

# THE TRIPLE THREAT

## SHOOTING

### DRILLS

#### HALF CIRCLE



From a basic stance shoot from a couple of meters distance. Every player has a ball; they shoot in a row from left to right. The coach in front of them is giving advice such as:

1. Bend your knees.
2. Full body extended.
3. Extend your arm.

They rotate after each round by one spot. We want them to shoot from all of the positions around the basket.

Develop the drill: we put pressure on the players, if as a team they miss two shots in a row, they must sprint full court and back. As coaches we study the shooting form of our players. We do this especially during their free throws. We study them from three different angles:

1. In front.
2. Behind.
3. Lateral (shooting arm side).

# THE TRIPLE THREAT

## SHOOTING

### THREE LINES



We use this drill in order to check our teams shooting form. The player's line up in three lines, everybody has a ball, one meter away from the basket. They must bend their knees, bring the ball up and shoot it. We give two instructions: "ONE" mean bend knees and "TWO"-a full extension of the body. When we are satisfied with the shot, we bring the player one meter further out and so on. The natural development will be: one step and shoot, two steps and shoot, three steps and a half court lay-up.

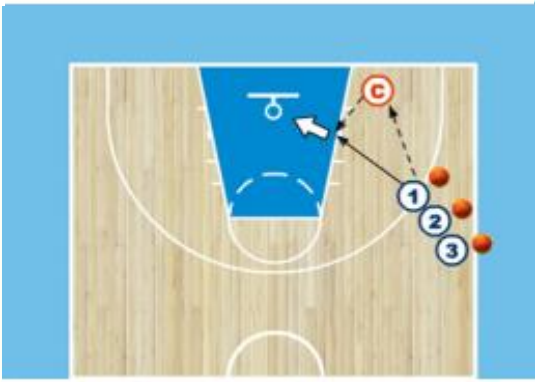
#### A) One Step and Shoot

Players are split in three lines; the first player is a couple of meters away from the basket. From a basic stance the player must plant their left foot and raise their right foot bringing up the ball and shooting it. We emphasize that this coordination of right knee with right elbow is made with an imaginary rope keeping them together in order to raise them up toward the rim. The shooter rebounds the ball and changes lines clockwise.

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### B) Two Steps and Shoot

We put a mark on the floor (a bag, a towel, a cone) and we set players on the three point line. The player passes the ball to the coach and goes towards him. The coach stays on the spot holding the ball; the player on the mark extends his right leg and grabs the ball from the coach's hands. He steps right, then left and takes a shot.

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### THREE LINES



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### C) Three Steps

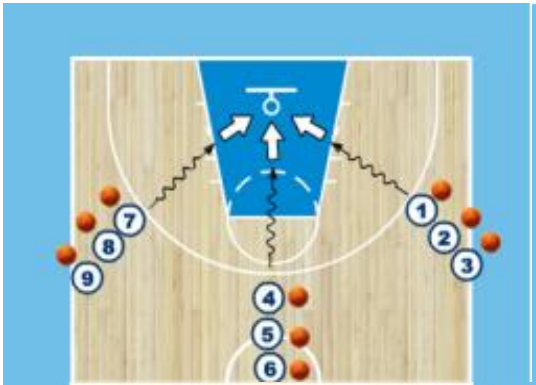
Players must learn to perform a dribble and their first step simultaneously. They must have and execute the rhythm of ONE, TWO, THREE and finally take a lay-up. A couple of common mistakes are: raise the ball up too much when they start dribbling and also watching the floor. When they drive to the basket they must see the net all the time.

**NOTE:** use the backboard and shoot with the strong hand on the left side too.

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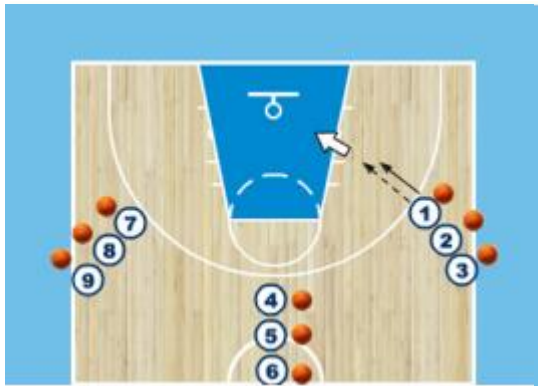
### D) Half Court Lay-ups

Players are at the half court line, we explain the importance of a rhythm for shooting lay-up correctly. We then encourage them to practice it. Develop the technique: we organize a contest among the three lines. The first team to score 10 baskets wins the contest.

# THE TRIPLE THREAT

## SHOOTING

### SARACHECK



With this drill we develop a natural jump shot. We want players to be well balanced with their feet square towards the basket all the time. They are forced to bend their knees in order to be ready to shoot.

We develop this drill using four steps:

1. IN FRONT.
2. LATERAL.
3. SLIDE.
4. BEHIND.

#### 1. "IN FRONT"

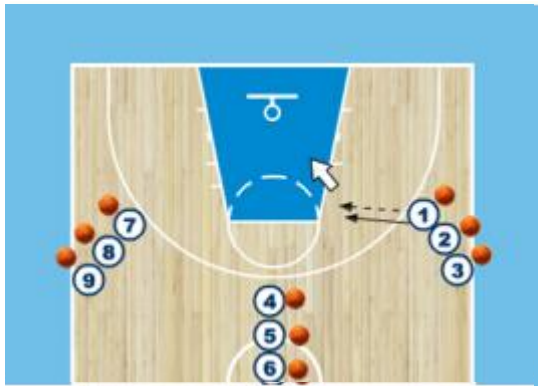
Three lines, everybody with a ball. Players throw the ball in front with one bounce, catch it and shoot it.

Rebound and rotate clockwise.

# THE TRIPLE THREAT

## SHOOTING

### SARACHECK



### 2. "LATERAL"

Now players throw the ball to their left, catch it landing with their feet squared toward the basket and shoot it . Same by throwing the ball to their right.



### 3. "SLIDE"

Hand off from the first player to the second player and he starts sliding toward the basket. Teammate throws a bounce pass, the slider gets the ball turning 90° to be square to the basket and takes the shot.

# THE TRIPLE THREAT

## SHOOTING

### SARACHECK



**PAY ATTENTION TO DETAIL:** if the ball is thrown behind the slider, he must open to the ball by turning  $270^\circ$  in order to take the shot with correct balance.



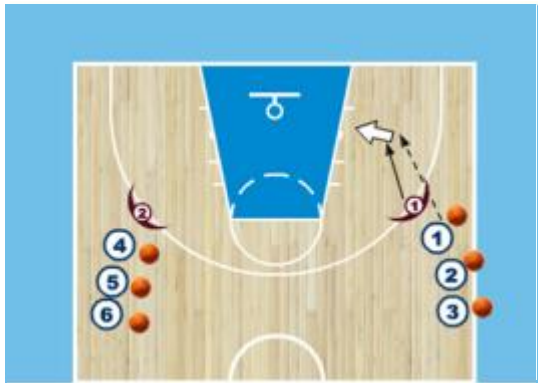
This is a good practice for footwork. Open to the ball with a left reverse pivot  $180^\circ$ , catch the ball and square up to the basket with a  $90^\circ$  pivot again.



# THE TRIPLE THREAT

## SHOOTING

### SARACHECK



#### 4. "BEHIND"

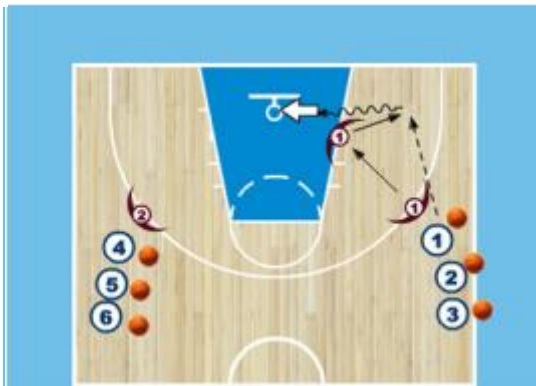
The shooter gives the ball to the player behind him and starts skipping, he must watch in front of him.

His team mate throws the ball wherever he wants to in the direction of the basket. The shooter must see the ball, catch it under the rules and shoot it. Same rotation as before.

# THE TRIPLE THREAT

## SHOOTING

### PASS AND MOVE



We work on the four different possible pivots, pass and move, change of pace, popping out, passing and catching, and different types of shots. Players are divided in two lines. The first player in line does not have a ball.

The two players at the front of the lines go at half speed towards the basket and then stop. Using one of the four different pivots they pop out asking for the ball with the ten fingers rule. They catch the ball and go to the basket. We change the finishing move every 2 minutes.

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## SHOOTING

The following eight drills all start from the right wing (imaginary foul line extended).

- A. Drive and lay-up.
- B. One dribble jump shot. (dribble towards the middle)
- C. Two dribbles jump shot. (dribble towards the baseline)
- D. Reverse lay-up. (dribble underneath the basket and shoot a reverse lay-up)
- E. Drive and hook shot. (dribble towards the middle and shoot a hook shot)
- F. Reverse spin and bank shot. (dribble towards the middle execute a reverse spin dribbling and shot a bank shot)
- G. Double reverse spin dribble. (dribble towards the baseline first, execute a reverse spin dribbling, the drive to the middle and execute a second spin dribbling, shoot a jump shot)
- H. Drive and fade away shot. (dribble towards the baseline and shoot a fade away shot)
- I. Shooting from favorite positions (guards three point shot, forwards two or three point shot, centers shot close to the basket)

**NOTE:** they cannot miss the shot (there is no defense) otherwise they have 5 push-ups.

# THE TRIPLE THREAT

## SHOOTING

### EDBAH



We develop our shooting program with the following drills:

We use this drill as a warm up drill because even when we practice shooting, we do not forget about defense.

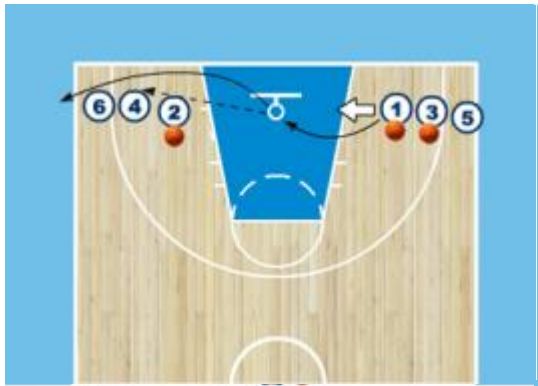
Two groups of players line up. The offensive player dribbles at half speed back and forth. The defensive player slides with him and contests the shot with his left hand. After the shot defender boxes out and gets the rebound. The shooter will become next defender.

With this simple drill we generate many repetitions of shots, dribbling, boxing out and defensive slides. As usual you can practice this drill on both sides of the court.

# THE TRIPLE THREAT

## SHOOTING

### TWENTY ONE



Two teams of six players each on the baseline on both sides of the floor. We start on the side where we have two balls. The first player in the line shoots, rebounds, passes opposite and goes to that line.



The first team to score 21 baskets wins the drill and we proceed to the second spot: wing position.

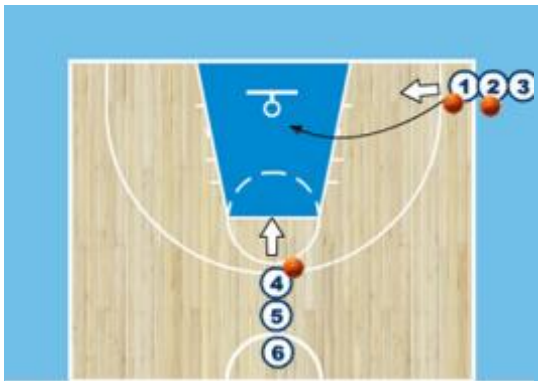
# THE TRIPLE THREAT

## SHOOTING

### TWENTY ONE



The third position is the GUARD position.



The next step is to shoot from three point range from one corner and from the top of the key. Develop the drill: the passer shades the shooter and later on we touch, hit, bother the shooter trying to create game like situations (dirty defense).

# THE TRIPLE THREAT

## SHOOTING

### PLUS THREE



This is a contest between two teams: one ball per team. They start shooting at the sound of the whistle and when one team reaches three baskets difference ahead of the other wins the drill. The losing team sprints full court and we have a revenge drill switching sides.

# THE TRIPLE THREAT

## SHOOTING

### **SMALL GUYS vs. BIG GUYS**



We have the same rules as before but small guys take shots from three point range and big guys from the elbow.



# THE TRIPLE THREAT

## SHOOTING

### PRINCETON SHOOTING

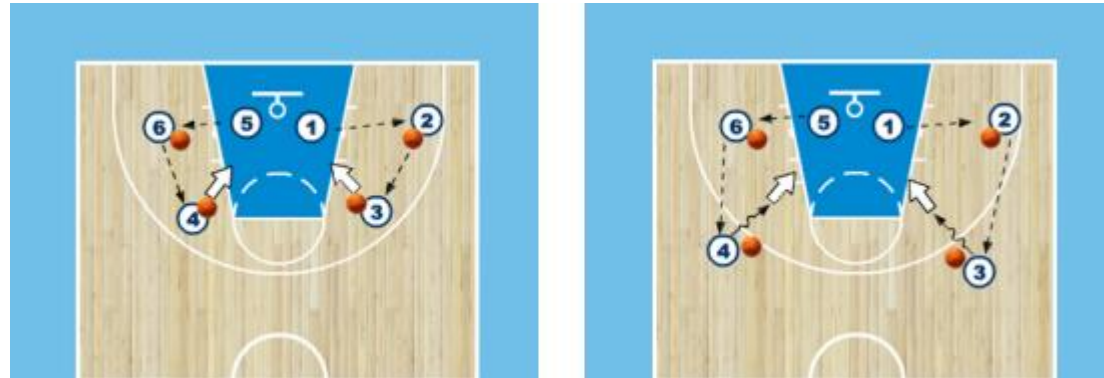


Everybody has a ball except the first player, who starts the drill. He runs to receive a pass from the opposite line . He shoots, rebounds the ball and goes to the opposite line. Here we move both lines. The shot will be taken from the elbow area.

# THE TRIPLE THREAT

## SHOOTING

### TRIOS

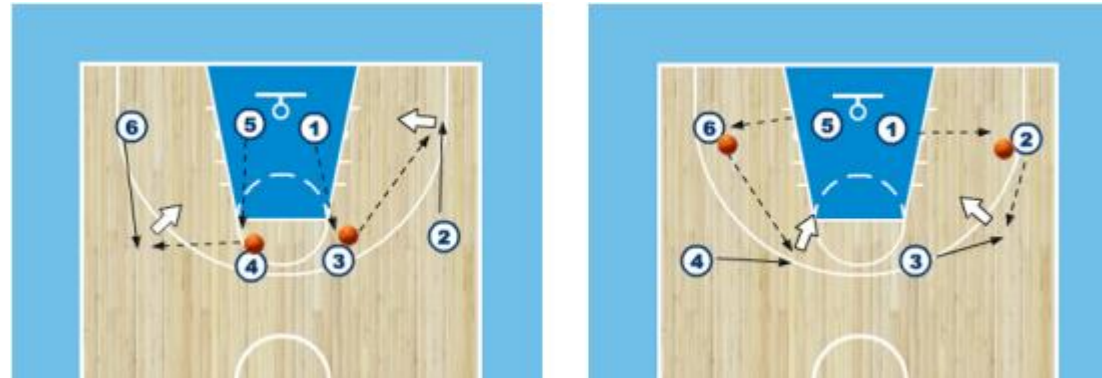


On both sides we have three players with two balls per group. A rebounder, a passer and a third player will take 10 jump shots in a row. The passer in order to put psychological pressure on the shooter counts loud the hits and misses during the drill. After 10 shots they rotate and after 30 shots they switch sides with the other group of three. Here the shooter takes one dribble before shooting. This is the second step of the drill.

# THE TRIPLE THREAT

## SHOOTING

### RECEIVING

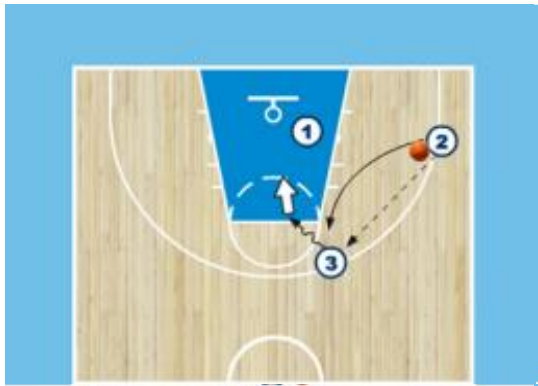


The shooter receives the ball while moving **HIGH-LOW** or **LEFT-RIGHT**.

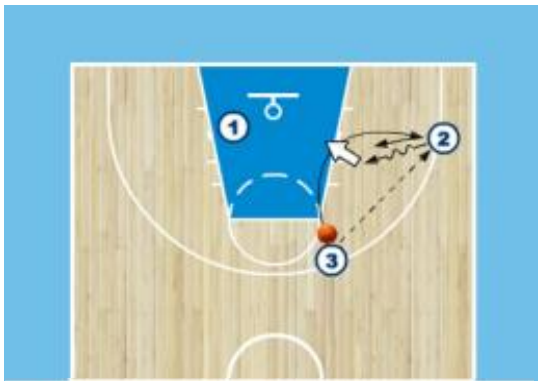
# THE TRIPLE THREAT

## SHOOTING

### READING



Same organization as before but now we have a game like situation. The passer must pass and follow his own pass landing close to the receiver.



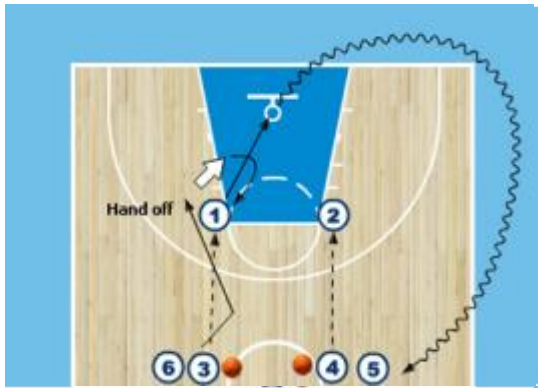
The receiver must read the feet of the defender and beat him on his weak side taking a shot after one dribble only. We develop this drill with one last step: the passer plays regular defence on the receiver.

The receiver must play an aggressive one-on-one and make one of two decisions only: either shoot immediately or take a one dribble jump shot.

# THE TRIPLE THREAT

## SHOOTING

### IRKUTSK



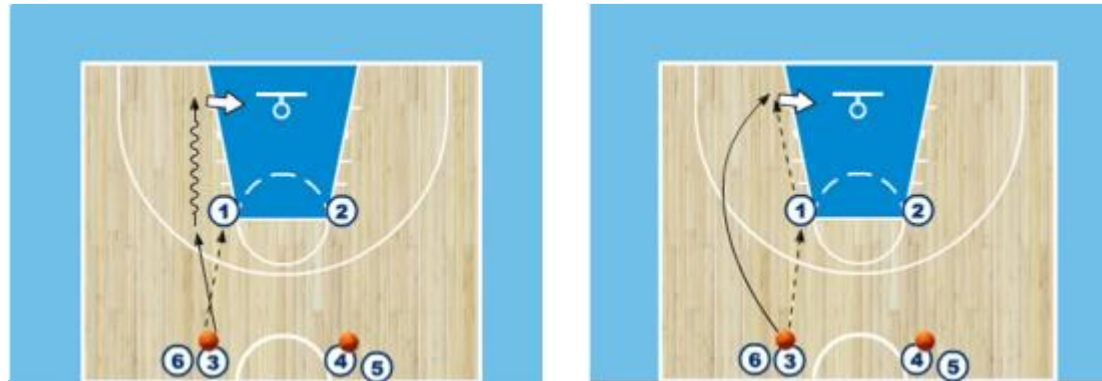
We set up two lines of players with a ball at the half court line and two players without a ball at the elbows. The passer follows his own pass towards the receiver, changes direction, receives a hand off, takes a couple of dribbles and shoots a bank shot. We can take a lot of different shots and develop the drill by adding defense. After the pass, the passer on the elbow plays defense against the dribbler, and then boxes out after the shot.



Rotation: the receiver after the hand off pass goes for the rebound and dribbles to the line on the opposite side, the shooter replaces the receiver – with the other rebounder doing the same job. Emphasize the use of the 10 FINGERS RULE for anyone receiving a pass and a correct 180° pivot in order to execute a good pass. Developing the drill: THREE POINT SHOT.

# THE TRIPLE THREAT

## SHOOTING



Develop the drill:

- A) Shooter takes a jump shot from the baseline.
- B) Dribble toward the baseline, reverse spin and shoot a fade away.

# THE TRIPLE THREAT

## SHOOTING

### PHANTOM



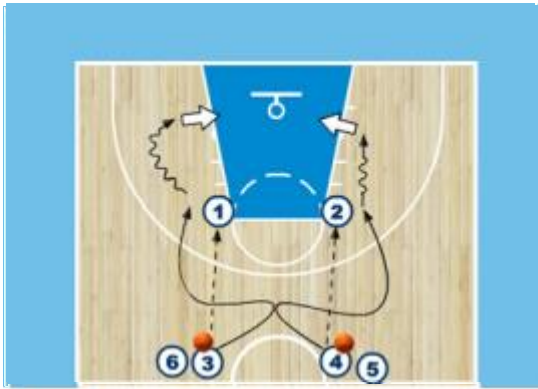
Follows the same symmetric pattern. Pass, change of direction, hand off, a couple of dribbles and the passer will box out acting as a defensive player.

**BEWARE:** even if the main target is to take the shot, the receiver must perform a defensive slide and box out the shooter. He does not physically block out but acts as a phantom...

# THE TRIPLE THREAT

## SHOOTING

### **SIMULTANEOUS**



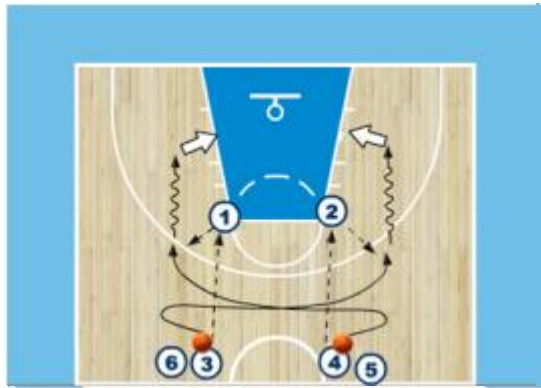
Now two passers must use their peripheral vision and pass at the same time, they must block each others' player out. Shooters still perform a reverse pivot, receive the hand off pass, and take the shot they like.



# THE TRIPLE THREAT

## SHOOTING

### CROSSING



After a simultaneous pass, the two players fake one way, cross the court to the other side, get the ball and take their favorite shot.

# THE TRIPLE THREAT

## SHOOTING

### ONE ON ONE



The receiver tosses back a bounce pass to the shooter and plays one on one. The shooter is allowed a maximum of two dribbles before shooting the ball. We see the beginning on the left side and the end of the play on the right side.

**NOTE:** Do not forget defense. If you want to emphasize your defensive principles: fan baseline, funnel middle or play straight up.

# THE TRIPLE THREAT

## SHOOTING

### TWO MISTAKES



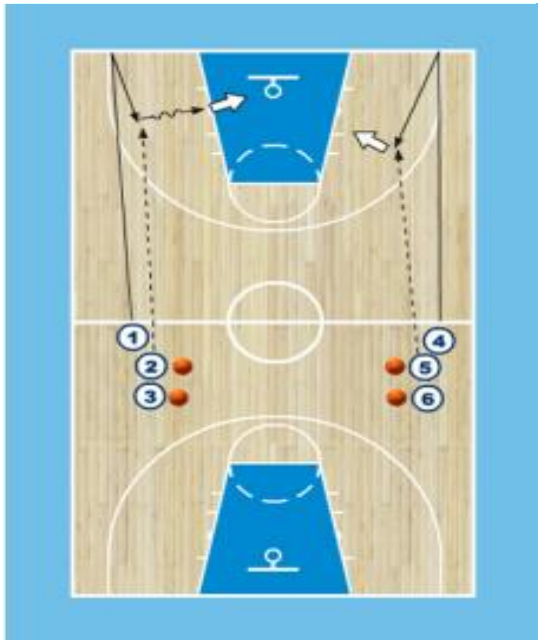
A very simple, yet effective drill. We have all of our players on a unique line, everybody with a ball. We put a mark onto the floor (tape, cone or chair). Players take their shots in a quick sequence and they go to the back of the line. Rule: two mistakes in a row and players are out. The last three remaining players are the winners of the contest. We play a repetition in order to have a revenge for the losers.

Develop the drill: TEAM CONTEST. All players compete as a team. Apply same rules as before, when the team misses two shots in a row they must sprint full court. There is an extra psychological pressure as a team.

# THE TRIPLE THREAT

## SHOOTING

### 10 FINGERS



Organize players in two lines at half court. Everybody has a ball except the first player in each line. Players execute a different shot every two minutes while running at half speed...

Players without a ball sprint and touch the baseline, they come back asking for the ball with ten fingers; they catch the pass and score a lay-up. The passer repeats the same – sprints to baseline, touches the baseline, comes back, catches the ball, drives, shoots and switches lines.

# THE TRIPLE THREAT

## SHOOTING

### 10 FINGERS



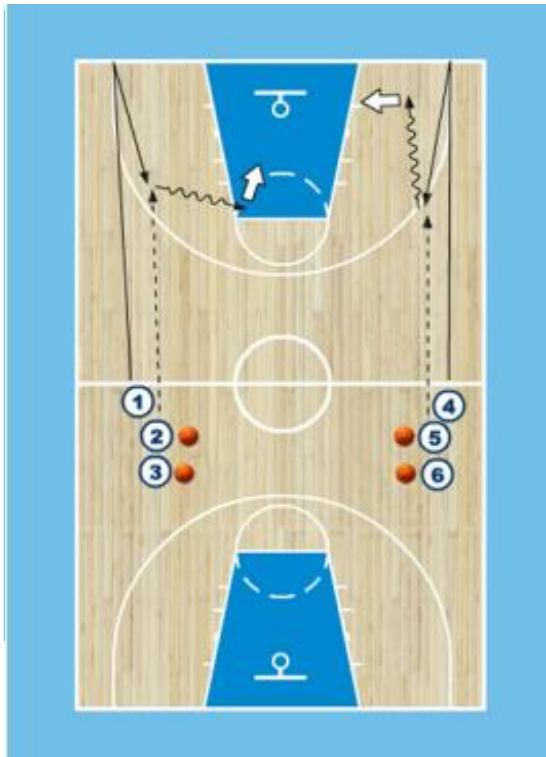
#### a) REVERSE LAYUP

As he gets the ball, the player drives baseline using his outside hand. We have traffic underneath the basket so players are forced to have a correct reaction to it.

# THE TRIPLE THREAT

## SHOOTING

### 10 FINGERS



CENTRAL & BASELINE

### b) JUMP SHOT (CENTRAL POSITION)

As he gets the ball, the player drives inside the key. He stops with a parallel stance and takes a jump shot.

Ensure that feet are square towards the basket.

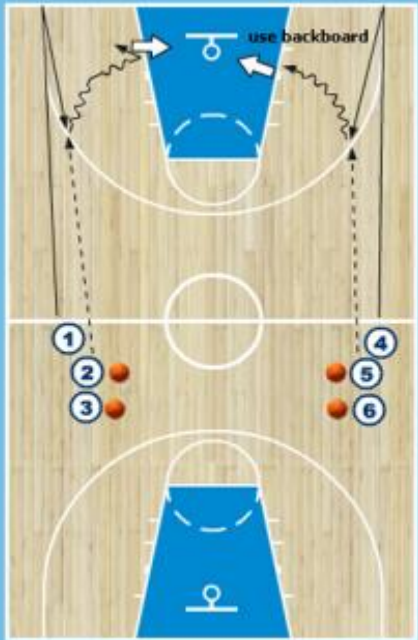
### c) JUMP SHOT (BASELINE POSITION)

Players, as they catch the ball, drive baseline and fire a jump shot squaring their feet to the basket.

# THE TRIPLE THREAT

## SHOOTING

### 10 FINGERS



FADE AWAY & Bank Shot

#### d) BANK SHOT

Players get the ball and drive towards the elbow. They perform a reverse spin dribble, stop and shoot a bank shot.

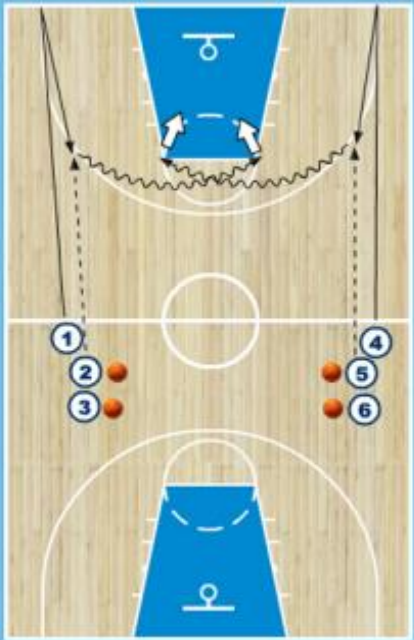
#### e) FADE AWAY

Dribbling toward the basket changing hands and fading away, players stop and shoot the ball. Players must watch the net at all times.

# THE TRIPLE THREAT

## SHOOTING

### 10 FINGERS



### f) CROSSING

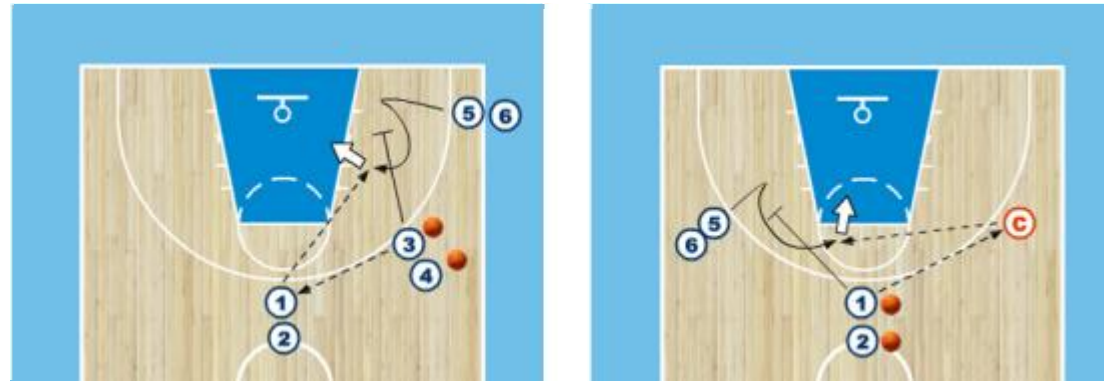
In order to have more traffic, players will take a jump shot after crossing past each other.



# THE TRIPLE THREAT

## SHOOTING

### USE THE PICK

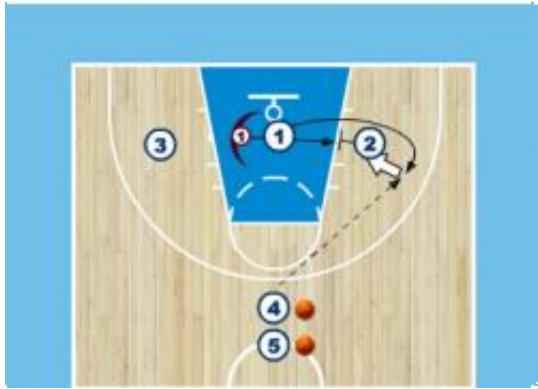


Three lines, the ball starts in the middle. We start by using a pass and go away from the ball. The corner man fakes baseline, uses the screen, pops out to receive the ball and takes a jump shot. Everybody rebounds the ball and goes to the next line rotating clockwise. Develop the drill: to get more shots, we use the coach as the passer.

# THE TRIPLE THREAT

## SHOOTING

### READ THE DEFENCE



We use this drill because we want our players to take shots from three different angles. Three players are inside the three point line without the ball.

We must imagine three different reactions of the defensive player:

1. Defense hits the pick: POP OUT at a 45° angle.

2. Defense follows behind: CURL INSIDE.



# THE TRIPLE THREAT

## SHOOTING

### READ THE DEFENCE

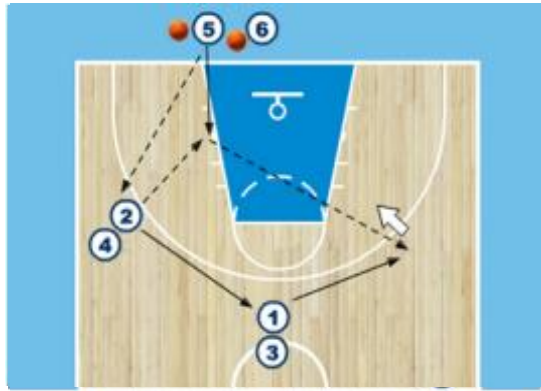


3. Defense goes over the pick: FADE TO THE CORNER.

# THE TRIPLE THREAT

## SHOOTING

### CLOCK



Big guys line up behind the baseline, guards and forwards fill the other two lines. Big guy starts by passing to the forward and posts up on the left low block. The forward passes the ball back to him and goes to the middle line. The middle man fades away and will get the third pass and take a shot. Big guy rebounds and goes back to the baseline line. With this drill we want to emphasize one more time the principle of **PASS AND MOVE**.

# THE TRIPLE THREAT

## SHOOTING

### HIT THE GAPS



There are two lines of players, everybody with a ball. Three defensive players (usually coaches, because they know what is needed in this drill).

The three defenders move at random from left to right and players must read the situation and make a good choice: drive to the basket or shoot from the outside.

# THE TRIPLE THREAT

## SHOOTING

### PRINCETON SHOOTING



Everybody has a ball except the first player, who starts the drill. He runs to receive a pass from the opposite line. He shoots, rebounds the ball and goes to the opposite line. The target of this drill is for players to practice taking a shot **IN THE MIDDLE** and **IN THE GAPS** of a zone defense.



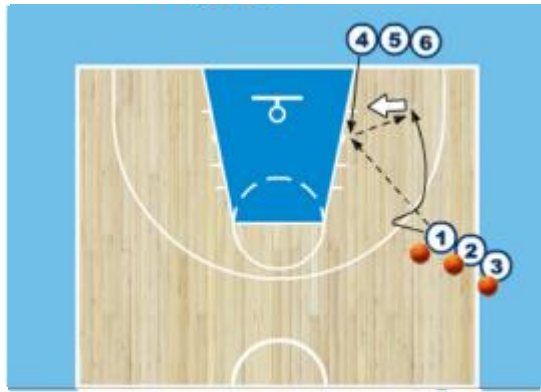
Develop the drill: **FILL THE GAPS**. Everything is as before, with one line in the middle of the court. The player with the ball dribbles to the left, in the meantime the player on the right side moves filling the gap between X1 and X3. He receives a pass from O3 and takes a shot.

We run this drill to practice the movement of the two perimeter offensive players against a zone defense. The dribbler must freeze one defender; whilst his team mate must split the two defenders.

# THE TRIPLE THREAT

## SHOOTING

### GUARDS SHOOTING

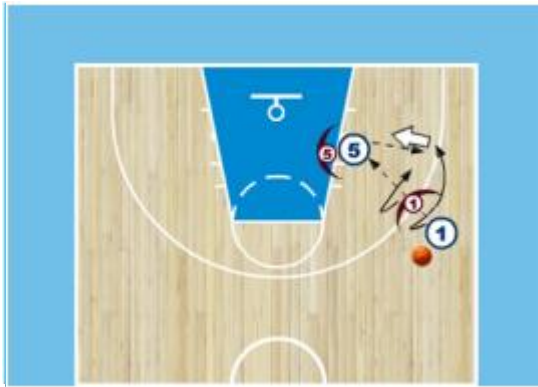


We organize the players in two lines at the guard position on the three point line, each player with the ball. The guards pass to their team mate jumping into the right low post position. As soon as the pass is made, the guard can move left or right for a pass back. He gets the ball and shoots it.

# THE TRIPLE THREAT

## SHOOTING

### SHOT SELECTION



Two -on- two in a game like situation. As soon as the ball goes inside, X1 must “dance” back and forth between O5 and O1. The offence must read the defense and make a good shot selection. Switch offence and defense.



# THE TRIPLE THREAT

## SHOOTING

### DUEL



It is a duel between big guys and small guys. Small guys shoot from three point range, big guys shoot from the elbows. Each team has only one ball. Whoever scores 21 points (each basket one point) first, wins the duel.

# THE TRIPLE THREAT

## SHOOTING

### ELBOW



Players must dribble the ball, cross over in front of the body, and shoot from the elbow. The shooter rebounds and passes to the line he came from, but goes behind the opposite line.

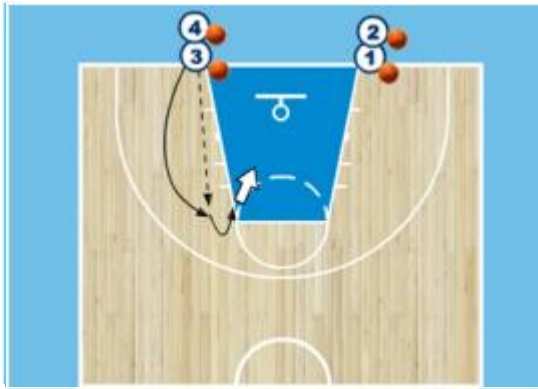


Option: Shooting towards the baseline. Same as before, but players attack the baseline instead of the elbow. The drill can be run as a team contest.

# THE TRIPLE THREAT

## SHOOTING

### FOUR PIVOT

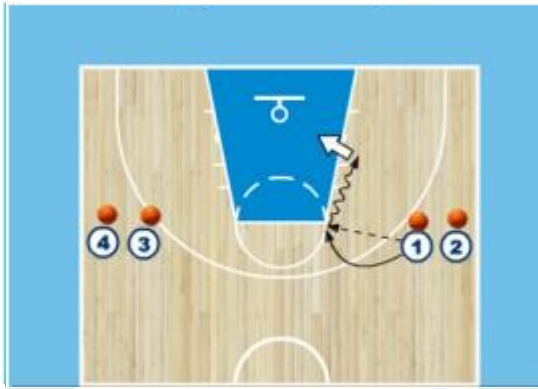


Two lines of players, everybody has a ball. They toss the ball in front of themselves, catch it and come to a stop. We work on the four pivot foot. Players shoot in a balanced manner and change lines.

# THE TRIPLE THREAT

## SHOOTING

### SELF PASS

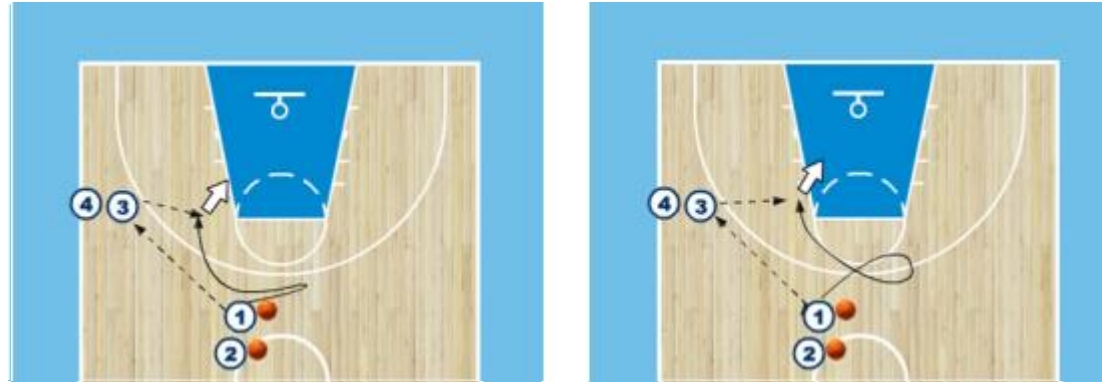


Players set up in two lines, at the sidelines, free throw line extended. Everybody has a ball. They toss the ball in front of themselves, catch it and come to a stop. They **pivot up the key**, cross over, dribble baseline and take a jump shot. Players rebound their own shot and go to the opposite line.

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## SHOOTING

### FOOTWORK

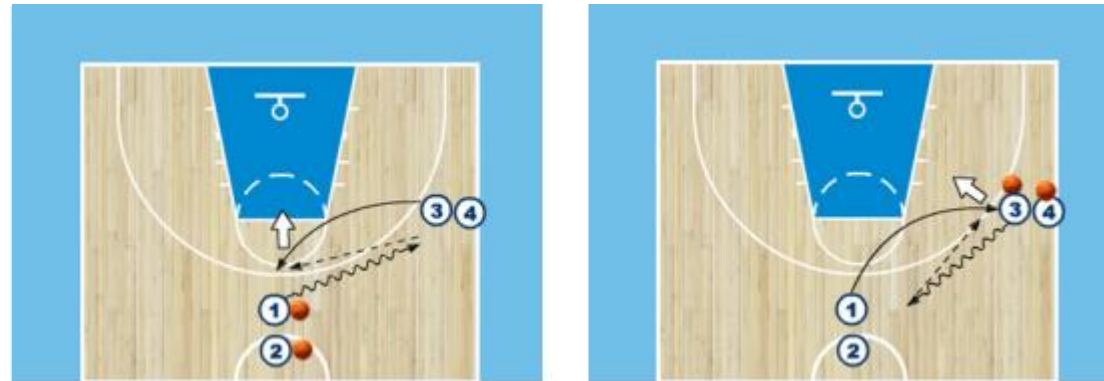


Guards make a pass to the forwards on the wing. Guards fake middle and then come back to receive a pass, stop and shoot. The change of direction after the fake can be made as a direct cut or can come after a loop. Drill must be run on both sides of the court.

# THE TRIPLE THREAT

## SHOOTING

### REPLACE



Here we have specific footwork. O1 dribbles towards O3. O3 must curl watching O1, receive a pass from him and take a shot. The same drill being run with the ball starting at the wing.

# THE TRIPLE THREAT

## SHOOTING

### FAVOURITE SPOTS



Same as the earlier drill, but with a second pass added. The shooter chooses to shoot from his usual spots. The big guys should shoot close to the basket, forwards from two point range and guards from three point range.