



# Shooting Machine Drill Book



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## Shooting Machine Drill Book - Contents (cont.)

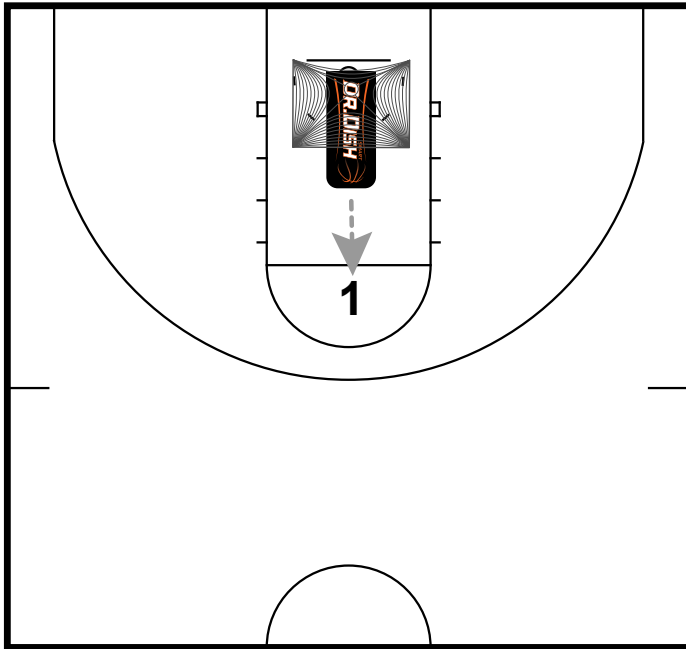
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# Individual Workouts

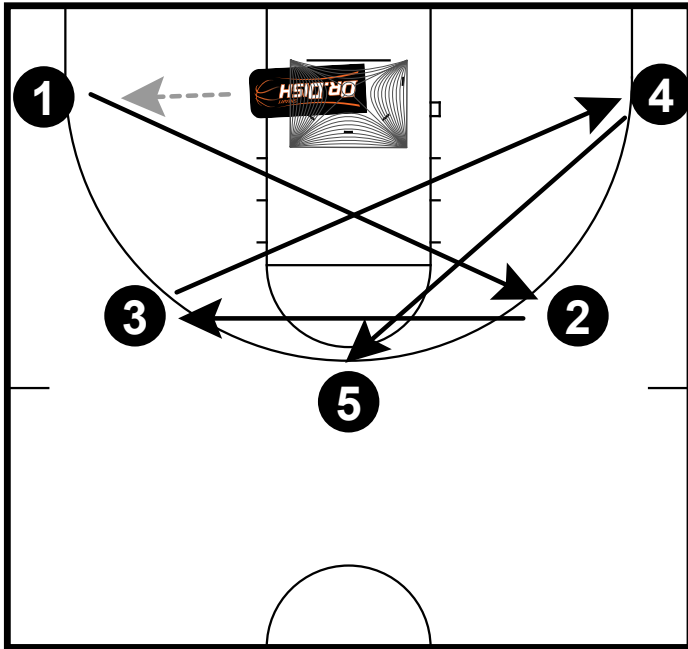
1:00 FTs  
Drills



Adjust the speed of the shooting machine to as fast as comfortable for the free throw shooter. Set 1:00 on the clock. Keep score of how many made FTAs in 1:00.

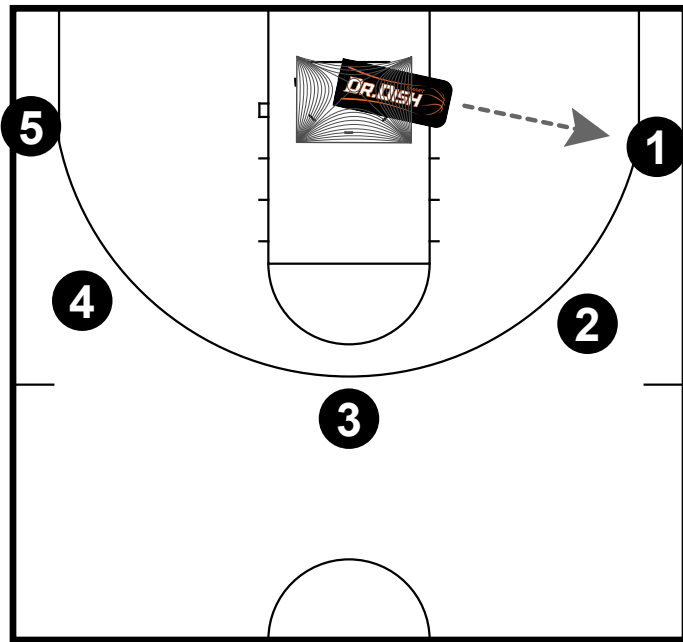
# Individual Workouts

5 Star Shooting  
Drills



# Individual Workouts

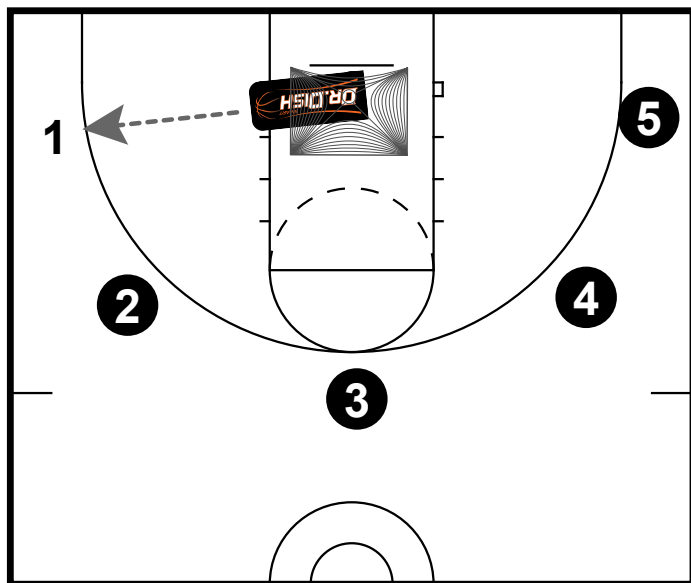
## 32 Point Drill Drills



The drill will have the player taking 3 shots from each spot.  
The first shot, worth 1 point, is a floater just outside the paint.  
The second shot, worth 2 points, is a one-dribble pull up jump shot.  
The third shot, worth 3 points, is a catch-and-shoot 3PA  
The drill finishes with 2 free throws, each worth 1 point.  
(There are 32 possible points)

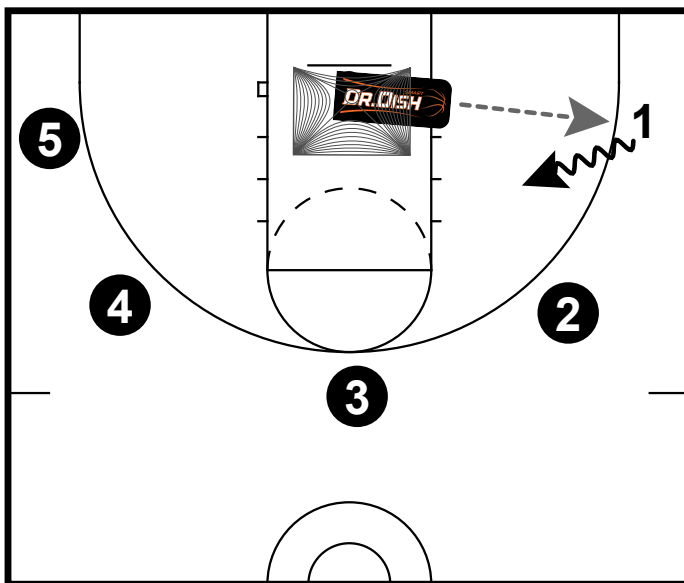
# Individual Workouts

37 Point Shooting  
Drills



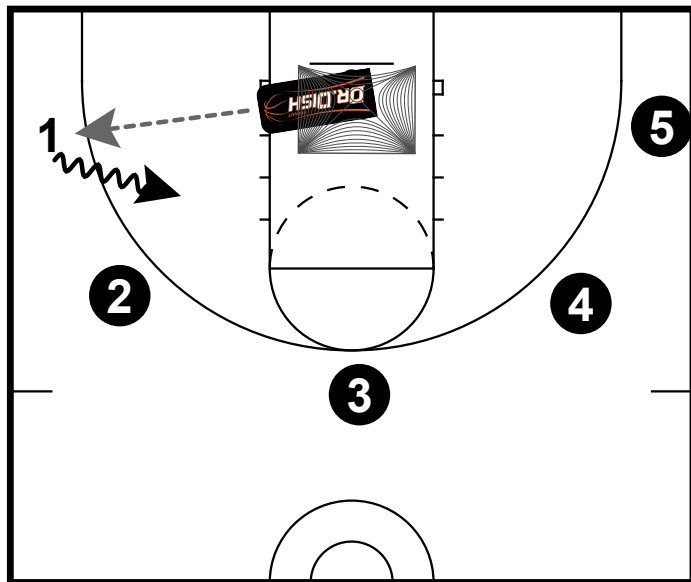
The player will shoot 1 catch-and-shoot 3PA from each of the 5 spots.

37 Point Shooting  
Drills



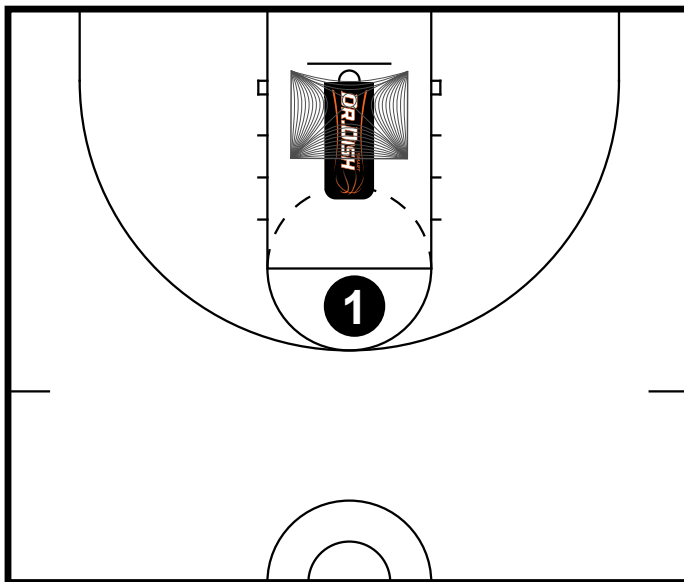
The player will shot fake, rip through to their left, then shoot a mid-range jumper off a 1 dribble pull-up

37 Point Shooting  
Drills



The player will shot fake, rip through to right left, then shoot a mid-range jumper off a 1 dribble pull-up

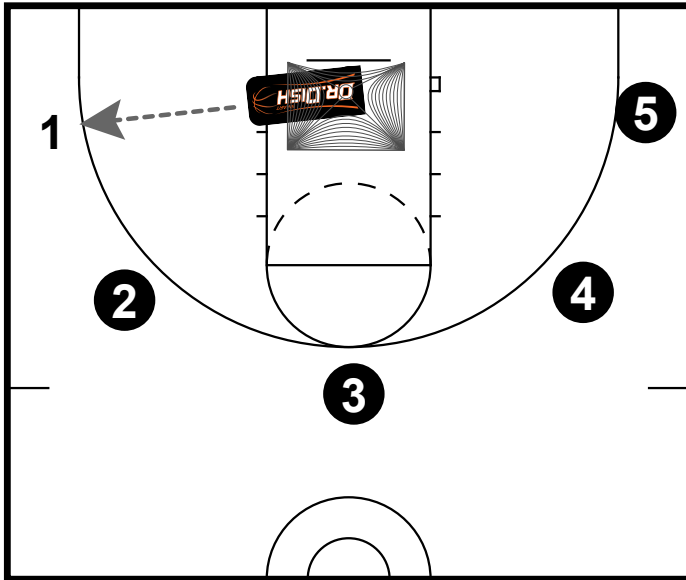
37 Point Shooting  
Drills



The drill finishes with 2 FTAs.  
(A total of 37 possible points)

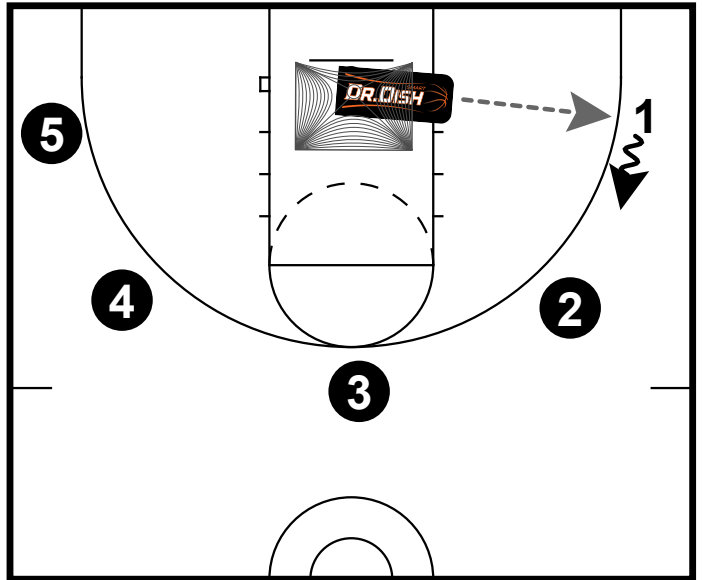
# Individual Workouts

47 Point Shooting Drills



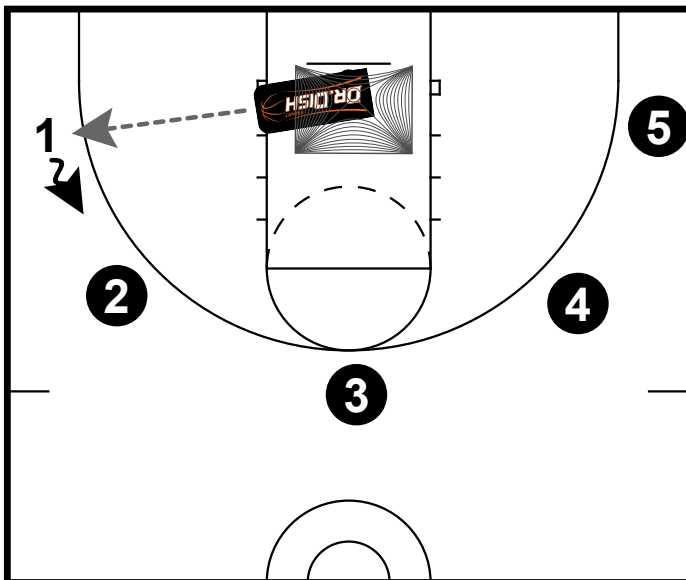
The player will shoot 1 catch-and-shoot 3PA from each of the 5 spots.

47 Point Shooting Drills



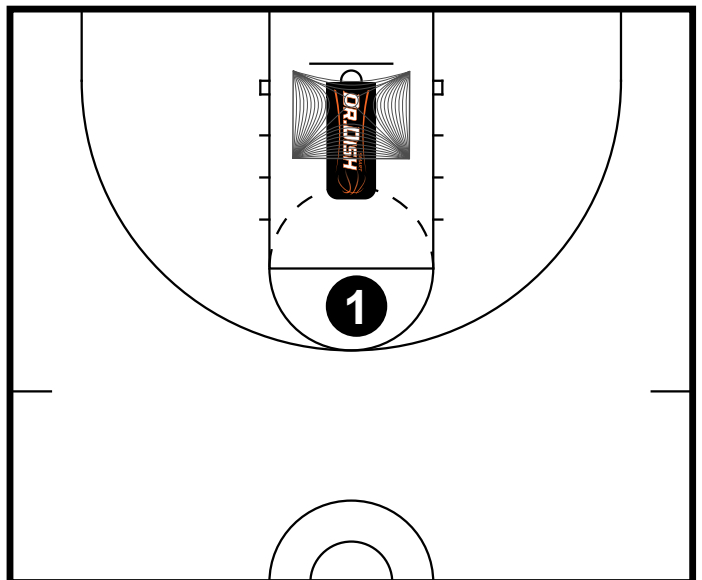
The player will shot fake, escape dribble left, then shoot a 3PA.

47 Point Shooting Drills



The player will shot fake, escape dribble right, then shoot a 3PA.

47 Point Shooting Drills

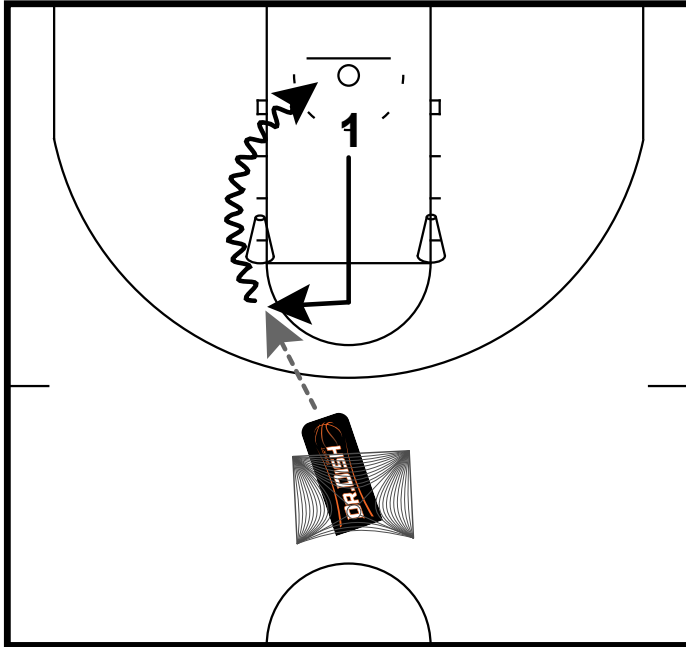


The drill finishes with 2 FTAs.  
(A total of 47 possible points)

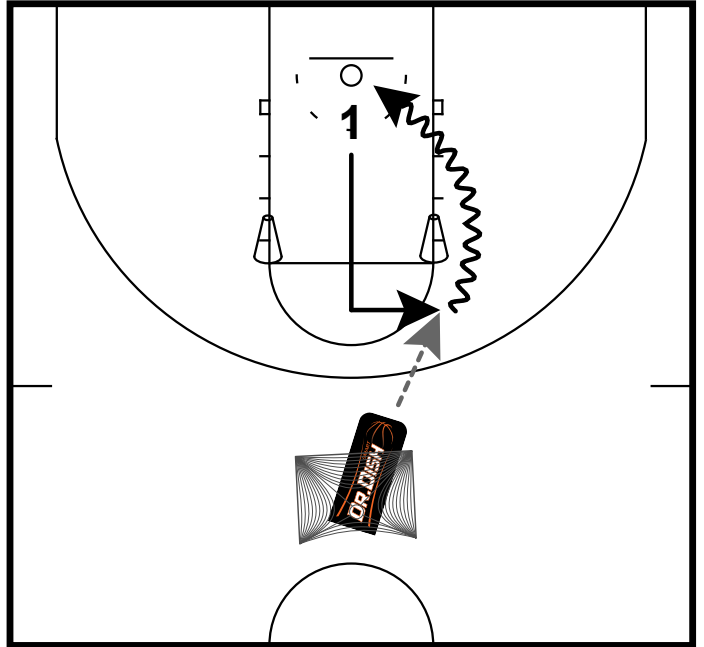


# Individual Workouts

L-Cuts  
Drills

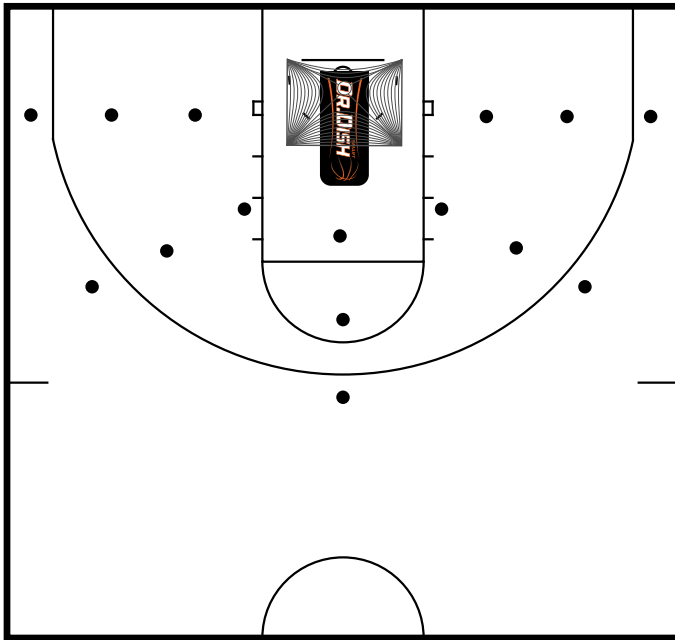


L-Cuts  
Drills



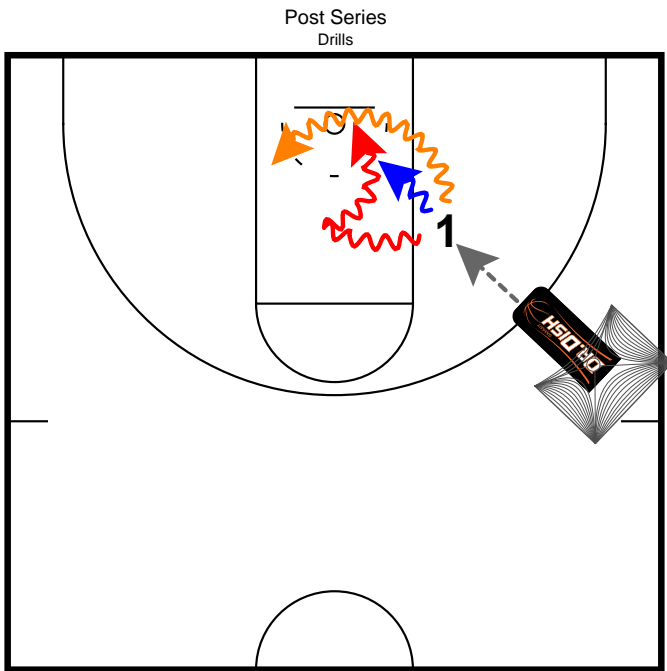
# Individual Workouts

## Level Up Shooting Drills



- The drill will begin in the corner, on the spot closest to the basket. The player must make a floater before moving to the next level (mid-range jump shot).
- On a make, the player moves up to the next level (3PA).
- On a miss, the player will move down a level.
- Add another element of competition to better players by timing how quickly they can complete all 15 shots.

# Individual Workouts



For this drill, place the Dr. Dish on the wing, behind the three-point line. Begin with the player on the block, facing the Dish. The player will receive three passes:

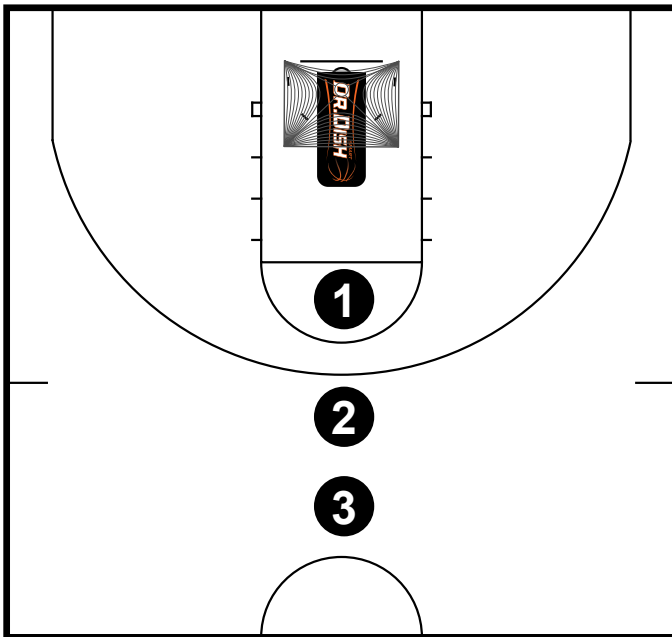
Orange: Catch, reverse pivot, rip through, finish with a reverse layup

Red: Catch, front pivot, middle drive, spin, finish

Blue: Catch, back down, finish at the rim

# Individual Workouts

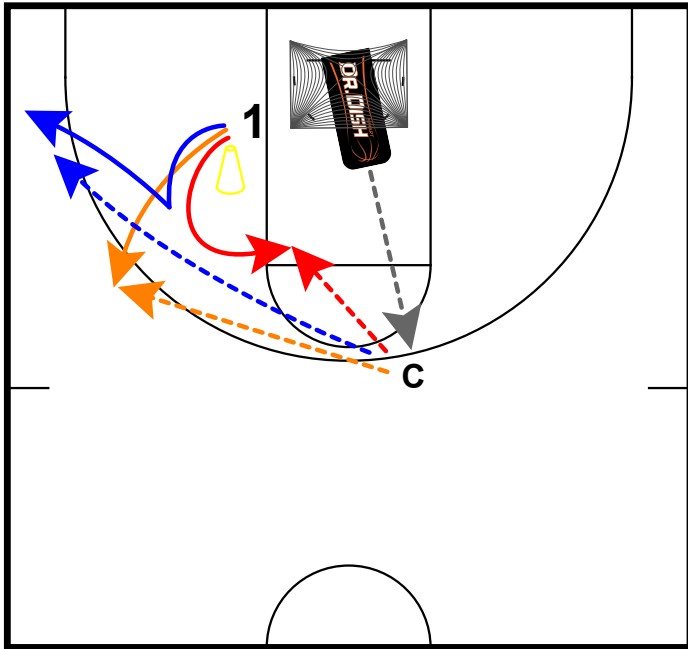
## Ray Allen Shooting Drills



- Players shoot from 3 spots over the course of 2:00.
- Begin at spot #1 and take 3 shots (each worth 1 point)
- Move to spot #2 and take 2 shots (each worth 2 points)
- Move to spot #3 and take 1 shot (worth 10)
- Move back to spot #1 and begin the cycle again
- Continue until the 2:00 is up

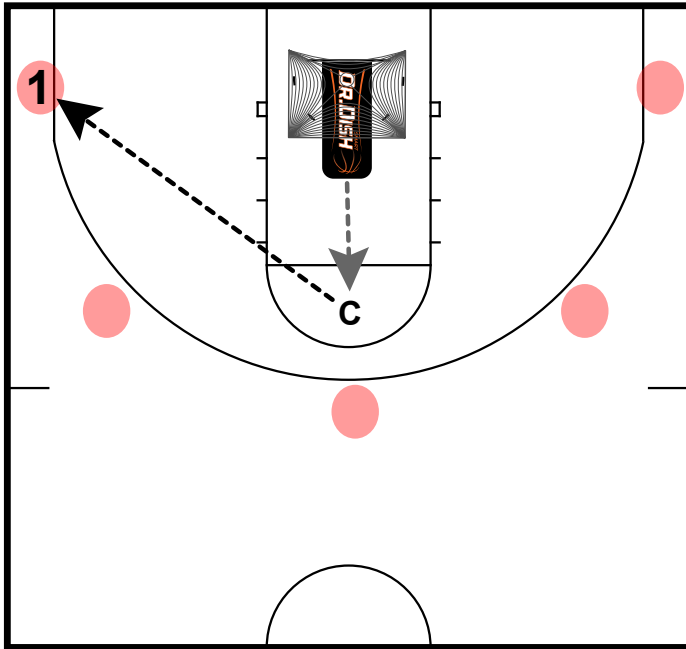
# Individual Workouts

Shooting off Screens  
Drills



# Individual Workouts

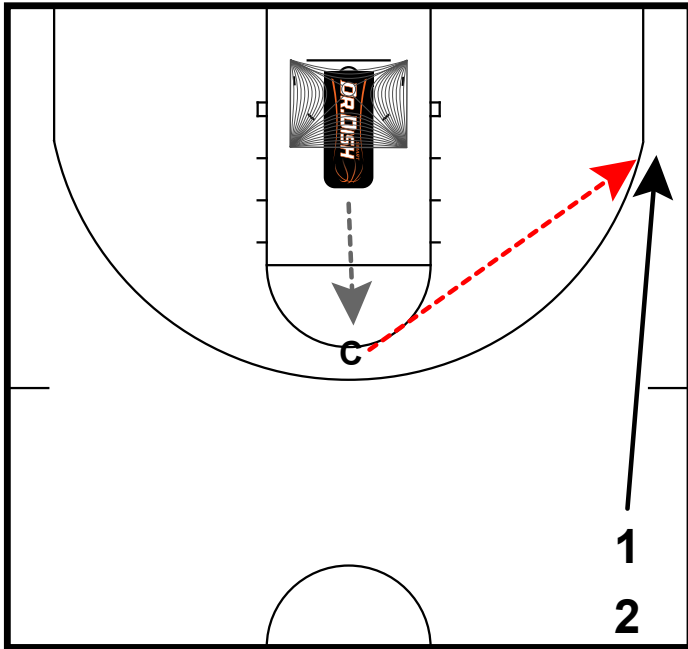
## Timed Shooting Drills



The shooter must make 2 shots at each spot before moving on to the location. After finishing the 5th spot, the shooter moves to the top of the key and must make 5 shots.

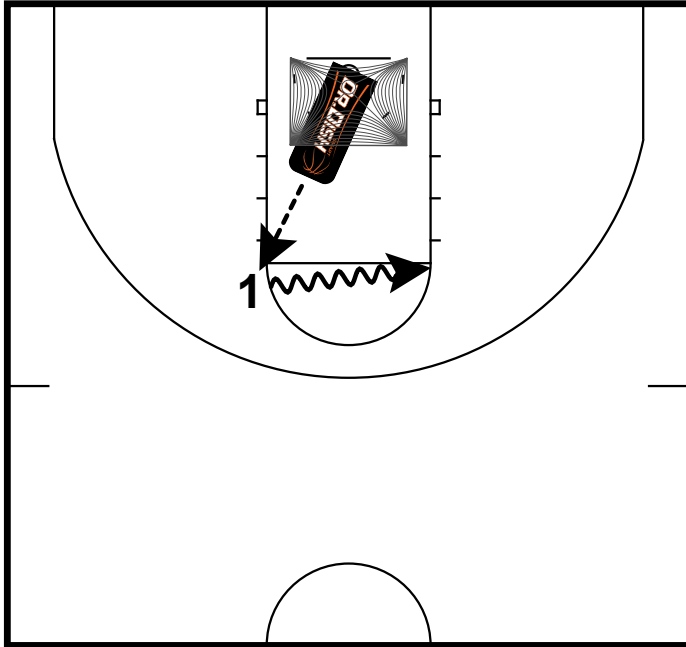
# Individual Workouts

## Transition Shooting Drills

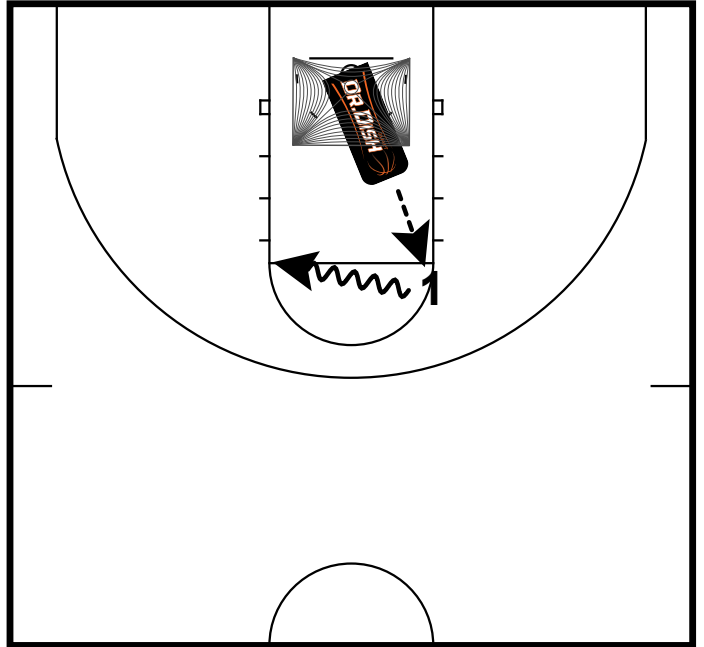


# Individual Workouts

Two Dribble Pull Up  
Drills



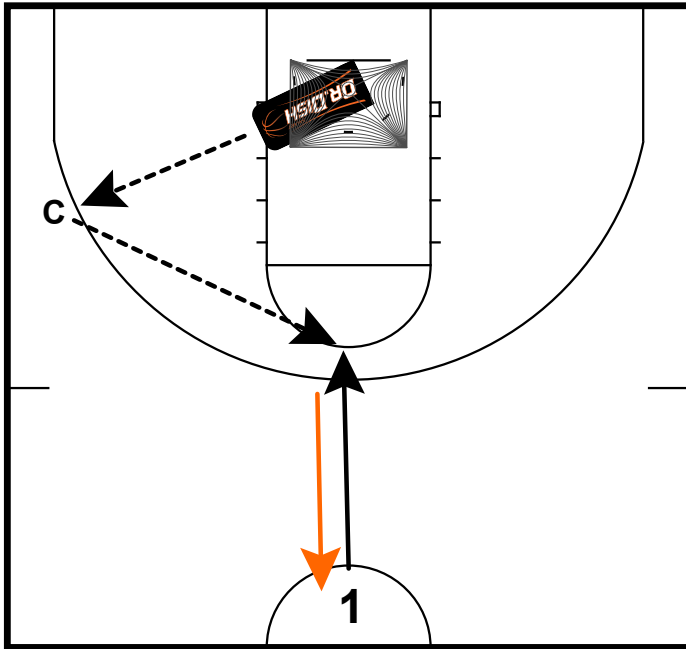
Two Dribble Pull Up  
Drills





# Individual Workouts

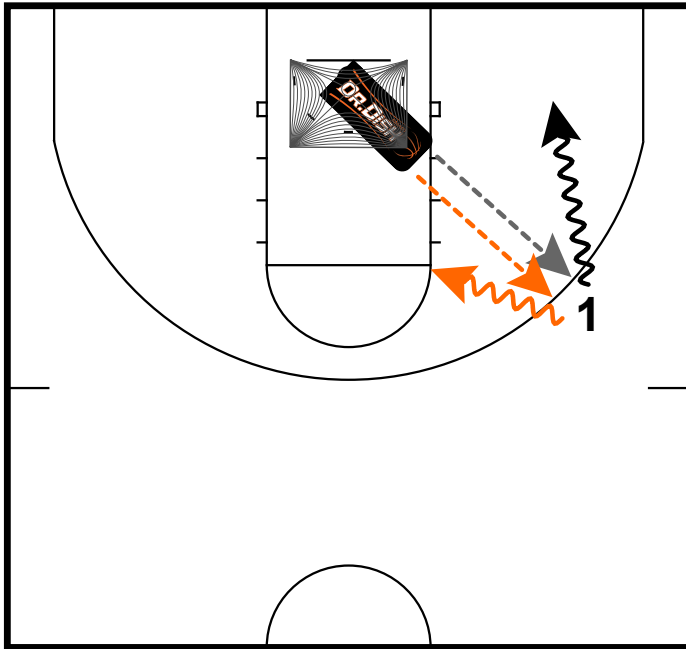
## Up and Back Shooting Drills



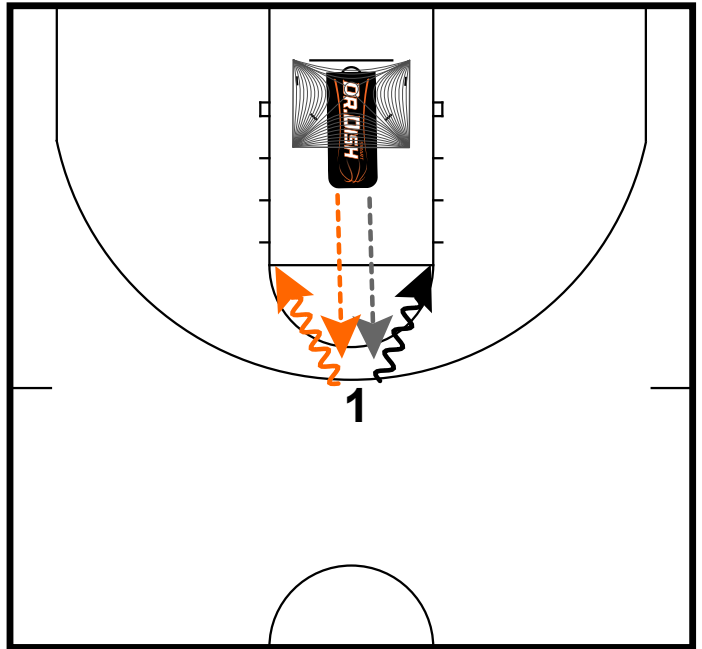
The player begins at half court. On the Dish's pass out to the coach, the shooter moves to the top of the key for a shot. After the shot, the player backpedals to half court for the next rep.

# Individual Workouts

V Shooting  
Drills

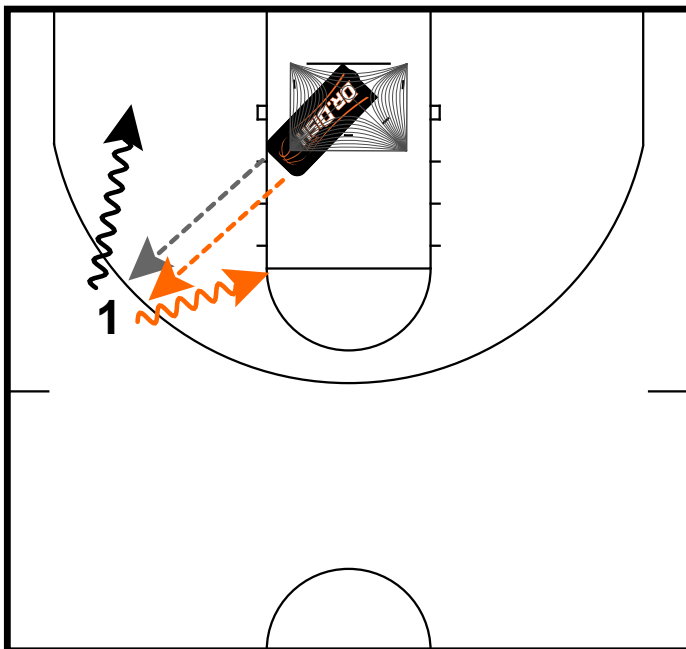


V Shooting  
Drills



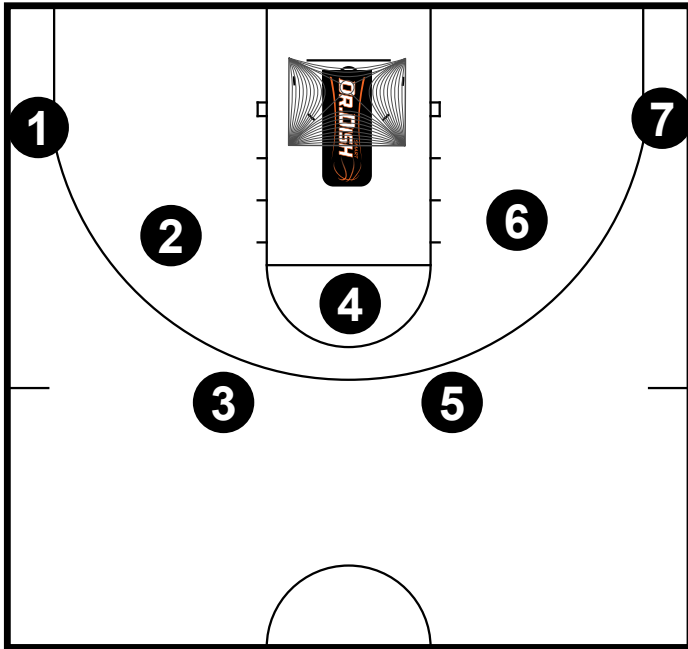
On the catch, the player takes a one dribble pull-up to the right, then returns to the starting position for a one dribble pull-up to the left.

V Shooting  
Drills



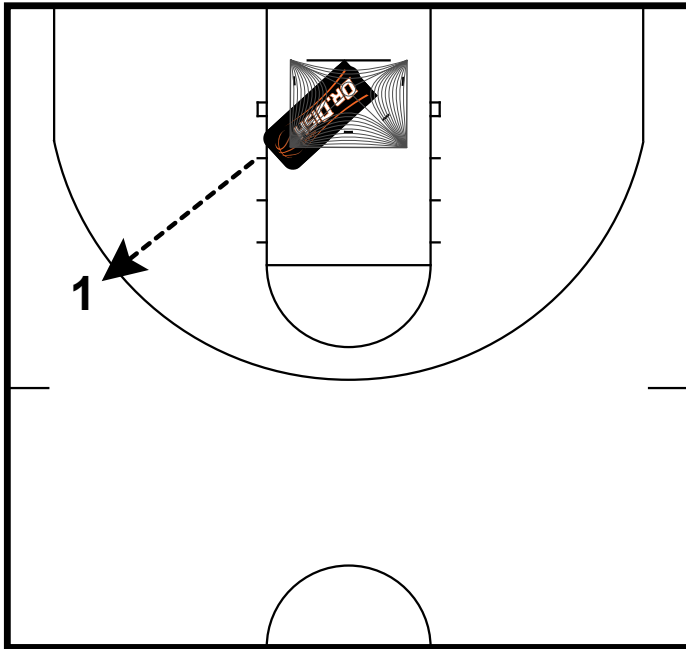
# Individual Workouts

W Shooting  
Drills



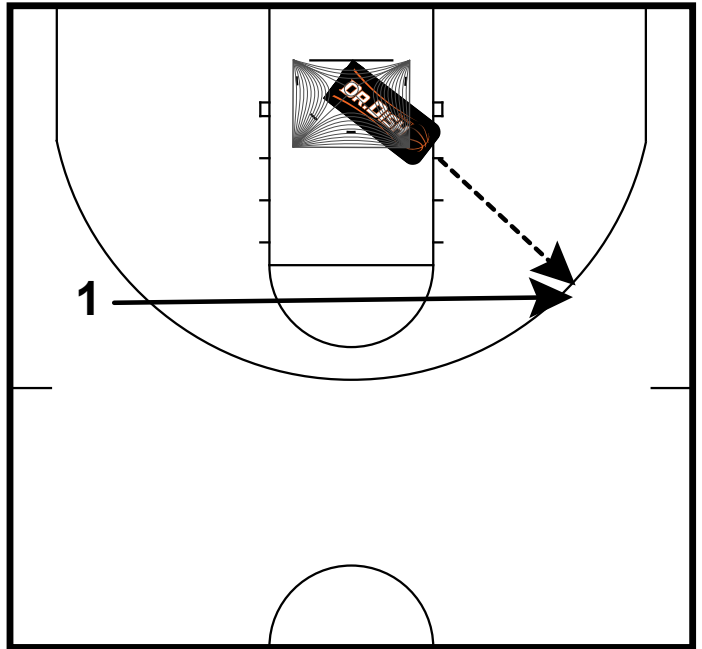
# Individual Workouts

Wing Shooting  
Drills



Player receives a pass from the Dish for a catch-and-shoot 3PA.

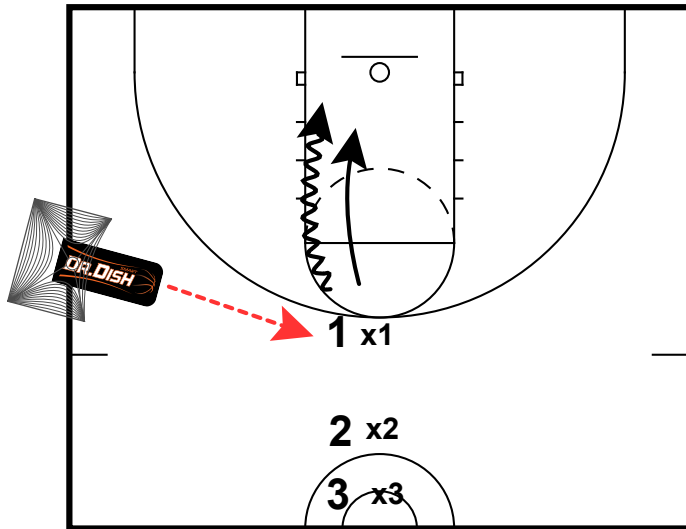
Wing Shooting  
Drills



After the first shot (Frame 1), the player runs to the opposite wing for a catch-and-shoot 3PA. The drill continues by the shooter alternating wings or X amount of time.

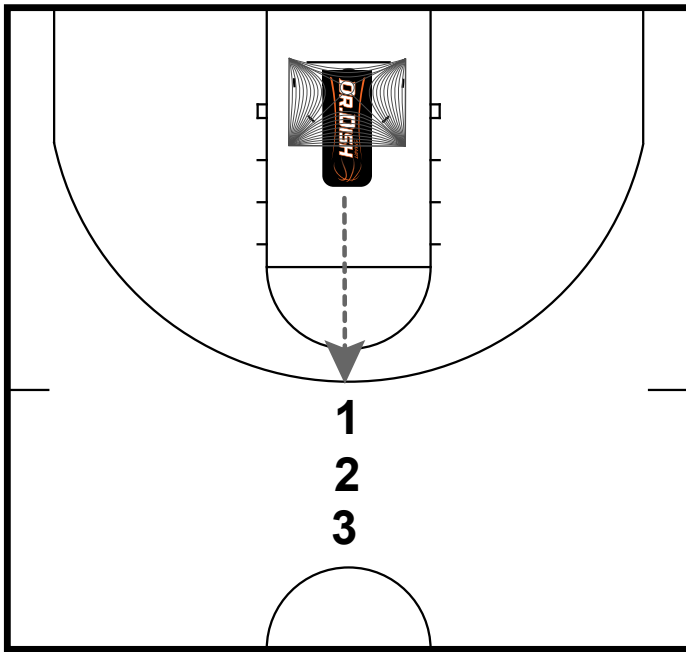
# Small Group Workouts

1 v 1 Small Advantage  
Drills



# Small Group Workouts

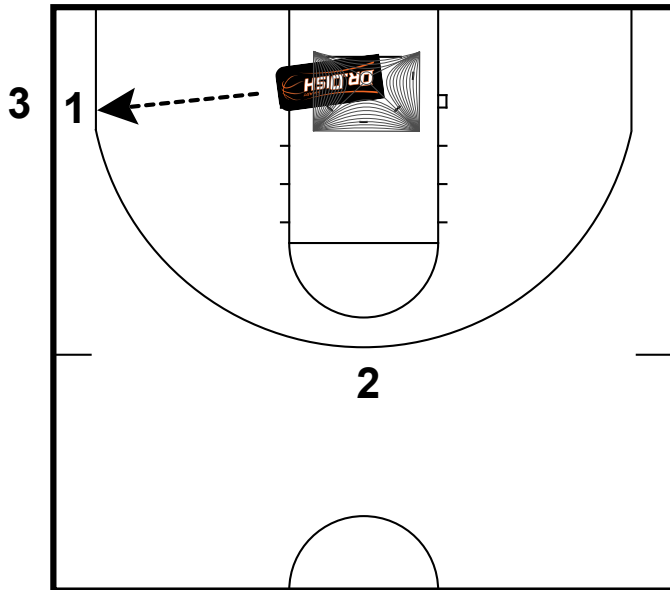
## 33 Team Shooting Drills



- Select a different perimeter location for each round.
- The goal is to score 33 points as quickly as possible.
- Each made attempt is worth 3 points.
- On consecutive missed shots after a make, 3 points are subtracted.
- Teams are not penalized multiple -3 points for multiple consecutive missed shots.

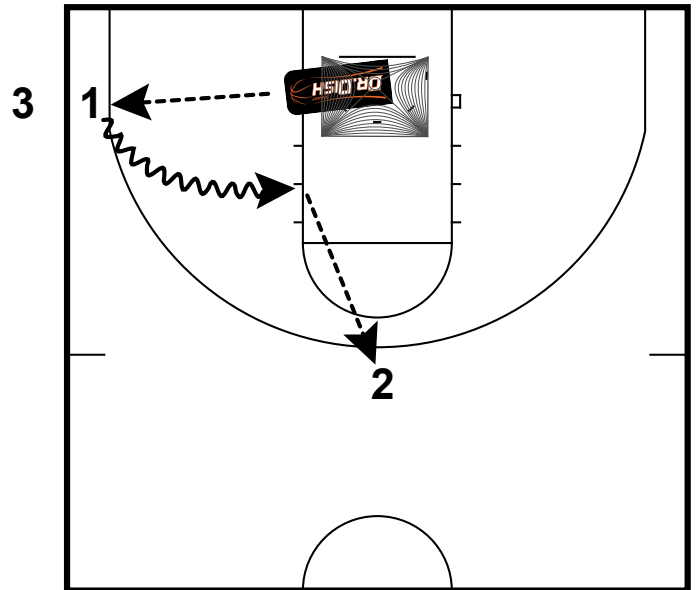
# Small Group Workouts

3 Shot Team Shooting  
Drills



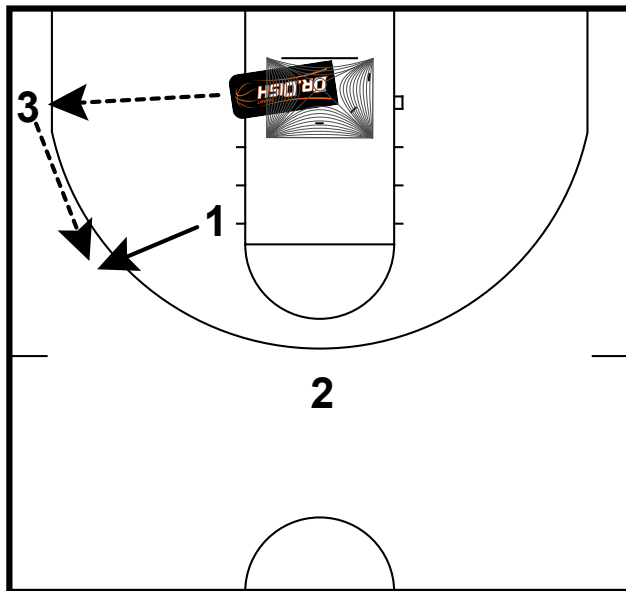
Shot 1: Catch and Shoot

3 Shot Team Shooting  
Drills



Shot 2: Middle drive, kick, catch and shoot

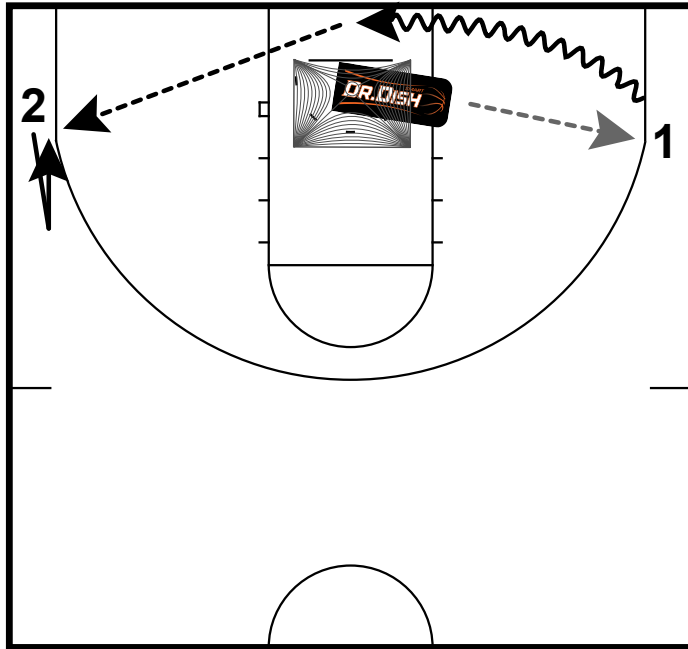
3 Shot Team Shooting  
Drills



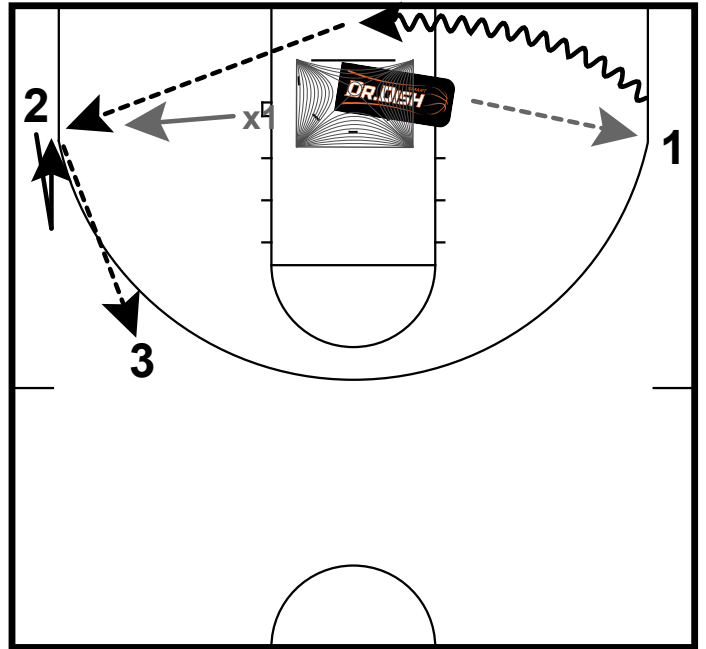
Shot 3: 1 relocates to the wing; 3 passes to 1 for the 3PA

# Small Group Workouts

Baseline Drift Shooting Drills



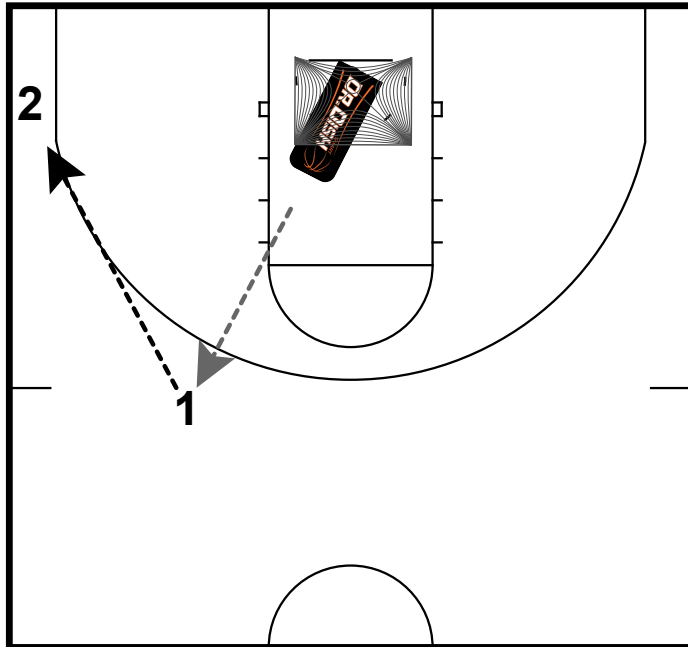
Baseline Drift Shooting Drills





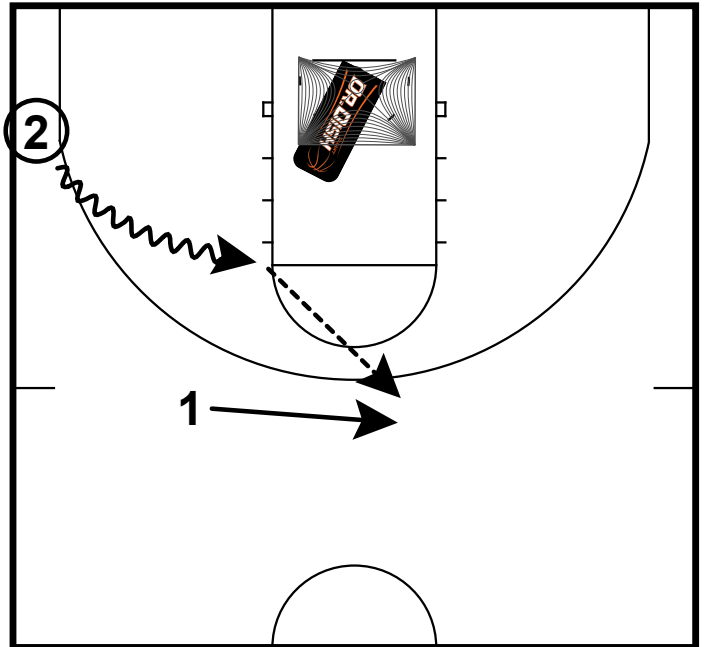
# Small Group Workouts

Boomerang Shooting (Slot Corner)  
Drills



1 receives a pass and throws it one down to 2.

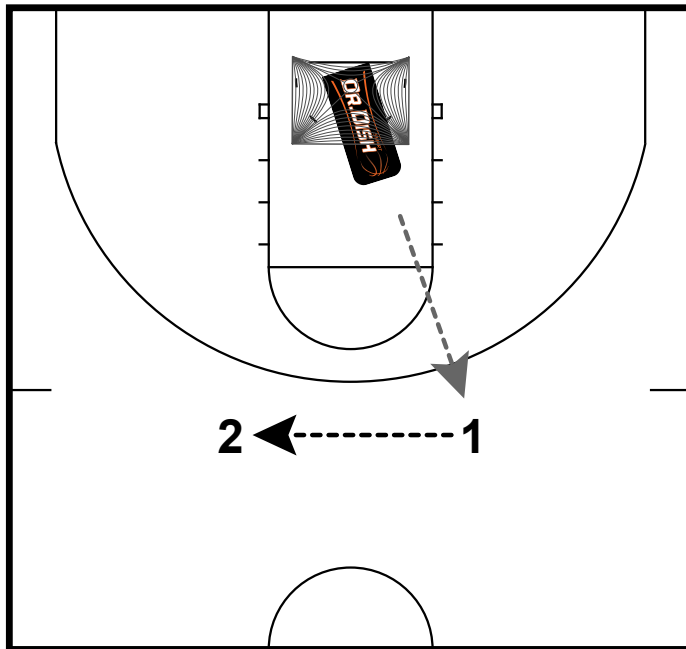
Boomerang Shooting (Slot Corner)  
Drills



2 makes a middle drive, draws the imaginary defender (x1), then kicks to 1 for a slot 3PA.

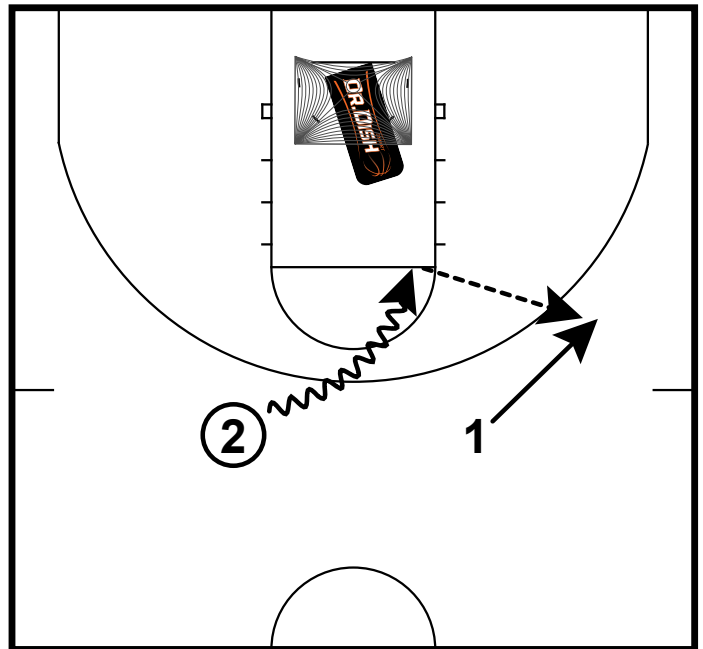
# Small Group Workouts

Boomerang Shooting (Slot to Slot)  
Drills



1 receives a pass from the machine and makes a "one more" pass to 2.

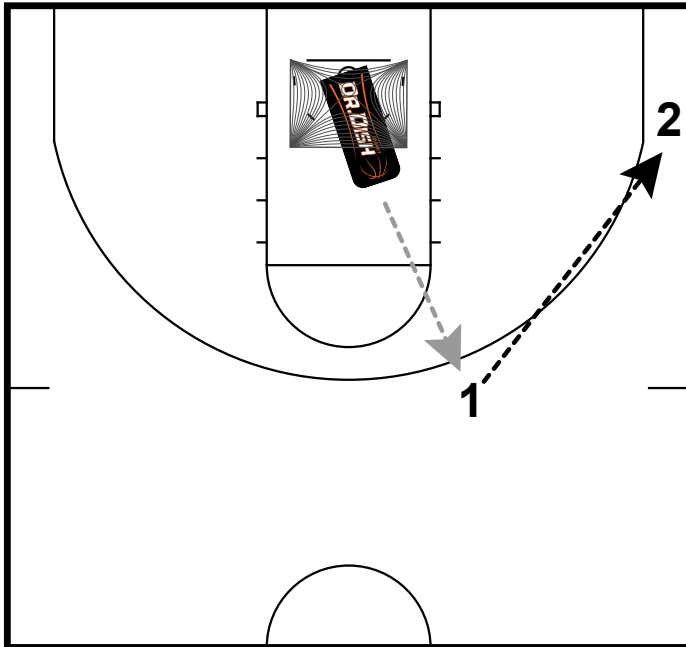
Boomerang Shooting (Slot to Slot)  
Drills



2 drives the elbow while 1 fans to the wing. 2 kicks to 1 for the wing 3PA.

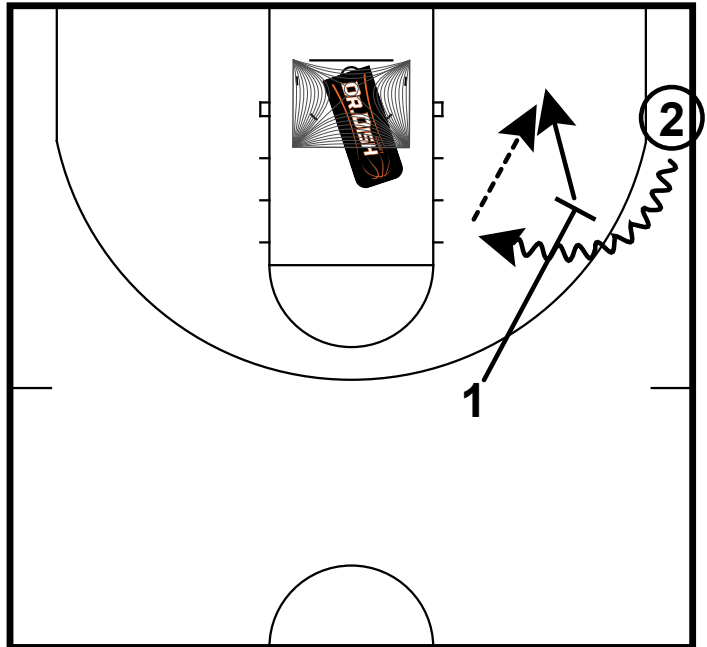
# Small Group Workouts

Chase the Pass  
Drills



1 receives a then immediately throws one down to 2.

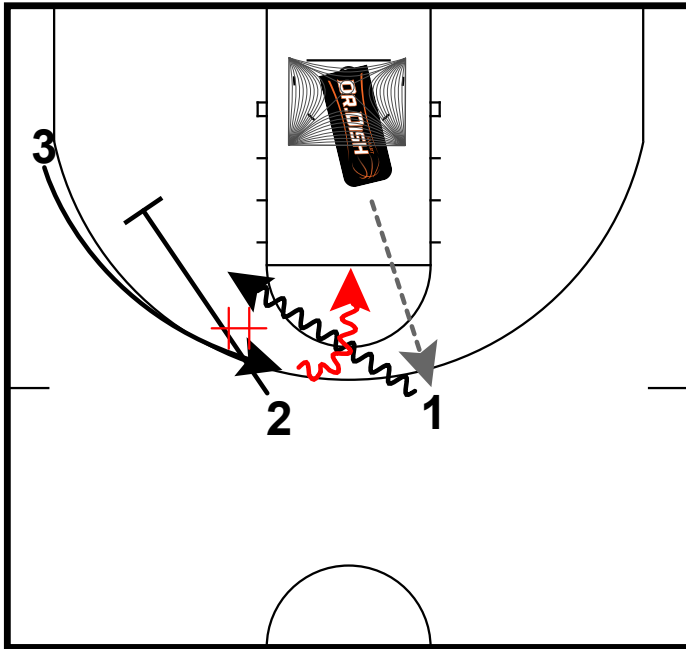
Chase the Pass  
Drills



1 chases the pass to set a ball screen. 2 drives middle then makes a pocket pass to 1.

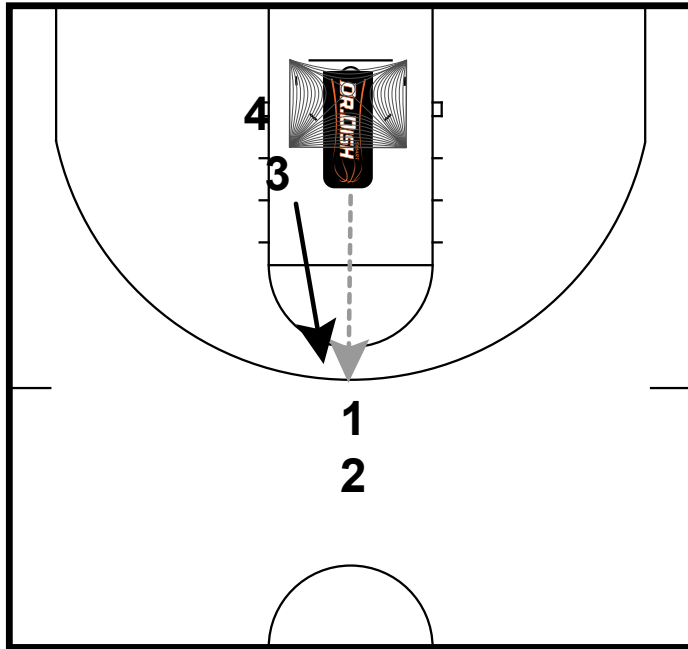
# Small Group Workouts

Chicago Action  
Drills

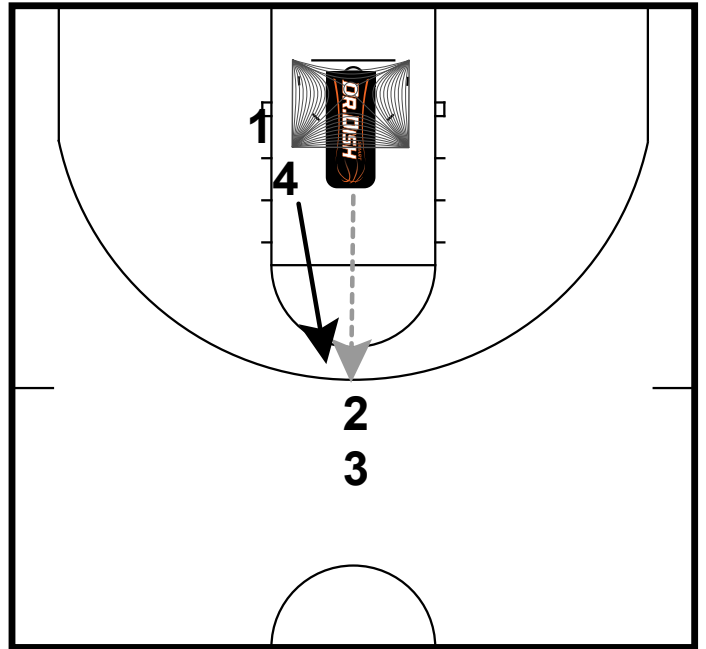


# Small Group Workouts

Contested Shooting  
Drills

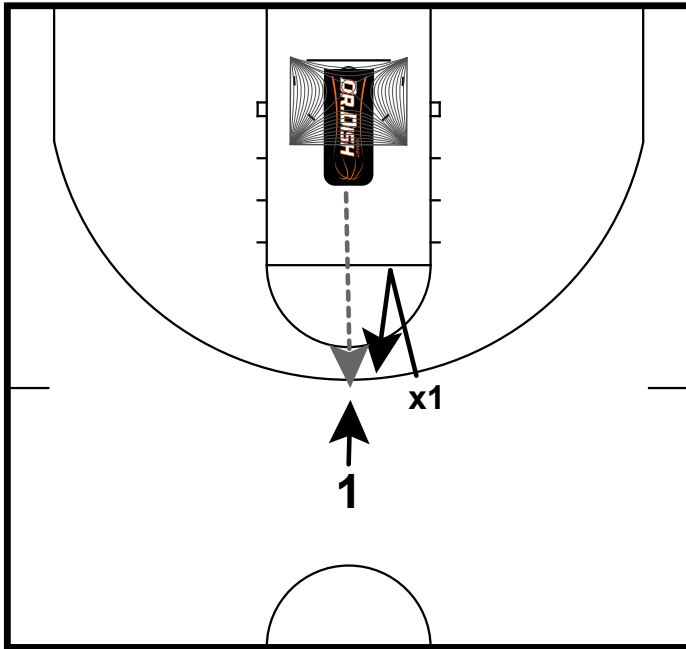


Contested Shooting  
Drills



# Small Group Workouts

## Contested Shooting vs Quick Closeout Drills

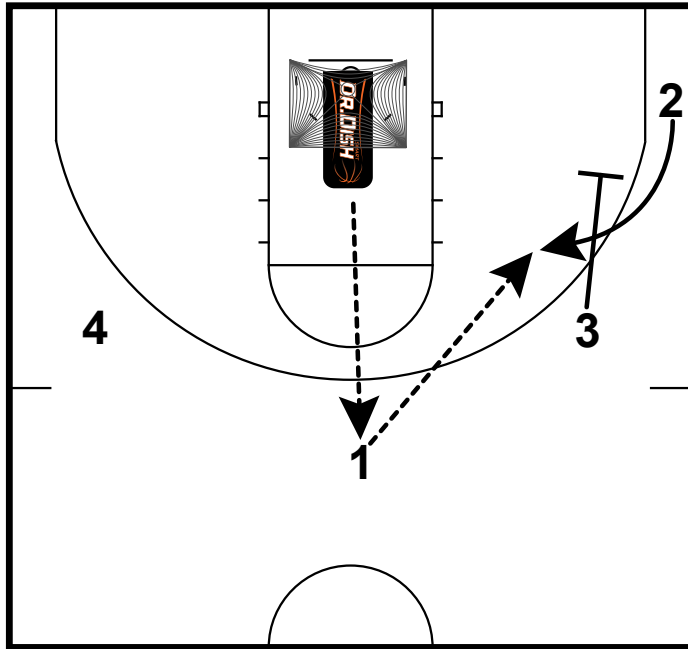


On the pass out to the shooter, the defender must touch the free throw line then contest the shooter.

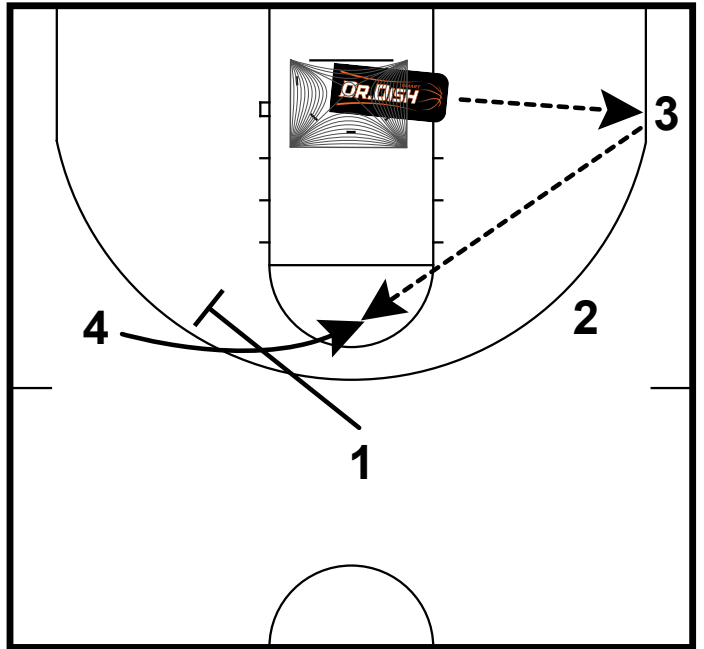
\*Fun drill just to work on shooting against a little pressure

# Small Group Workouts

Curl Shooting Drills

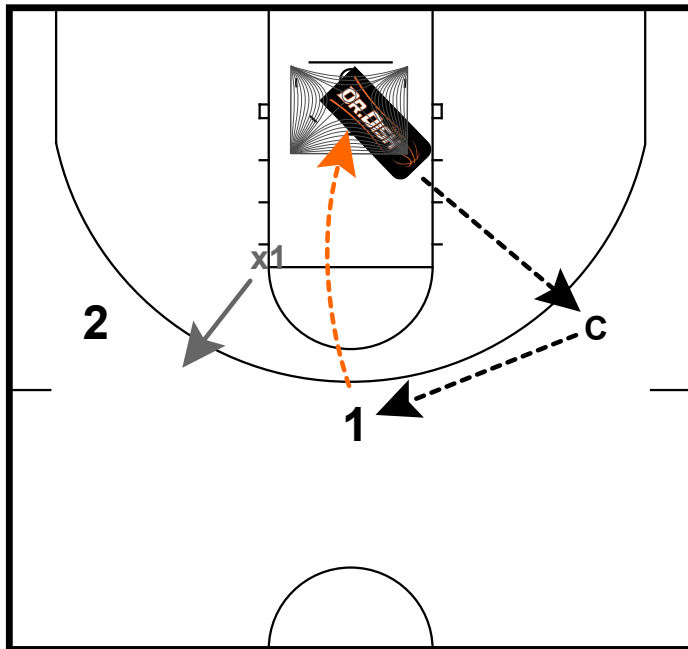


Curl Shooting Drills



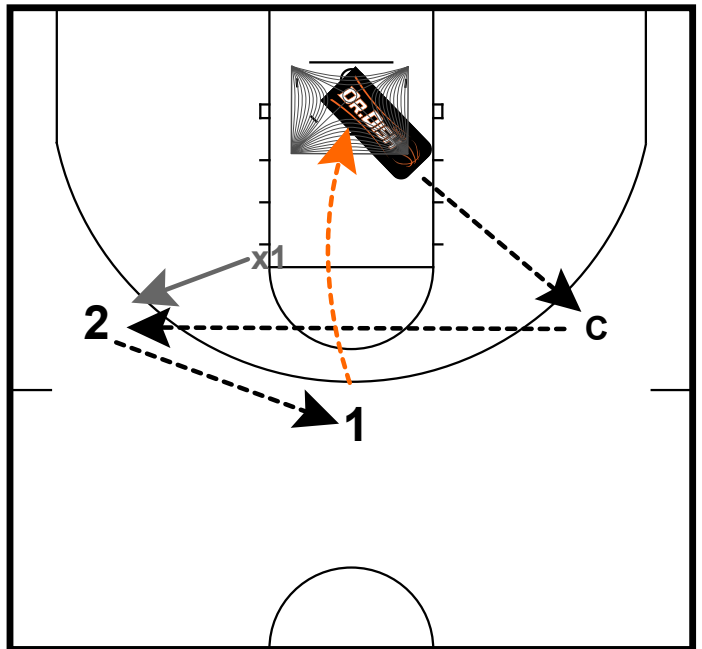
# Small Group Workouts

Decision Making Shooting  
Drills



On the catch, the coach can pass to either player. In this frame, if 1 receives a pass, he must read the defender taking away the pass to 2. In this case, Player 1 would shoot.

Decision Making Shooting  
Drills

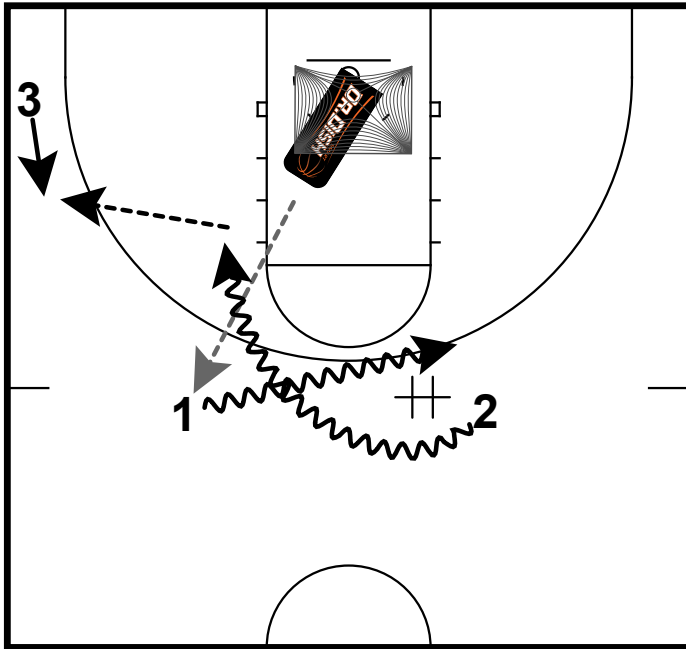


In this frame, Player 2 catches and recognizes Player 1 is open. A "one more" pass is made to 1 for the 3PA.



# Small Group Workouts

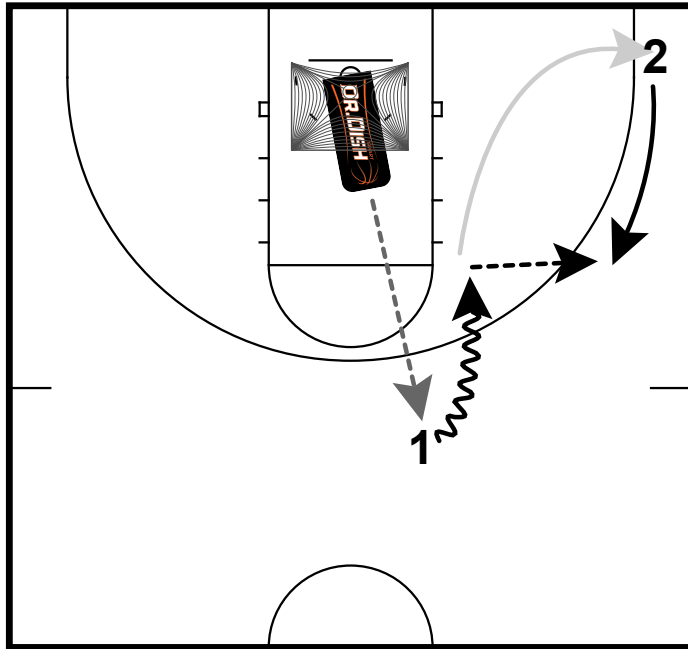
Dribble Drive  
Drills



- 1 DHO to 2
- 2 kicks to creeper 3

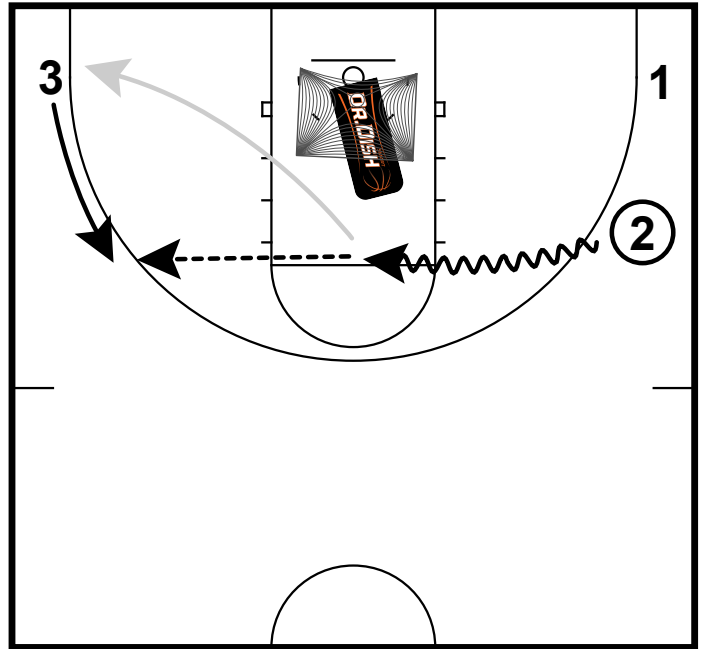
# Small Group Workouts

Dribble Drive Shooting  
Drills



1 receives a pass in the slot and attacks the lane. 2 lifts towards the wing. 1 passes to 2.

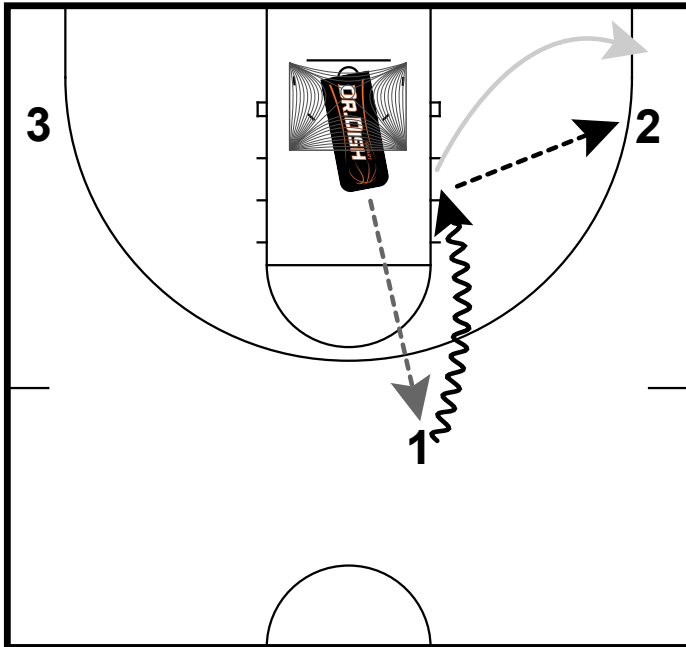
Dribble Drive Shooting  
Drills



2 attacks the paint. 3 lifts to the wing. 2 passes to 3 for the 3PA.

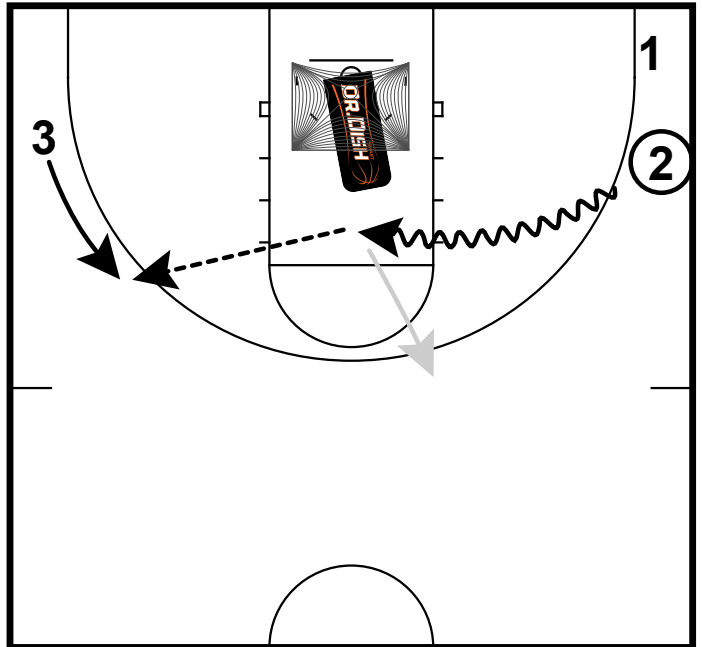
# Small Group Workouts

Dribble Drive Shooting 2  
Drills



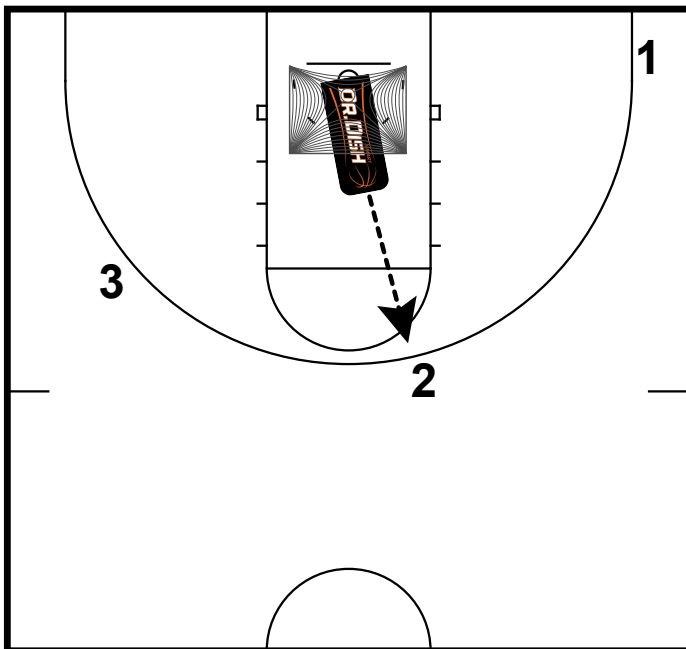
1 receives a pass in the slot and attacks the lane. 1 passes to 2.

Dribble Drive Shooting 2  
Drills



2 drives middle then kicks to 3, who lifts from the corner. 3 shoots while 2 relocates to the slot

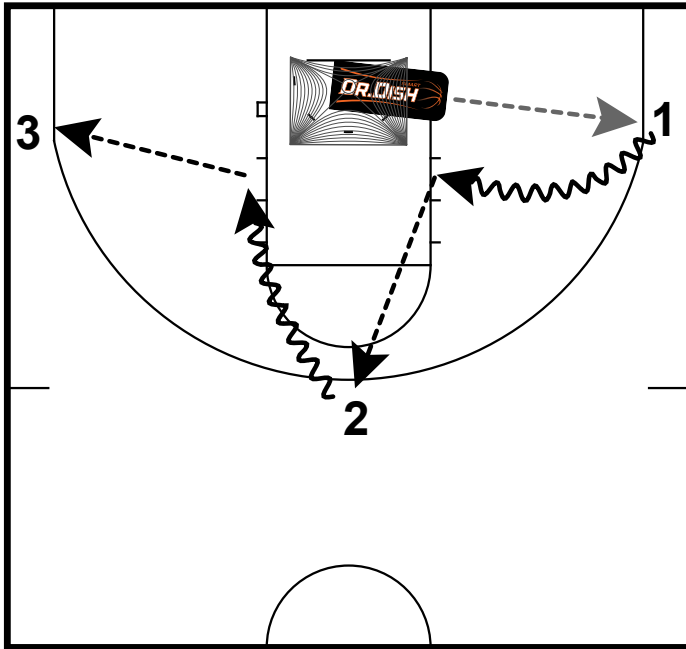
Dribble Drive Shooting 2  
Drills



2 receives a pass from the Dish then shoots.

# Small Group Workouts

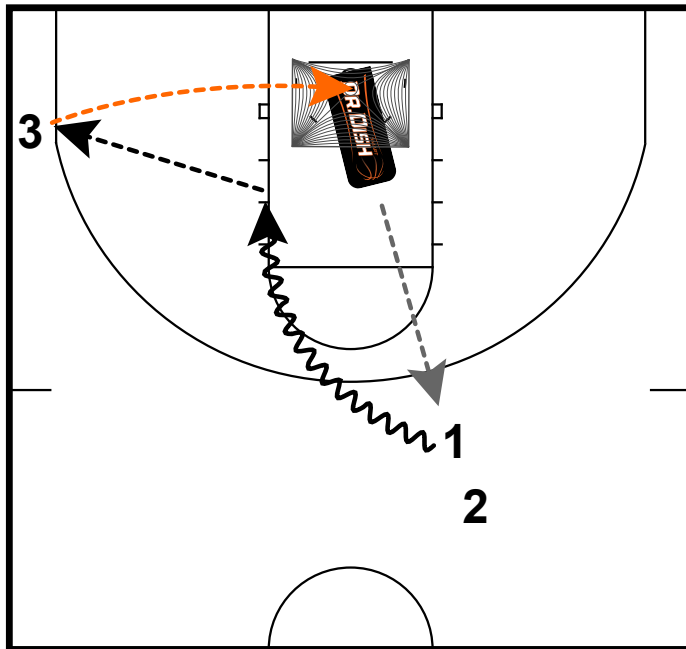
Drive and Kick  
Drills



1 catches, drives middle, then kicks to 2. 2 catches, drives the seam, then kicks to 3 for 3PA. (Everyone rotates up 1 spot for the next rep.)

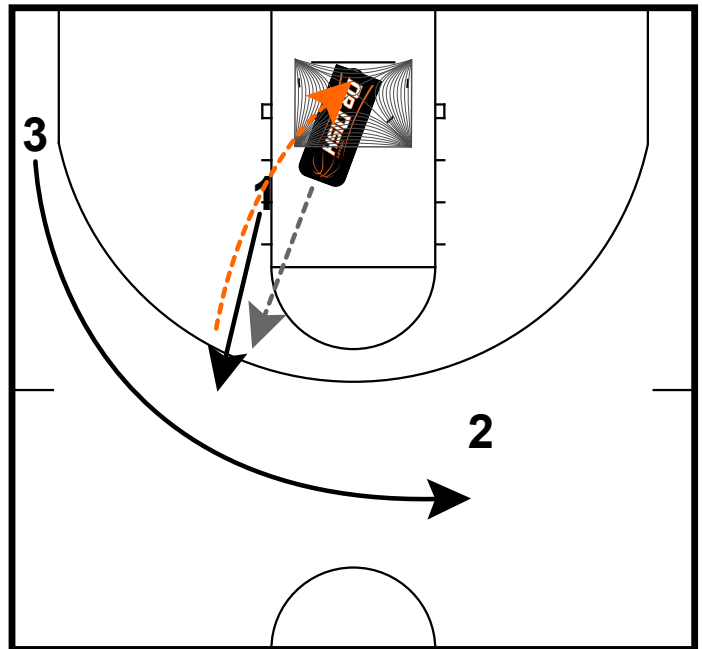
# Small Group Workouts

Drive and Kick (2 Spot Shooting)  
Drills



Player 1 catches and drives the triple gap. Simulating a help from the corner defender, 1 kicks to 3 for the shot.

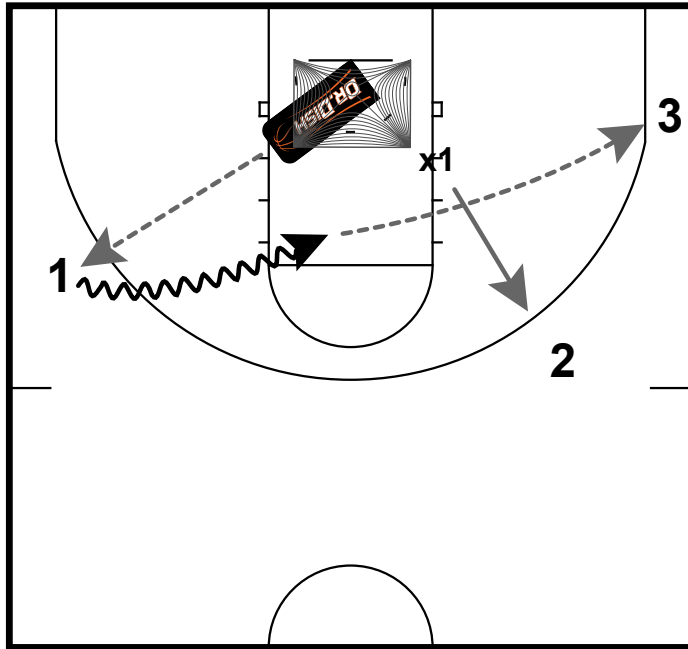
Drive and Kick (2 Spot Shooting)  
Drills



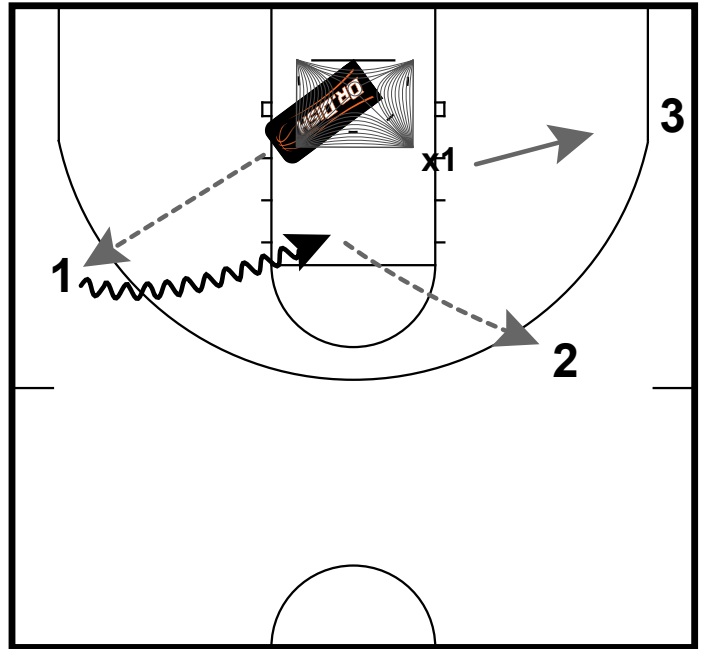
1 relocates to the wing for 3PA while 3 moves to the end of the starting line.

# Small Group Workouts

Drive and Kick (Decision Making)  
Drills

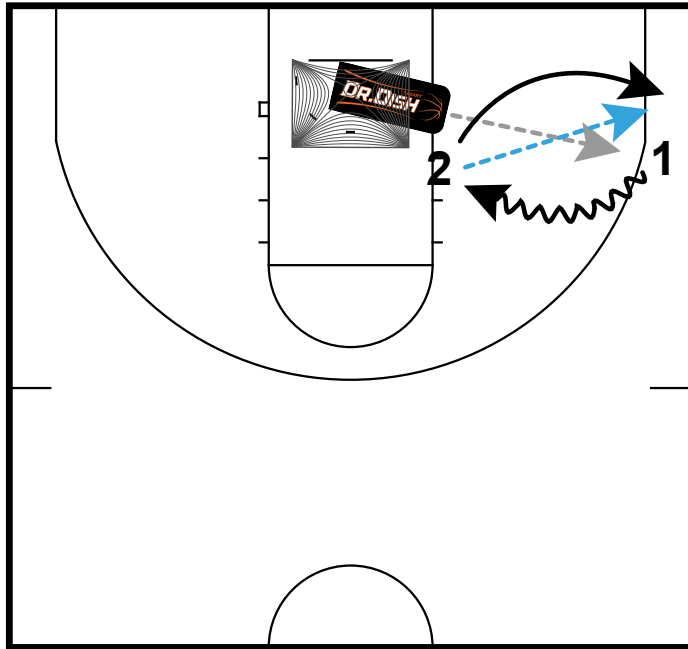


Drive and Kick (Decision Making)  
Drills

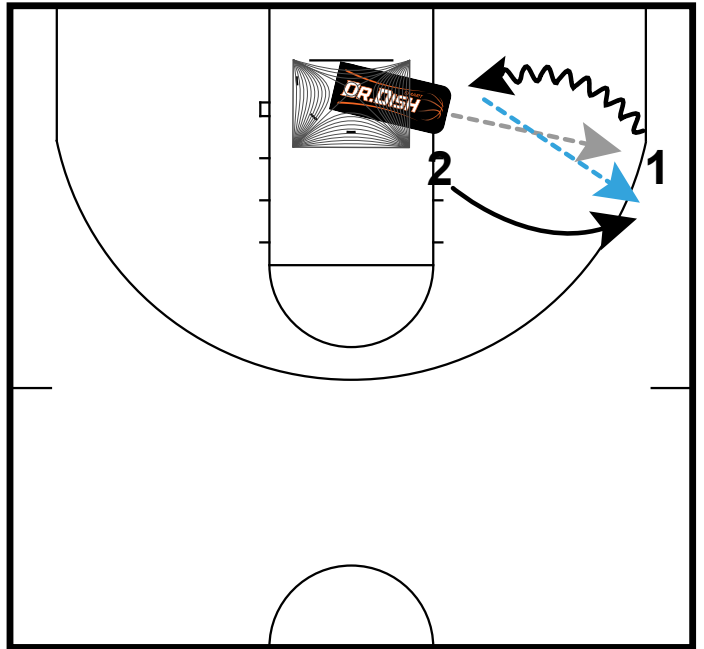


# Small Group Workouts

Escape Shooting  
Drills

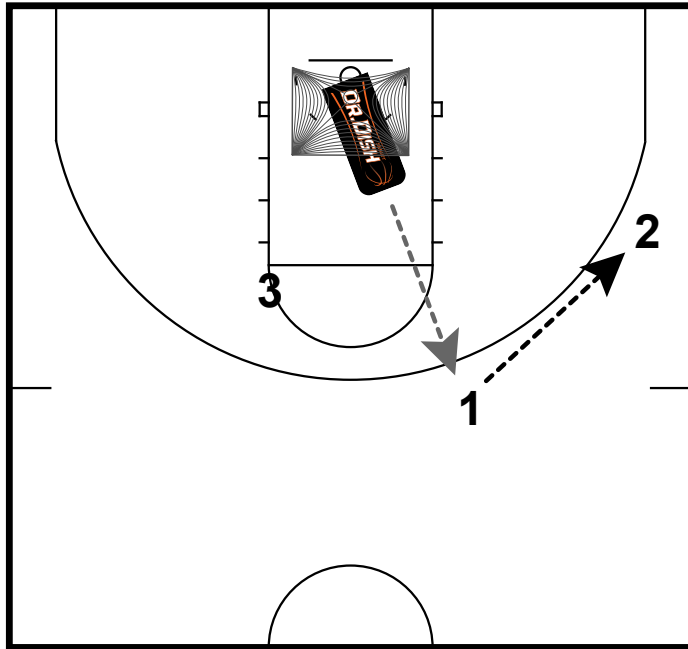


Escape Shooting  
Drills

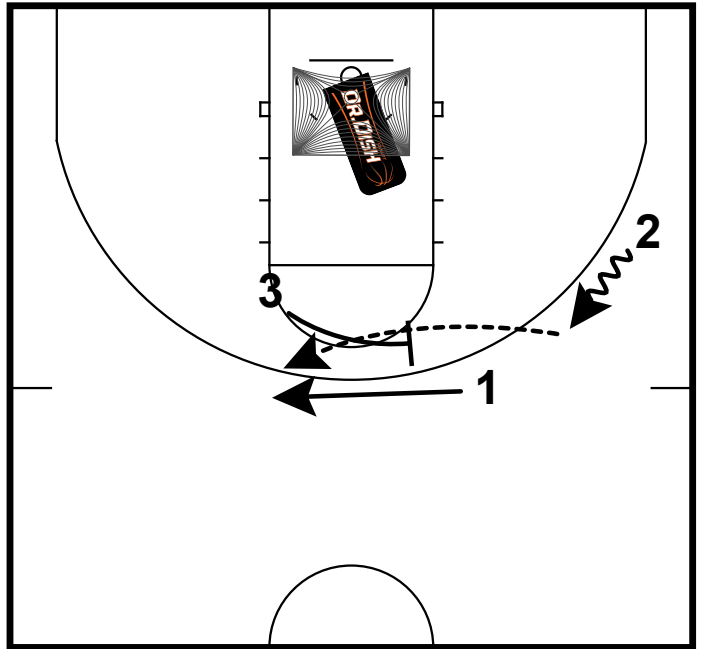


# Small Group Workouts

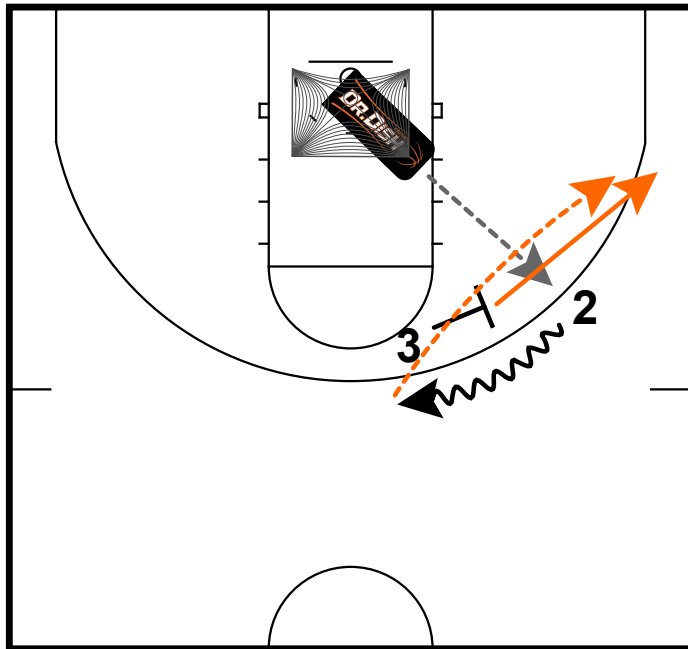
Flare into Ball Screen  
Drills



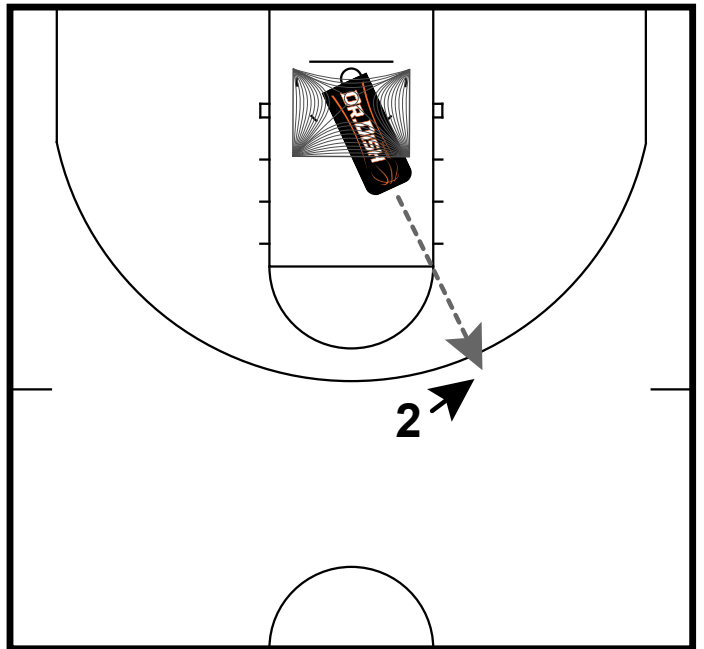
Flare into Ball Screen  
Drills



Flare into Ball Screen  
Drills



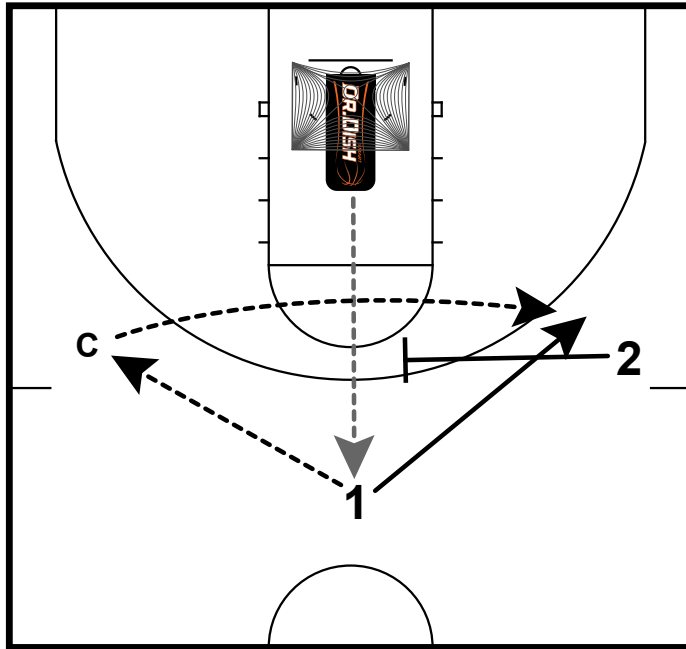
Flare into Ball Screen  
Drills





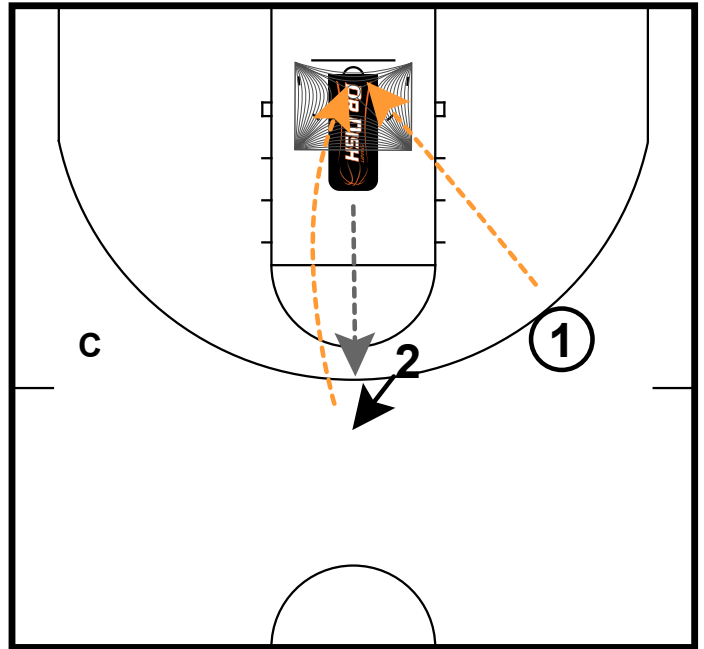
# Small Group Workouts

Flare Screen Shooting  
Drills



1 receives a pass from the machine and passes to the coach. 2 sets a flare screen for 1. Coach throws a skip pass to 1 for a wing 3PA.

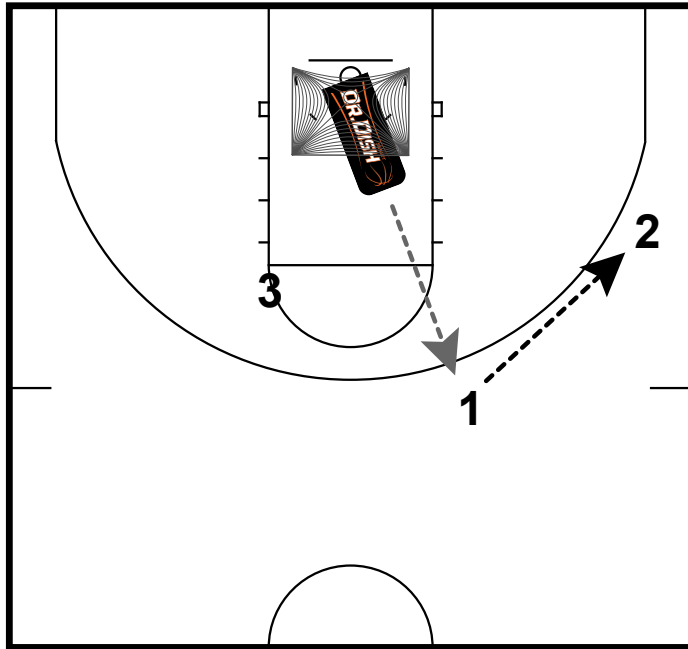
Flare Screen Shooting  
Drills



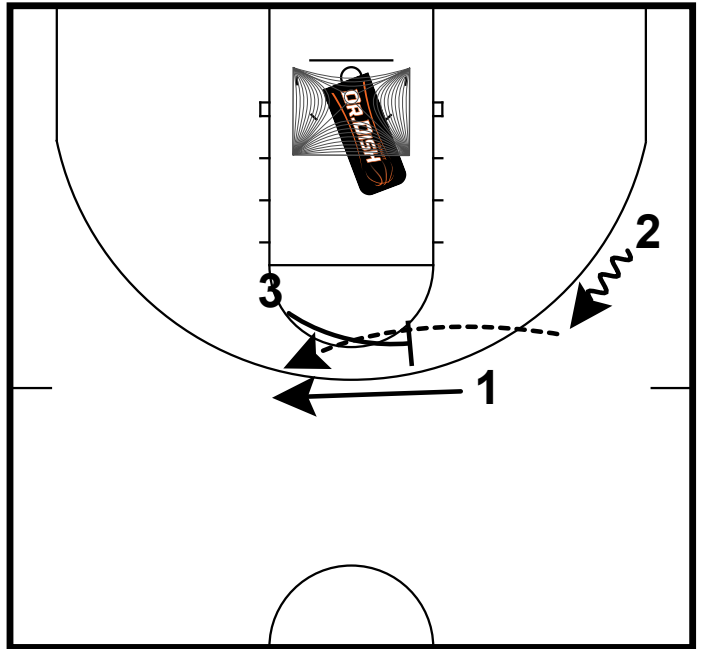
1 shoots. 2 receives a pass from the machine and shoots.

# Small Group Workouts

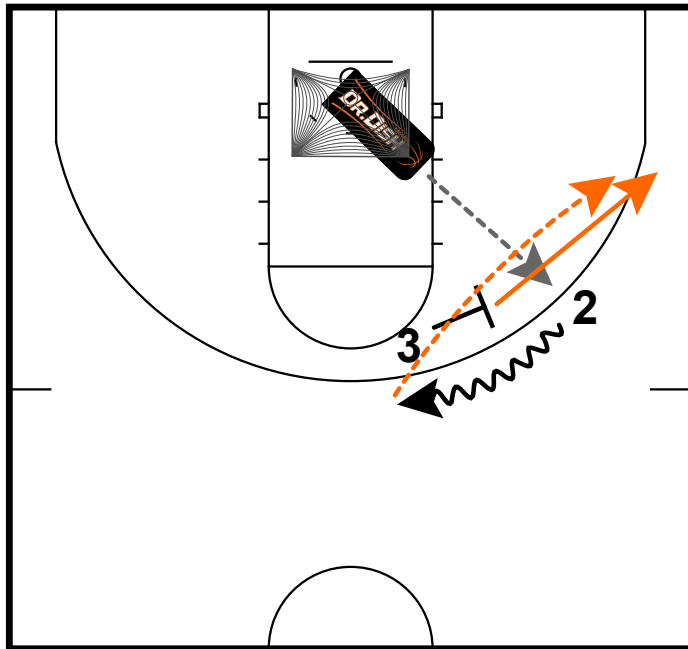
Flare into Ball Screen  
Drills



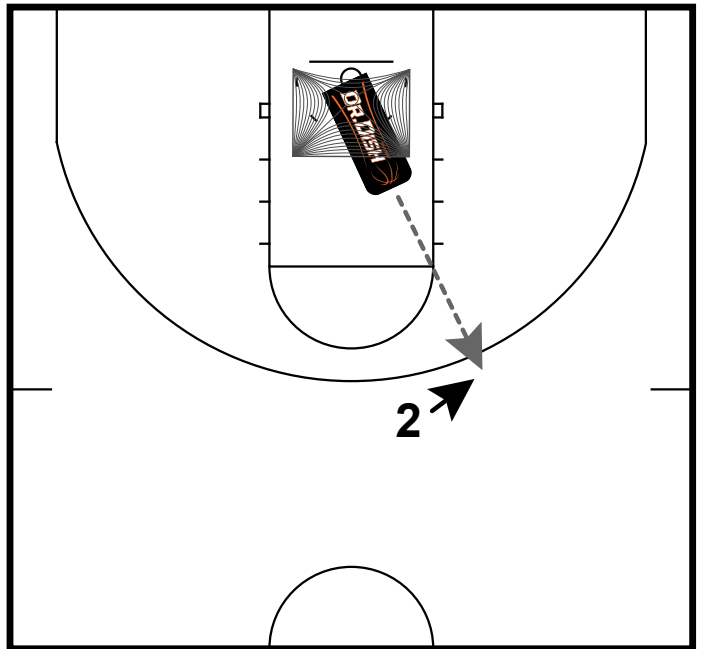
Flare into Ball Screen  
Drills



Flare into Ball Screen  
Drills

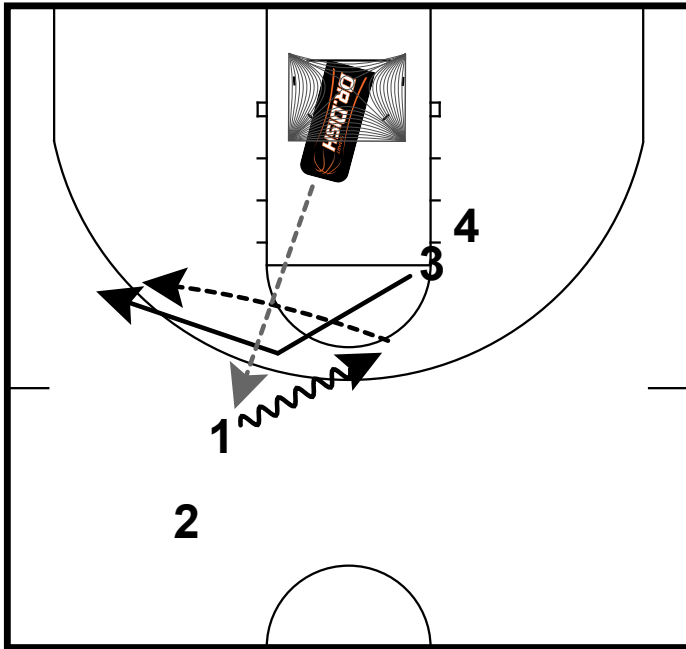


Flare into Ball Screen  
Drills



# Small Group Workouts

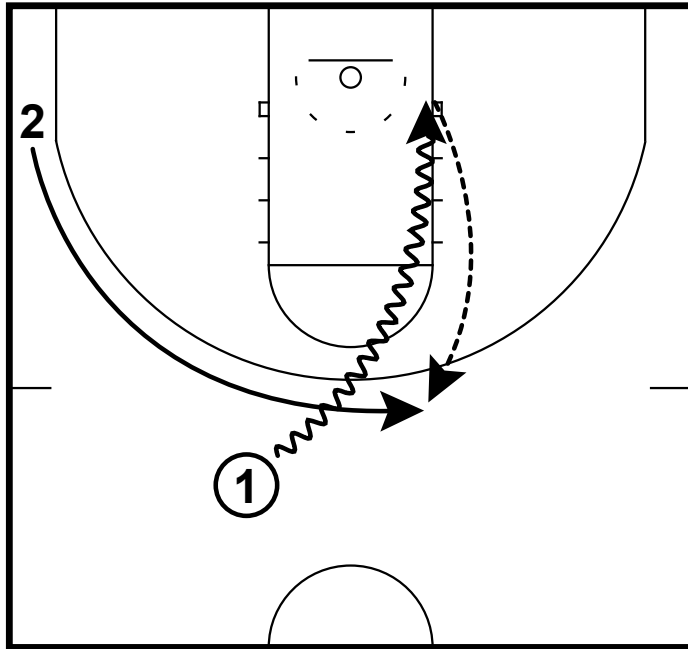
## Ghost Screen Shooting Drills



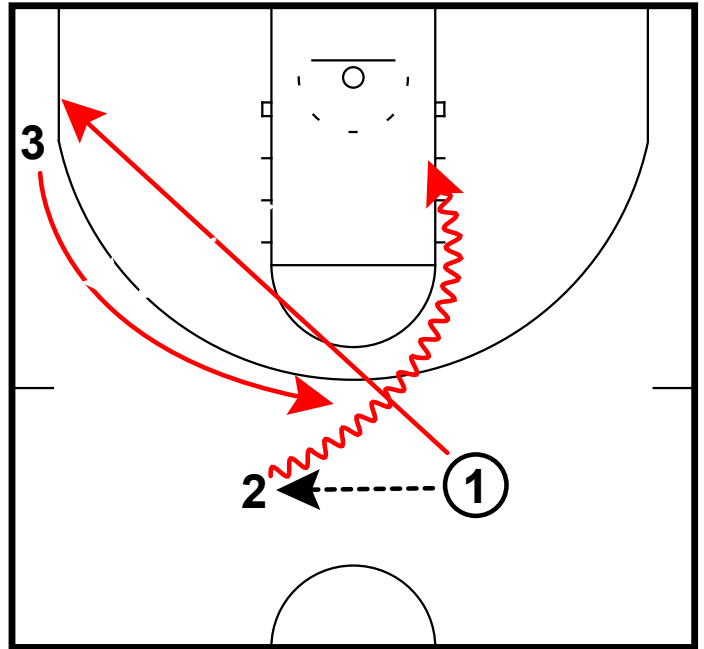
- In this drill, Player 1 receives a pass from the Dish.
- Player 3 will jog to the ball and then sprint away from the ball-handler.
- Player 1 then throws a pass back to Player 3 who will shoot a wing 3.

# Small Group Workouts

Kick Back / Skip Back  
Drills

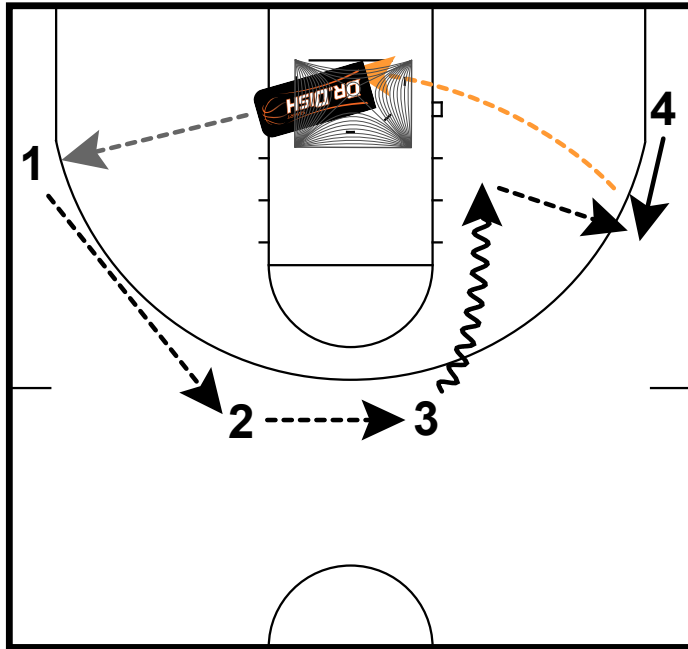


Kick Back / Skip Back  
Drills

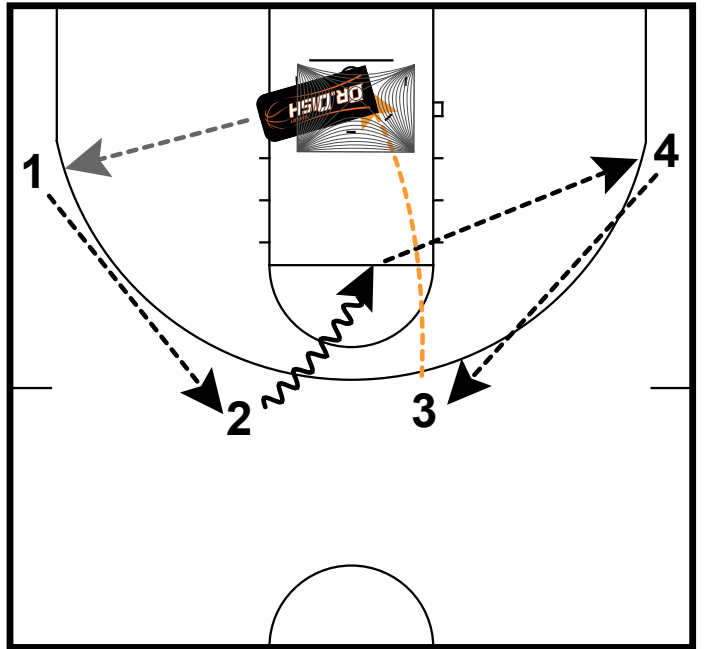


# Small Group Workouts

One More Pass Shooting  
Drills



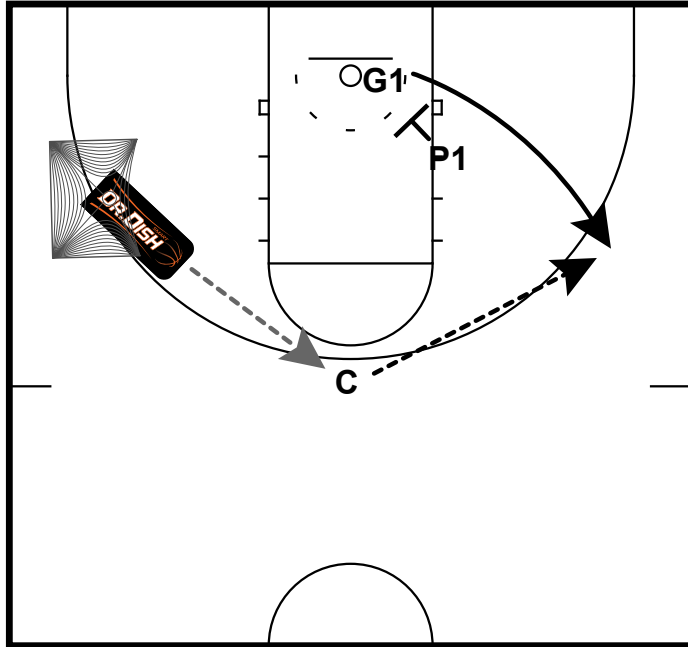
One More Pass Shooting  
Drills



# Small Group Workouts

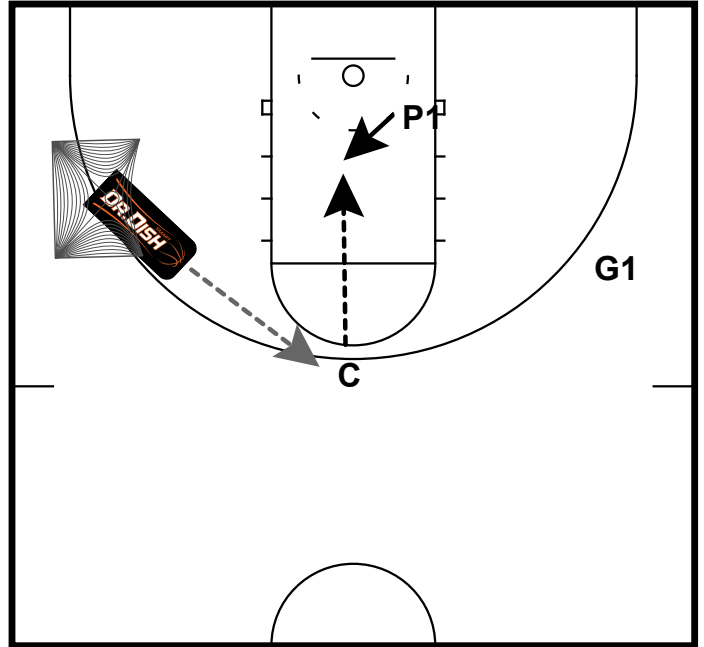
Post / Guard Shooting  
Drills

G2 P2



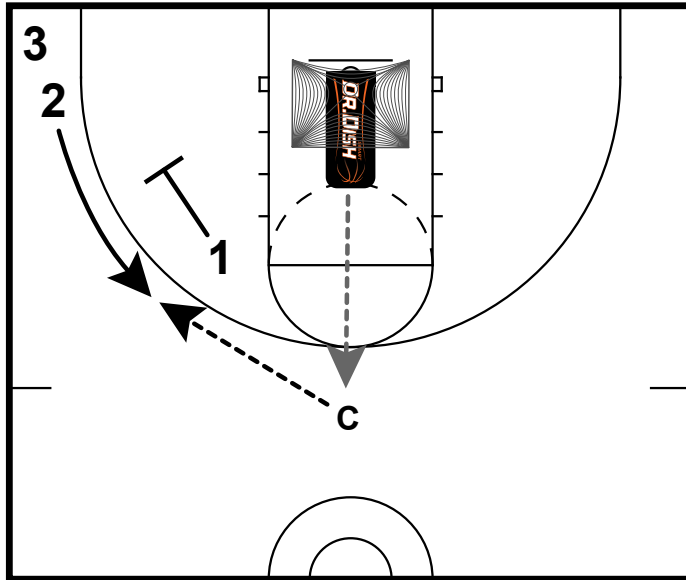
Post / Guard Shooting  
Drills

G2 P2



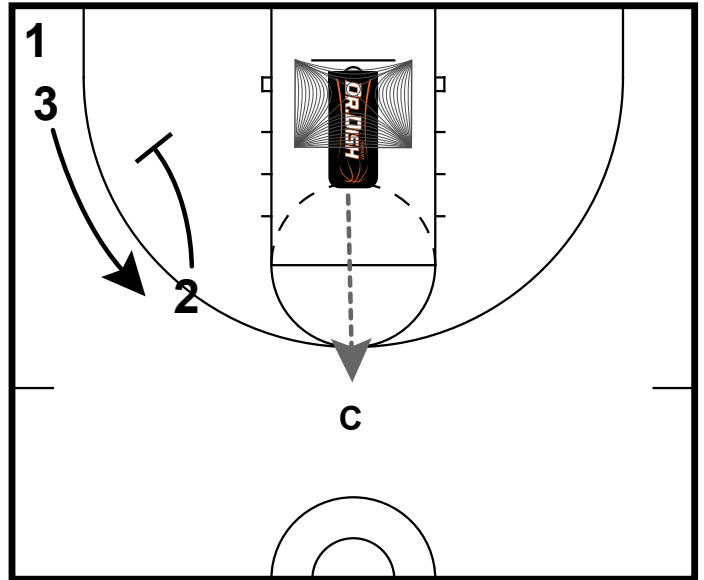
# Small Group Workouts

Pin Down Shooting  
Drills



1 sets a pin down screen for 2. The coach passes to 2 for a catch-and-shoot.

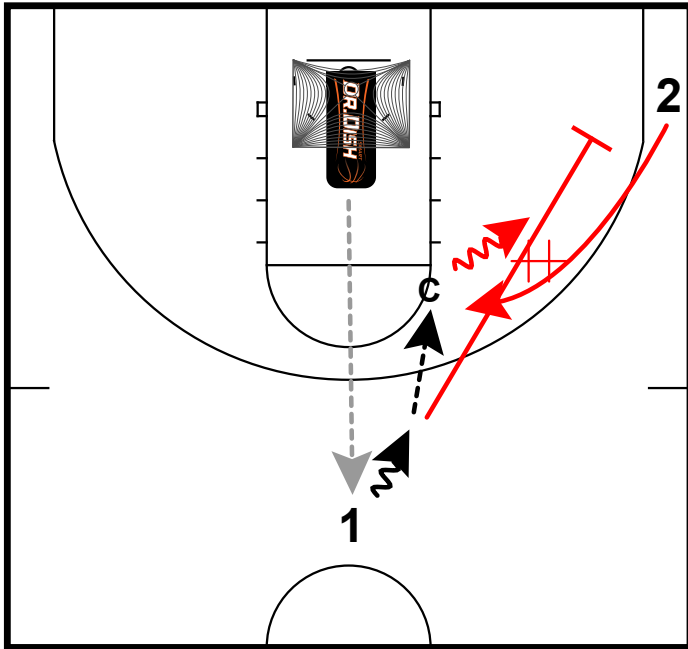
Pin Down Shooting  
Drills



2 sets a pin down for 3. The coach passes to 3 for a catch-and-shoot.

# Small Group Workouts

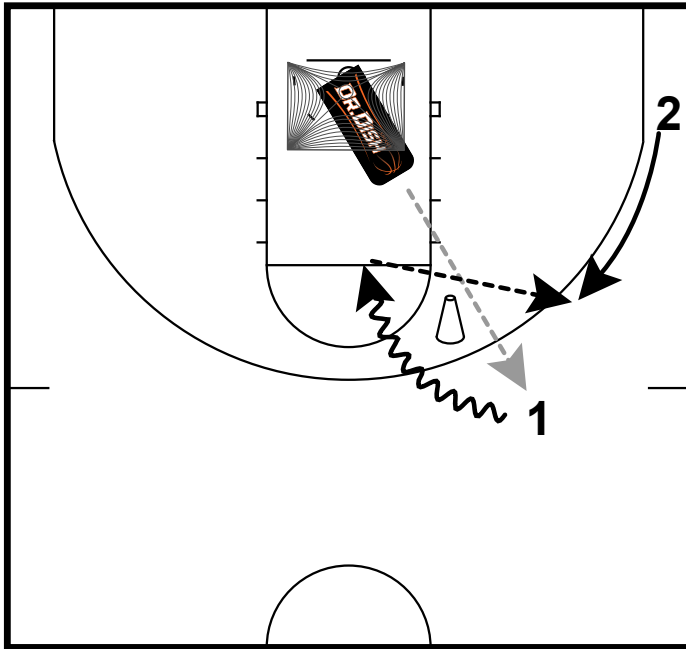
Princeton DHO  
Drills





# Small Group Workouts

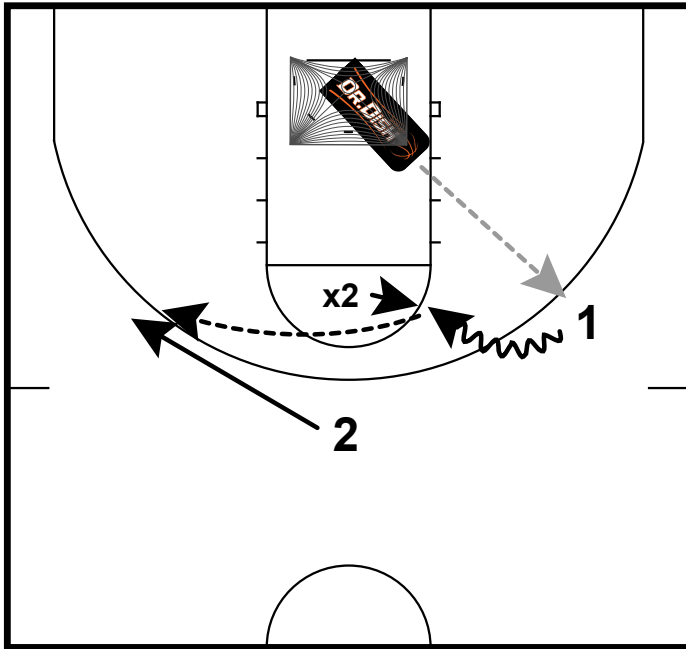
Screen, Roll, Lift  
Drills



On the catch, 1 drives off the screen (cone) while 2 lifts behind the action. 1 kicks back to 2 for a 3PA.

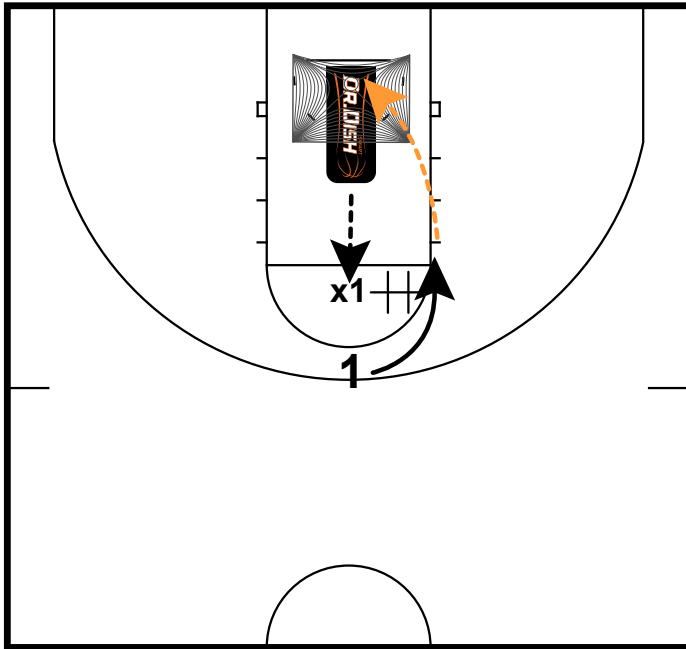
# Small Group Workouts

Shooting vs Stunt and Recover  
Drills



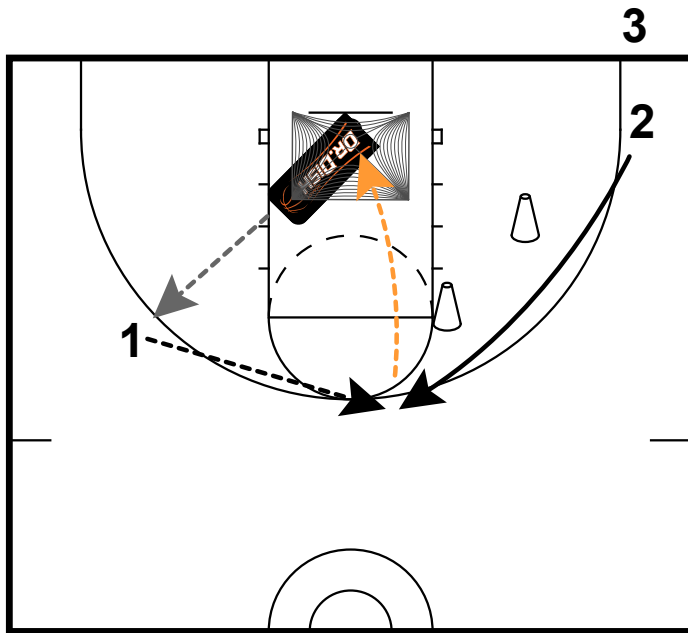
# Small Group Workouts

## Snatch Jumpers Drills

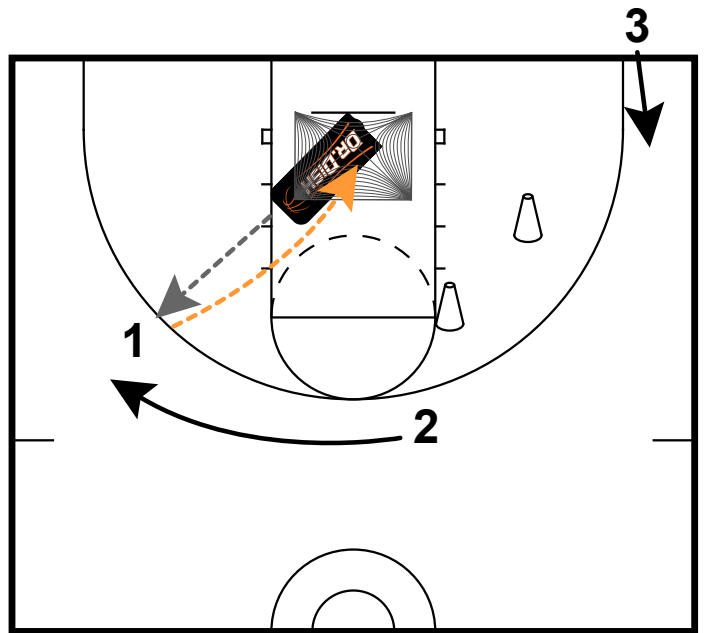


# Small Group Workouts

Stagger Shooting Drills

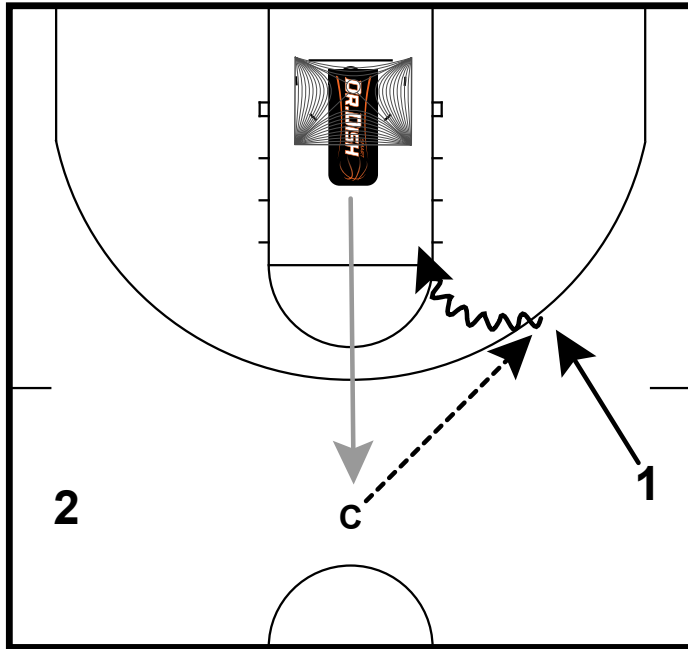


Stagger Shooting Drills



# Small Group Workouts

Transition Shot Fake, Middle Drive  
Drills



Transition Shot Fake, Middle Drive  
Drills

