

# Team Shooting Drills for DDM

## Table of Contents

1.	Fill Cut Shooting	5
1.1	Fill Behind Shooting	5
1.2	Fill Behind/Hook Pass/Corner 3	6
1.3	Fill Cut (Slot)	7
1.4	Fill Cut Shooting (Corner)	8
1.5	Fill Cut Shooting (Middle Drive)	9
2.	Finishing Drills	10
2.1	X Out Layups	10
2.2	Wing Finish/Guided Defender	11
2.3	Attack on Catch	12
2.4	Drop Layups	13
2.5	Push Out/Hesitation Dribble/Finish	14
2.6	Finishing Drills	15
2.7	Break Out Dribble Layups	16
3.	Warm Up Shooting	17

## Team Shooting Drills for DDM - Contents (cont.)

3.1	Mikan/Ball Handling	17
3.2	Self Toss/Around the World	18
3.3	Step In Shooting	19
3.4	Swish Free Throw Game	20
3.5	20 Second Shooting	21
4.	Transition Shooting	22
4.1	Transition Shooting	22
4.2	Transition Shooting (3 Man Blur)	25
4.3	Pitch Ahead Shooting	27
5.	Individual Shooting Drills	28
5.1	Zipper	28
5.2	Star Drill	29
5.3	Larry Bird Drill	30
5.4	NBA 100	31
5.5	2 Minute 3's	33
5.6	90 Second 3's	34
5.7	Run the Arc Shooting	35
6.	Team Shooting Drills	36
6.1	1 More Shooting	36
6.2	3 Drives/3 Shots	37
6.3	3 Man/2 Ball Shooting	38
6.4	3 on 2 Shooting	39

Team Shooting Drills for DDM - Contents (cont.)		
6.5	5 in a Row	40
6.6	90 Second 3's	41
6.7	Attack/Lift	42
6.8	Ball Reversal Shooting	43
6.9	Baseline Drive/Baseline Drift	44
6.10	Baseline Drive/Lift/Rip Finish	45
6.11	Continuous 3's	46
6.12	Continuous Drifts	47
6.13	Curl Shooting (Wing)	48
6.14	Cut-Cut Shooting	49
6.15	Dribble Drive/3 Ball	50
6.16	Drive/Kick Shooting	51
6.17	Drive/Kick Shooting	52
6.18	Drive/Kick/Drive/Pass	53
6.19	Drive/Kick/Skip Shooting	54
6.20	Eastern Michigan Shooting	55
6.21	Lift Shooting	56
6.22	Lift/Bounce Out/Corner 3	57
6.23	Lift/Bounce Out/Give & Go	58
6.24	Lift/Layup	59
6.25	Loop/Skip	60
6.26	Maryland Shooting	61

Team Shooting Drills for DDM - Contents (cont.)		
6.27	Nash Shooting	62
6.28	Nash Shooting/1 More	63
6.29	Natural Pitch	64
6.30	Pitch/Loop/Pitch	65
6.31	Team 3's	66