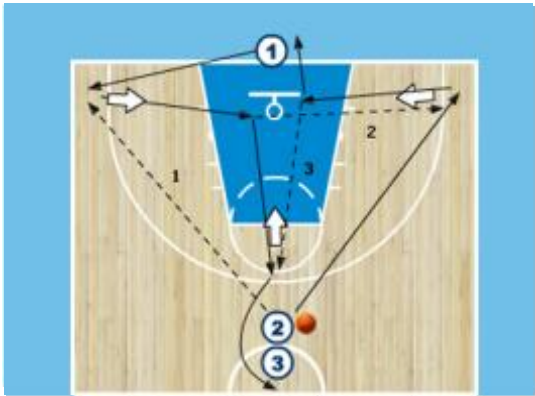
SHOOTING

TWO CORNERS
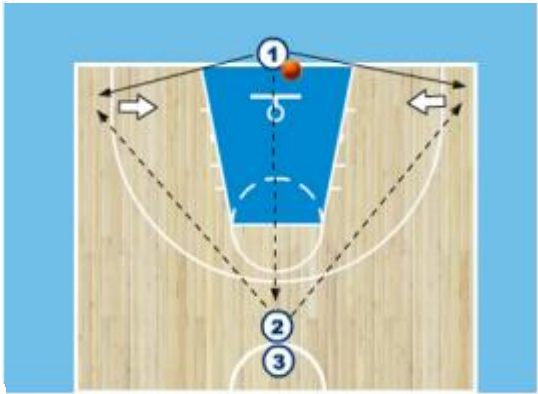
A drill for perimeter players. O1 starts under the basket; he pops out towards the corner, gets a pass and shoots, rebounds the ball and passes to O2. O1 sprints again to the opposite corner, receives a pass, shoots, rebounds and goes to the other line.

SHOOTING

TRIANGLE

Another drill for perimeter shooters and especially for three point shot development. Players practice shooting from the corner and from the top of the key. O1 goes to the corner, receives a pass, takes a shot, rebounds the ball and passes to O2. O1 continues on to the top of the key. O2 after the pass to O1 runs to the opposite corner. He receives a pass, shoots, rebounds, and passes back to O1. After the second shot, O1 goes to the central line, O2 starts from the corner and so on.