Teaching Shooting Fundamentals 2011
# TABLE OF CONTENTS

**SECTION A**
- Introduction Shooting Technique and building this important fundamental skill pg 2
- Stance and Head Position pg 3
- Hand and Ball Position: pg 4
- Follow Through: pg 5
- Shooting Analogies: pg 6
- Summary of Shot Technique – Check list for coaches and players pg 7
- Jump Shooting pg 8
- Lay-up Technique pg 9

**SECTION B**
- Drills to teach shooting pg 10

**SECTION C**
- Shooting Drills Completed away from the Basket for technique: pg 10 – 11

**SECTION D**
- Shooting Drills - Follow Through pg 12 – 15

**SECTION E**
- Shooting Drills - Footwork, Rhythm and Legs pg 16 - 20

**SECTION F**
- Shooting Drills – Competitive pg 21 - 32

**SECTION G**
- Shooting Drills – Conditioning pg 33 – 35

**SECTION H**
- Lay-Ups - teaching the fundamentals pg 36 - 38

**SECTION I**
- Lay-Up – Drills pg 39 - 44

**SECTION J**
- National Shooting Competition pg 45 - 47

A special thank you to Serene Maisey from PANDASNAP PHOTOGRAPHY for taking various photos and to make this document come to life.
Shooting Technique and Building this important fundamental skill

This document is written for Basketball WA in an effort to educate and teach shot technique and the detail involved in teaching this important fundamental skill. Young athletes need to learn the detail involved in shooting the ball so that they establish this fundamental skill across their lifetime and can learn to shoot with greater consistency and speed when this fundamental skill becomes second nature.

There are many and varied different ways to shoot the ball. This document is a collaboration of knowledge and observations of some of the best coaches and players in the game. This includes what some would consider the master of shooting, Eddie Palubinskas and how he mastered his shot which is greatly influenced many people’s thoughts on shooting throughout Australia and abroad.

Shooting takes time to master and it is vital you learn the detail of correct shooting technique and fundamentals before you learn bad habits that will take a lifetime to fix. Equally once you have mastered your technique you must learn to practice at game speed to ensure you can finish under game like conditions this includes fatigue and distractions. Many players are great shooters at practice but are unable to transfer this to a game. Every coach will tell you something different and you must take control and take on board the points that suit your style. At the end of the day you need to become your own best coach and develop an effective and efficient technique that will work for you.

Once you have your technique mastered practice makes perfect and practice at game speed and under fatigue and with other distractions is important. The most important thing is to build your confidence in your shot and again this will only happen once you have mastered an effective technique.

I have broken this down for you in the following areas:

- Stance and Head Position
- Hand and Ball Positioning
- Follow Through

“You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.”

--Michael Jordan

A special thank you to Serene Maisey from PANDASNAP PHOTOGRAPHY for taking various photos and to make this document come to life.

© copyright Basketball WA
Stance and Head Position:

Stance and head position are a major weakness when looking at the fundamental skills of kids shooting the Basketball in WA and we must work hard on having our players prepare to shoot the ball before they catch it. Below is a list of areas in sequence that I consider essential.

- Prepare to shoot the ball before it touches your hands
- Be Low and ready to explode into your shot. Do not bend after your catch
- Lock your feet and head into a shot same every time
- Ten toes should point at the target to ensure your feet are square to the basket
- Feet at least shoulder width apart
- Dominant foot slightly forward
- Break at your knees and not your hips (See diagrams below)
- Be low and athletic so that your eyes are up, if you break at your knees your eyes will naturally look down
- Keep your head over your feet
- Feet land in the same spot as your starting point
- Do not arch your back, keep your head still throughout the shot and eyes focused on the target
- Do not lift your body early, lock into your shot
- Keep shoulders square and level throughout do not drop your shoulder

Photo of stance here

Diagram A demonstrating correct stance:
- Feet and Head locked into shot
- Ten toes pointing at the rim
- Right foot slightly forward
- Knees flexed and shoulder width or more apart
- Slight bend at hip
- Head over feet
- Back straight

Diagram B demonstrating correct stance:
- Feet and Head locked into shot
- Ten toes pointing at the rim
- Right foot slightly forward
- Knees flexed and shoulder width or more apart
- Slight bend at hip
- Head over feet
- Back straight
Hand and Ball Position:

After correct stance is established all the extra unnecessary movement is taken out of the shot providing the athlete lock their feet and head in and jump straight up and down. It is essential then that correct hand and ball position is established. In the early stages of shooting have players break down and correct themselves to establish correct positioning. Once they establish and understand the movement it will eventually become second nature for all players and the ball will sit naturally in correct position without adjustment.

- Place your index finger on the valve of the Basketball and when correct stance is assumed point this directly at the centre of the target
- Break at elbow and wrist (L-Shape elbow, wrinkle at wrist)
- Tricep 45 degrees to the floor
- Keep shoulders square and level throughout do not drop your shoulder
- Place the ball on the upper part of the palm and pads of the fingers
- Fingers spread as wide as possible
- Straight line between thumb and pinkie (See diagram below)
- Straight line from index finger to the target

Diagram C demonstrating correct hand position
- Ball centred in middle of hand
- Index finger pointing at the valve and basket
- Line from thumb to pinkie finger shown
- Triangle towards the target established
- Fingers spread as

Diagram D demonstrating correct hand position
- Ball centred in middle of hand
- Line from thumb to pinkie finger shown
- Triangle towards the target established
- Fingers spread as wide as possible
- Ball sitting on upper part of palm and pads of fingers

Diagram E demonstrating correct elbow and hand position
- Elbow L-Shape
- Wrist with wrinkle appearing
- Ball sitting on upper part of palm and pads of fingers
- Index finger pointing straight at the target
Follow Through:

Once stance is established along with hand and ball position it is then important to follow through and maintain the straight lines you started with.

- Use your legs and preparation for power
- Keep your shoulders square to the target throughout
- Keep the ball in front of you throughout
- Shoot through your line of vision not off your shoulder
- Lock your elbow finish with elbow above your eye
- Break wrist do not break at knuckles or fingers (see diagrams below)
- Finish with your triangle between thumb, pinkie and index finger pointing at the target
- Ensure the index finger is pointing straight at the target
- The ball should leave the index finger last
- Weak hand acts as a guide and holds the ball in place
- Ball should roll off fingertips as the wrist is broken to ensure back spin on the shot
- Look between your arms as you release the ball

Diagram F demonstrating finish of shot
- Index finger finishes pointing to target
- Triangle maintained between thumb, pinkie, index finger and target
- Fingers spread
- Fingers do not break at the knuckles and held firm toward the target
- Hold follow through until ball through the net

Diagram G demonstrating correct finish of hand after follow through
- Index finger pointing at basket
- Line from thumb to pinkie finger shown
- Triangle towards the target remains
- Fingers remain spread
- Fingers do not break and hold firm at the target
Shooting Analogies:
‘Shooters are made not born’

BEEF
B – is for Balance
E – is for Eyes on the target
E – is for Elbow which sits under the ball (It does not need to be in a straight line under the ball)
F – is for Follow Through

FEEL
F – is for Finger- index finger in middle
E – is for Eye- focus on the target
E – is for Elbow- needs to get under the ball- if it is in front or behind you do not get the wrist L shape and no wrinkle
L – is for Lock- full extension- snap of wrist and no breakage of fingers in follow through

If you have ever shot a rifle, shot gun or B-B gun you would have noticed that you naturally brought the gun stock up to your shoulder and pointed the barrel down the target line in line with your dominant eye and you would have your trigger finger on the trigger ready to fire when you are 'ready'. Notice also that you do not pull the trigger until you have the target, the peep sight at the end of the barrel and your eye all in the 'line of fire'. I also call this the correct 'shot pocket' when prepping to shoot. Compare this process to the free-throw attempt. You pick up the ball (usually with the dribbling hand to partner with the guide hand), the set the ball in your comfort zone 'shot pocket', which may or may not be scientifically correct. Let's compare.
When you pick up a rifle and you are ready to shoot, you do not hold the barrel of the gun near the hip or above the head or in front of the stomach. You brace the stock with the shoulder and align all other parameters (peep-sight, barrel, eye and target) before shooting.
=Eddie Palubinskas

‘You miss one hundred percent of the shots you don’t take’

Three and One-Half Balls Fit in the Target
To help your confidence it is important to know that the basket is big. The basket is so big that three and one half balls can fit in the target. This surprises most players. You can get on a ladder and fit three balls side by side over the target and have enough space to fit and turn your hand between each ball.
Realising that the basket is so big should give a psychological boost to your confidence.

Keep follow-through up until the ball goes through the target

‘Up, Down, Kiss, In’

When shooting off the backboard this is a simple rule to ensure success. Shoot it up then ensure it is on the downward arc when it hits the backboard making it a softer shot as it kisses the glass so it will go in.
Summary of Shot Technique – Check list for coaches and players:

- Do you prepare before you catch by being low and ready?  
  Yes | No

- Do you catch the ball in the air on most occasions?  
  Yes | No

- Do you lock your feet and head into your shot every time?  
  Yes | No

- Do you always have ten toes point at the target?  
  Yes | No

- Are your feet at least shoulder width apart with your dominant foot slightly forward?  
  Yes | No

- Do you break at your knees and not your hips?  
  Yes | No

- Do you keep your head over your feet?  
  Yes | No

- Do you arch your back as you shoot the ball?  
  Yes | No

- Do you lift your body early when you shoot the ball?  
  Yes | No

- Do you break at elbow and wrist? (L-Shape elbow and wrinkle wrist)  
  Yes | No

- Does the base of your palm touch the basketball?  
  Yes | No

- Is your index finger lined up with the valve of the basketball and the centre of the target?  
  Yes | No

- Are you keeping your fingers spread and as wide as possible throughout?  
  Yes | No

- Is the ball centred in the middle of the hand?  
  Yes | No

- Can you see a straight line across from your thumb and pinkie forming a triangle with the target?  
  Yes | No

- Do you lock your elbow and finish with elbow above your eye?  
  Yes | No

- Do you break your wrist and ensure you do not break at knuckles or fingers?  
  Yes | No

- Do you finish with your triangle pointing at the target?  
  Yes | No

- Does your index finger point straight at the target after follow through?  
  Yes | No

- Does the ball leave your index finger last?  
  Yes | No

- Does the ball roll off your fingertips to ensure back spin on the shot?  
  Yes | No

- Does your guide or weak hand turn when you shoot the ball?  
  Yes | No

- Does the ball stay in front of you during your shot?  
  Yes | No

- Do you shoot through your line of vision?  
  Yes | No

- Do you look between your arms when you have released the ball?  
  Yes | No

- Do you bring your feet together when shooting the ball?  
  Yes | No
**Jump Shooting:**

When teaching players to jump shoot you need to make sure they have a competent shooting action and technique established. When you first begin to jump shoot, start in close and commence with only a small jump that the athlete can manage. Work and establish timing from this range before you move further out.

A jump shot is exactly what it means jumping to shoot and gain an athletic advantage and power when shooting the ball. It is all about **incorporating the legs into the shot**. Jumping will allow you to help shoot over another player and will allow you to explode toward the basket. Everything else within your shot technique must remain the same including landing after the jump with your feet in the same position as when you started.

The hardest thing when shooting a jump shot is co-ordinating the timing of the jump and ensuring your shooting action works in motion with your jump. Here are some important teaching points:

- Prepare to shoot the ball before you catch it, be low and ready
- Catch the ball in the air to develop rhythm
- Lock your feet and head into your shot (see diagram A & B shooting stance)
- Point ten toes at the target
- Be balanced in a strong athletic stance
- Keep your feet apart throughout the shot and attempt to land in the same spot
- Release the ball at the top of your jump for maximum power

**Jump Shot off the dribble:**

Shooting with the dribble involves the technique of moving the dribble into the shot. It is important to dribble low and balanced and be in a strong athletic stance so you can explode into a jump shot. Two types of stops can be used: a jump stop off two feet and more commonly used stride stop which can be described as a running stop. The stride stop provides greater rhythm and this is better to teach young kids how to shoot the ball. A 1, 2, 3 rhythm can be developed.

It is important to protect the basketball as much as possible and to move the ball into the shooters pocket as quickly as possible. The shooters pocket may vary for different people for example a young child may bring the ball to chest level for strength while an older player may bring the ball to their eye level.

**Key points to jump shooting**

- Throughout the shot keep feet shoulder width apart or more
- Shoot the ball on the way up
- Do not try to jump too high as you will shoot the ball on the way down

© copyright Basketball WA
Lay Up Technique:

The lay-up is one of the first shots you should learn. While it appears easy when you watch a player perform this skill correctly, it is not as easy as it looks. Most kids have difficulty understanding the correct footwork for balance and execution of a lay-up. A player must be able to execute a lay-up using either hand and eventually progress to be able to make a reverse lay-up.

When completing a lay-up dribble toward the basket and move slightly to one side of the hoop to create the correct angle. If you’re on the right side, dribble right-handed, pick the ball up on your right foot (half step) as you progress to the basket and then step with your left foot (inside foot) and explode toward the basket shooting with your right hand. As you raise your right hand, your right knee should also elevate and lift toward the basket. Pretend there is a string attached to your right hand and your right knee. Reverse this form if shooting from the left side. It is best to go directly toward the basket, with your head up and eyes focused on the backboard. Go up strong and straight to the hoop. Initially shoot the ball overhand utilising key teaching points for shooting, not underhand or as many people wish to call it a finger roll. Don’t shy away if there is a defender, just go strong to the hoop. You may get fouled and get a three point chance. Utilise the top corner of the backboard to ensure you make your shot.

Key points to teach

- **Right Hand Lay Up**
  - Shoot the ball off the left foot, right knee up. Jump off the inside foot
- **Left Hand Lay Up**
  - Shoot the ball off the right foot, left knee up. Jump off the inside foot
- **Position of Ball**
  - Keep it under your chin and shoot over hand until you perfect your technique
- **Hands**
  - Two hands on the ball to the height of jump. Non-shooting arm to protect shot

Teaching Lay-Ups these drills are presented later in the document starting on page ??.
SECTION B: Drills to teach shooting:

I have put together a number of drills to teach shooting. This is an ongoing living document and I will add more as they come to hand or as I learn them from other coaches - that is the beauty of Basketball you never stop learning. I have placed the drills in order of how I would teach shooting fundamentals to young players from the very beginning. You will see many of the drills are very basic but I believe all are important in teaching shooting fundamentals. I have detailed as many teaching points as possible early on for coaches to use to pick up on problem areas in players shots. As the drills progress I have focused the teaching points more toward the specific drill. Please do not lose sight of the overall emphasis points of ensuring the feet and head are locked into the shot and everything is then designed to stay straight and completed with rhythm.

As you will notice there is a large amount of detail and teaching points used. Teaching shooting I believe should always be from the ground up so always introduce one or two teaching points rather than everything all at once. Also, only ever correct one or two things and work on these rather than throw more and more teaching points at your players. At best they will more than likely remember one particular area and focus on this anyway.

SECTION C: Shooting drills completed away from the basket for technique:

Mass Shooting Drill

Drill:
This is a mass demonstration of shooting technique with the coach out in front demonstrating the key components of shot technique. Begin with players with a ball on the ground behind them. Build all of the following areas:
- Stance and Head Position
- Hand and Ball Position
- Follow through

Have each player take a shot at the end of the drill before moving on.

Key Teaching Points:
- Stance
- Lock your feet and head in
- Ten toes pointing to target
- Break at the knees and only slightly at the hips so head over feet
- Elbow – L Shape
- Wrist – Wrinkle appear
- Index finger on the valve
- Form triangle, pinkie, thumb and valve
- Ball centred on the hand
- Keep fingers spread as wide as possible
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow, finish elbow above the eye
- Snap wrist, do not break at the knuckles or fingers
- Index finger should finish pointing at the target
- Look between your arms as you release the ball
- Back spin rotation on the ball
Against the wall Shooting:

**Drill:**
Have each player commence with a ball a pass distance away from a wall. Commence with one hand and then add the guide hand and imitate a shot action toward the wall.

A. **Push Pass at the wall**
B. **Lift to imitate a shot**

**Key Teaching Points:**
- Stance
- Lock your feet and head in
- Ten toes pointing to target
- Break at the knees and only slightly at the hips so head over feet
- Elbow – L Shape
- Wrist – Wrinkle appear
- Index finger on the valve
- Form triangle, pinkie, thumb and valve
- Ball centred on the hand
- Keep fingers spread as wide as possible
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow
- Snap wrist, do not break at the knuckles or fingers
- Index finger should finish pointing at the target
- Look between your arms as you release the ball
- Back spin rotation on the ball

Pair Shooting:

**Drill:**
Have each player commence with a ball pass distance away from their partner. Commence with one hand shooting the ball to your partner and then add the guide hand. Complete the following two things with this drill:

A. **Make shot direct toward your partner like a push pass ensuring the index finger starts and ends pointing directly towards your partner.**
B. **Lift your shot so that you lock your elbow with it finishing above your eye. Check index finger is in straight line to target again.**

**Key Teaching Points:**
- Stance
- Lock your feet and head in
- Ten toes pointing to target
- Break at the knees and only slightly at the hips so head over feet
- Elbow – L Shape
- Wrist – Wrinkle appear
- Index finger on the valve
- Form triangle, pinkie, thumb and valve
- Ball centred on the hand
- Keep fingers spread as wide as possible
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow
- Snap wrist, do not break at the knuckles or fingers
- Index finger should finish pointing at the target
- Look between your arms as you release the ball
- Back spin rotation on the ball
SECTION D: Shooting Drills with an emphasis on Follow Through

On Back Shooting Drill (Follow Through)

Drill:
Have a player lie on their back and shoot the Basketball. This drill is designed with an emphasis on correct follow through and backspin rotation on the ball. Generally when a player completes this drill will automatically use backspin due to lying down as the ball will roll off a players finger tips allowing the player to feel and understand back spin rotation. Use shooting hand by itself and then add the guide hand.

Key Teaching Points:
- Lye straight on the ground
- Elbow – L Shape
- Wrist – Wrinkle appear
- Index finger on the valve
- Form triangle
- Ball centred on the hand
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow to finish high
- Snap wrist, do not break at the knuckles or fingers
- Back spin rotation on the ball
- Feel the ball leaving the finger tips

Knee Shooting

Drill:
Once players have shot the ball on the back they should progress to their knee’s. This drill is designed to emphasise correct follow though and backspin rotation on the ball. It keeps the legs totally out of the shot and works on the players’ arm action when shooting the ball. An emphasis on correct follow through should be worked on here.

Key Teaching Points:
- Kneel so knees are shoulder width apart
- Elbow – L Shape
- Wrist – Wrinkle appear
- Keep shoulders square to the target throughout
- Index finger on the valve
- Form triangle
- Ball centred on the hand
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow, finish above the eye
- Snap wrist, do not break at the knuckles or fingers
- Back spin rotation on the ball
- Look between your arms as you release the ball.
Chair Shooting

Drill:
Have a player sit in a chair and shoot the Basketball. This drill is designed to emphasize correct follow through and backspin rotation on the ball and is a progression from shooting from a players knees.

Key Teaching Points:
- Sit on chair feet at least shoulder width apart
- Elbow – L Shape
- Wrist – Wrinkle appear
- Keep shoulders square to the target throughout
- Index finger on the valve
- Form triangle
- Ball centred on the hand
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow, finish above the eye
- Snap wrist, do not break at the knuckles or fingers
- Back spin rotation on the ball

Form Shooting: (Without Ball, One Hand, One Hand plus Guide Hand)

Drill:
Players commence with a ball close to the basket and shoot using the following:
- **Without the Ball** - this drill is to evaluate your form. Shoot in a mirror to your form. Start the drill in slow motion to check all of your fundamentals.
- **With One Hand**
- **With One Hand plus the guide hand**: evaluate your form and technique; check the rotation of the ball.

Key Teaching Points:
- Low and ready with strong athletic stance
- 10 toes pointing to target
- Break at the knees and only slightly at the hips so head over feet
- Elbow – L Shape
- Wrist – Wrinkle appear
- Index finger on the valve
- Form triangle
- Ball centred on the hand
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow, finish above the eye
- Snap wrist, do not break at the knuckles or fingers
- Back spin rotation on the ball
- Look between your arms as you release the ball
Shot Check - Swishes Shooting Drill

Drill:
The drill commences with a player and basketball standing close to the basket. The player will attempt as many swishes as possible while checking form and technique. As the technique improves players step back to increase difficulty. Provide an identifiable target for the players to make ie: 10 swishes. This works on shooting touch and accuracy.

Key Teaching Points:
- Stance low wide and strong
- 10 toes pointed at the target
- Elbow – L Shape
- Wrist – Wrinkle appear
- Index finger on the valve
- Form triangle
- Ball centred on the hand
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow, finish above the eye
- Snap wrist, do not break at the knuckles or fingers
- Back spin rotation on the ball

Take the Step Shooting

Drill:
This drill is designed to ensure you shoot with good form and technique in a slowed down modified approach. Each player commences with a basketball as they make a shot they step back if they miss step forward. This can also be completed with a player required to swish the ball to advance, if they hit the ring they stay in the same spot, if they miss step forward. To increase the competitiveness of this drill designate a time and or first player back to the three point line wins.

Key Teaching Points:
- Stance low wide and strong
- Lock Feet and Head into shot
- Elbow – L Shape
- Wrist – Wrinkle appear
- Index finger on the valve
- Form triangle
- Ball centred on the hand
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow, finish above the eye
- Snap wrist, do not break at the knuckles or fingers
- Index ends pointing directly at the target
- Back spin rotation on the ball
Drill:
Three lines commence close to the basket, a ball is at the start of each line. As each player moves to the start of the line they work through a process of making sure their technique is perfect commencing with their feet and working upward. See teaching points below

Key Teaching Points:
- Lock feet and head in
- Ten toes pointed at the target
- Feet shoulder width or more knees bent
- Stance low and wide
- L – Shape Elbow
- Wrinkle – Wrist
- Index finger on the valve
- Form triangle
- Ball centred on the hand
- Ball resting on upper portion of palm and pads of fingers
- Lock elbow, finish above the eye
- Snap wrist, do not break at the knuckles or fingers
- Back spin rotation on the ball
- Look between your arms as you release the ball.
SECTION E: Shooting Drills with an emphasis on footwork, rhythm and incorporating your legs into your shot

Full Court Rhythm Shooting Drill (1,2,3)

Drill:
This drill is designed to teach each player to bring their legs into their shot and to shoot with rhythm. Each player commences with a ball on the baseline. Each player will toss the ball in the air and then chase after it, let it bounce, catch in the air ready to shoot the ball again. Once they shoot it into the air they chase it and the same process occurs again. This happens all the way down court. Catching in stance and having rhythm is essential to becoming a great shooter.

Key Teaching Points:
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing 1,2,3

eg: Right handed shooter, 1 = left, 2 = right, 3 = shot.

3 Toss Shooting Drill

Drill:
Each player commences with a basketball as shown on diagram on left. Players toss the ball out in front with back spin and then chase it, catch it in the air, ready to shoot the ball. On the third toss out in front players shoot the ball. This drill is designed to teach footwork and shooting rhythm.

Key Teaching Points:
- Prepare to shoot the ball before catching
- Catch the ball in the air
- Ten toes pointed at the target
- Establish strong, low, wide, athletic stance
- Catch in a rhythm (right hand shooter = left, right, shot - 1,2,3)
- Stay low throughout the drill
- Check index finger is pointed at the target
- L-Shape and wrinkle
On third catch explode into shot
- Power from legs
- Lock elbow so it finishes above the eye
Bounce Drill

Drill:
Drill commences with a shooter, rebounder and a basketball. Player 1 starts on the edge of the keyway. To start player 1 sprints and touches the 3 point line with their foot turns to receive the ball and catch and shoot. Each shooter should be given a target of made shots or a time limit to complete the drill.

Key Teaching Points:
- Catching the ball in the air, low, wide and in stance
- Ten toes pointed at the target
- Shooting with rhythm (1,2,3)
- Lock feet and head into shot
- Land on the same spot
- Index finger pointed at target
- Look between your arms
- Elbow above your eye
- Back spin rotation of the ball

Corner Bounce Drill

Drill:
Drill commences with one line at half way with two basketballs. Player 1 in the line who does not have a ball sprints to the corner of the court, touches the corner with their foot and then sprints back to receive the ball off a straight cut as diagrammed. Player 1 will then catch and shoot the basketball, rebound and return to the line. Player 2 on making the pass will then sprint to the opposite corner and the drill continues in this fashion. Add the following to the drill:

- Catch and Drive (See Individual Offence)
- Catch, Fake and Drive (See Individual Offence)
- On Ball Screen with passer coming to set an On Ball Screen (See also On Ball Screens)

Key Teaching Points:
- Preparation for shot low and ready
- Catch the ball in the air
- Lock feet and head into shot
- Catch both on inside foot or outside foot, perfect both
- Ten toes pointed at the target
- Rhythm and timing on the shot (1,2,3)
- All other shooting teaching points emphasised.
Toss Out & Chase Swish Shooting Drill (2 mins)

**Drill:**
Each player commences with a basketball under the basket facing outwards. To start the drill each player tosses the ball out anywhere outside the keyway with back spin and chases it. Players should catch the ball in the air and square up and shoot it. Record a score of makes and misses over 2 minutes

**Key Teaching Points:**
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing

Toss Out & Chase Backboard Shooting Drill (2 mins)

**Drill:**
Each player commences with a basketball under the basket facing outwards. To start the drill each player tosses the ball out on the 45, with back spin and chases it. Players should catch the ball in the air and square up and shoot it. In this drill each shot must be off the backboard. Record a score of makes and misses over 2 minutes

**Key Teaching Points:**
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Up, Down, Kiss, In
Plyo’s Jump Shooting Drill

Drill:
Each player commences with a ball close to the basket. Players will jump three times and on the third jump will shoot the ball at the top of their jump.

Key Teaching Points:
- Stay low, strong and in stance
- Knees flexed
- Ten toes pointing at the target
- Knees flexed explode with leg power
- Lock feet and head into shot
- Jump as if to shoot the ball
- Keep feet apart throughout
- Finish shot with a lock and snap at the top of the third jump

Straight Lead Shooting Drill

Drill:
Two lines are formed on the baseline as pictured left, while two players with basketballs start in the guard spots above the elbow of the keyway. Players at the start of each line make a straight lead toward the passer. Once the pass is made the cutter will catch and shoot and then move to become a passer. The passer will rebound and throw the ball back to the passing line. After rebounding will join the line on the baseline.

Key Teaching Points:
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Learn to catch on the inside foot and the outside foot
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
Forward Lead Shooting

Drill:
As for straight lead shooting drill except this time the shooter commences in the forward spot. A V-cut is then made by the shooter to catch and shoot the ball as pictured left. To rotate have the passer 1 rebound and the shooter 2 move to the passing spot. 1 will then complete a V-Cut and the drill continues.

Key Teaching Points:

V-Cut
- Walk toward the basket and then explode as you hit the keyway changing pace to receive the ball. Simulate getting free from defence (see individual offence for leading to the basketball)

Shot
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- See additional shooting teaching points earlier in document keep referring to them

Flash Cut Shooting

Drill:
Two lines commence foul line extended as diagrammed left. Four basketballs are used during the drill. Player 1 without a ball commences the drill by making a flash cut toward the ball as diagrammed and catching, shooting and then rebounding. Player 2, upon passing, makes a flash cut to receive the ball from 3 and the drill continues.

Key Teaching Points:

Flash-Cut
- Walk toward the edge of the back board and then explode as your head is under the corner of the board, changing pace to receive the ball. Simulate getting free from defence (see individual offence for leading to the basketball)

Shot
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- See additional shooting teaching points earlier in document keep referring to them
SECTION F: Competitive Shooting Drills

Rapid Fire Shooting Drill

Drill:
The drill commences with a shooter, rebounder and passer. Player 2 (passer) and Player 3 (rebounder) commence with basketballs. Player 1 the shooter relocates side to side receiving passes from Player 2 and catches and shoots the Basketball. An identified score and or time limit should be provided as a target for each player.

Key Teaching Points:
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- See additional shooting teaching points earlier in document keep referring to them

Chair Relocate Shooting Drill (2 mins)

Drill:
A chair and rebounder are needed to complete the drill. The shooter commences mid range with the chair on the edge of the keyway as diagrammed. The shooter will sprint touch the chair and relocate away to receive pass for a shot. This is repeated for 2 minutes and makes and misses should be recorded.

Key Teaching Points:
- Flare cut away from the chair
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Ensure good back spin on the ball
- See additional shooting teaching points earlier in document keep referring to these
7’s Shooting Drill – Beat the Pro

**Drill:**
This drill commences with a rebounder and shooter. The shooter will relocate side to side and will catch and shoot continuously. A score will be kept this way, +1 for a made basket and -2 for a missed basket. The shooter must score +7 to complete the drill. A -7 score means the player is out and rotates with the rebounder.

**Key Teaching Points:**
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- See additional shooting teaching points earlier in the document and keep referring to there

Block It Shooting Drill

**Drill:**
The drill commences with one player starting in the forward spot and a line of players with basketballs starting on the other side of the basket as diagrammed. To commence the drill, player 2 completes a pass to player 1 who will catch and shoot the ball. Player 2 on completing the pass can then step and run and attempt to block the shot. Give each player a target of made baskets to achieve and compete to be the first to achieve this.

**Note:** Players must pass from the other side of the basket and the ball must leave their hands before they can move. The pass must be a flat chest pass straight to the shooter.

**Key Teaching Points:**
- Game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Focus on the target and not on the defender running at you. **Do not change your technique under pressure**, work on speed of shot release.
3, 2, 1 Shooting drill

Drill:
The drill commences with 2 balls and a rebounder, passer and shooter. The shooter completes a series of 3 shots starting with a lay-up then a mid-range jump shot and then a three point shot. This routine is continued for 2 minutes and score collated. A lay-up is worth one point, mid-range jump shot 2 points and the three point shot is worth 3.

Key Teaching Points:
- Complete this drill with game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Shoot off correct foot with your lay-up
- Take as many shots as possible in 2 minutes

Make 3 Shooting Drill

Drill:
The drill commences with three players shooting and two rebounding. Three balls start with the shooters. The aim of the drill is to make three baskets in a row to score a point for your team or for you individually. Once you have made three shots in a row the shooter must then rotate with a rebounder.

Key Teaching Points:
- Game like intensity
- Consistent shot technique and form
- Simulated game like pressure to make shots in a row
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
**Spot Shooting Drill**

**Drill:**
A rebounder, shooter and a ball are required to commence the drill. You can position the spots or cones on the floor wherever you like. The shooter will take between five and ten shots at each of the spots on the floor.

**Key Teaching Points:**
- Game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Ten toes pointing at the target
- Lock feet and head into shot
- Work on consistent technique
- Shoot the ball with good rhythm and timing
- Ensure straight lines towards the target

**Pick Up Drill**

**Drill:**
Drill commences with a shooter (1) and a rebounder (2). Two basketballs are placed on each of the block areas on the edge of the keyway. The shooter must sprint pick up a basketball and make a shot. They must then sprint pick up the other ball and make a shot. The rebounder must rebound and place each ball back in the original starting position. An identified target or time should be given and a score recorded.

**Key Teaching Points:**
- Game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Picking up the ball means you are already low
- Do not lift your body early
- Do not arch your back during your shot
- Ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
Paul Pierce Drill

Drill:
The drill commences with one player and two basketballs placed on the 45 to the basket. 1 will sprint pick up the basketball and either rip thru or forward pivot into a shot. They will then rebound place the ball back in the original starting position and sprint to pick up the other ball. An identified target or time should be given and a score recorded. You may also utilise a rebounder to make the drill less strenuous.

Key Teaching Points:
- Game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Pick ball up low to ground and be ready to play
- Ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing

Finishing School

Drill:
The drill commences with a player holding a basketball. This player takes a shot and then rebounds pivots out stepping out from the basket to make continuous shots

Key Teaching Points:
- Game like intensity
- Chase rebound hard
- Stay low and in stance
- Catch the ball in the air
- Big step to clear and create an angle to shoot the ball
- Shoot off one foot ensuring balance by lifting the opposite knee toward the hoop
- Shoot the ball with good rhythm and timing
Elbow to Elbow Shooting Drill

**Drill:**
The drill commences with a shooter S1 and a rebounder R2. The Drill starts with R2 passing to S1 for a shot. S1 once they have shot the ball proceeds to the other elbow to receive a second pass from R2 and the drill continues.

**Key Teaching Points:**
- Game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Use shooting teaching points from earlier drills e.g.: look between your arms

4 Up Shooting Drill

**Drill:**
Two lines are formed at the elbows as diagrammed left. One or two basketballs can be used in each line. The idea of the drill is to gain a score of 4 before the other team can. The way in which this game is scored is as follows. If team A scores they gain 1 point. If team B scores the score becomes 0. If team A is 3 and team B scores team A goes back to 2. The team that can score 4 before the other team wins.

**Key Teaching Points:**
- Game like intensity
- Catch the ball in the air
- Point ten toes at the target
- Ensure technique is consistent
- Reinforce key teaching points from earlier drills
**Gaze Drill**

**Drill:**
Players commence the drill in two lines on the edge of the keyway as diagrammed. Two basketballs are required. Players circle around the basket to designated spots to receive the ball and catch and shoot. Once a player has taken their shot they rebound and pass back to the line they received it from. The passer at the same time circles around the initial shooter to receive the ball and shoot. Shots are completed in close to the basket, from the block, mid post area, elbows and the three point line.

**Key Teaching Points:**
- Game like intensity
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Ensure technique is consistent
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Reinforce key teaching points from earlier drills

---

**Swing Shooting Drill**

**Drill:**
The drill commences with a passer (P2) and shooter (S1). S1 starts under the basket and makes a forward lead to either wing to receive a pass from P1. S1 must catch and shoot and then rebound and pass back to P2. The drill continues with S1 sprinting the opposite forward spot to complete the same action.

**Key Teaching Points:**
- Game like intensity
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Ensure technique is consistent
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Reinforce key teaching points from earlier drills
Drill:
Two teams are created and shots can be taken from anywhere on the court, in this case from each elbow. Each team starts with a ball. As each player moves to the front of the line they must take a shot. This is awarded 1 point until the team has scored 21. If you wish to add if a player rebounds on the full they can take a second shot and score a point this helps emphasise offensive rebounding and following ones shot.

Key Teaching Points:
- Game like intensity
- Catch the ball in the air
- Point ten toes pointing at the target
- Ensure technique is consistent
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Reinforce key teaching points from earlier drills

Drill:
Two teams are created and commence on the elbows of the keyway. A series of three shots is taken by each player as they step to the front of the line. A shot from the elbow, rebounding this shot a lay-up at the other end and a free throw at the end where the player commenced. The elbow shot is worth 2 points, lay-up 1 point and the free throw is worth 3 points. Teams compete until one team has scored 31.

Key Teaching Points:
- Game like intensity
- Catch the ball in the air
- Point ten toes pointing at the target
- Ensure technique is consistent
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Shoot off correct foot during lay-up
- Take additional time to shoot free throw – slow down
- Reinforce key teaching points from earlier drills
Blasone Drill

**Drill**
Player 1 and 2 at the start of each line commence drill without a ball. 3 and 4 second in line commence with a ball. Player 1 and 2 sprint to point of the target and then plant outside foot (closest sideline) and open to the ball. Imagine defender in front plant foot inside their feet and seal for ball. Ball is passed to 1 and 2 who shoot the ball. Play first to 15 made baskets then repeat but after opening to ball sprint for mid range shot X 15 and then three point shot X 10

**Key Teaching Points**
- Game like intensity
- Catch the ball in the air
- Point ten toes pointing at the target
- Ensure technique is consistent
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Reinforce key teaching points from earlier drills

Titan Drill

**Drill**
Players commence in three lines as diagrammed. Each player at the front of the line shoots the ball, rebounds throws it back to next person in line. They then sprint to half way and then join the end of the line.

**Emphasis**
- Run hard between shots
- Prepare to shoot the ball before you catch
- Catch the ball in the air
- Index finger
- Break at knees, elbow and wrist
- Do not break at knuckles or fingers
- Keep fingers spread
- Lock elbow
- Back spin rotation of ball
Cardio Jump Shooting Drill

Drill:
This drill commences with one player and a ball. The object of the drill is for the player to use three dribbles or three seconds to progress the ball down court to make a jump shot. The player will keep going until a target or time limit is achieved.

Key Teaching Points:
- Game like intensity
- Dribble hard three dribbles only
- Prepare to shoot the ball early
- Stay low and in stance throughout
- Lift ball from dribble into jump shot quickly protecting the ball
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing (1,2,3)

Pair Shooting – Shot On Ball Screen

Drill:
Players commence the drill in pairs. Player in the keyway with the ball starts the drill by making a pass to the perimeter and setting an On-Ball Screen. The player being screened uses the screen turns the corner for a jump shot. The Drill continues with the shooter rebounding, the screener moving to the perimeter with both players now changing over roles. Have each player compete to make 6 jump shots or a target identified by the coach.

Key Teaching Points: (see On-Ball Screens section for detailed teaching points)

Screener
- Sprint to screen
- Two foot stop to set screen
- Hands across chest female
- Hands covering up male
- Tell handler to ‘go’

Handler
- Shift away with a dribble or a fake before using screen
- Go shoulder to shoulder with the screen
- Turn the corner to attack
- Use correct shooting form and technique to shoot the ball
Pair Shooting – Hit Screener Popping

Drill:
Players commence the drill in pairs. Player in the keyway with the ball starts the drill by making a pass to the perimeter and setting an On-Ball Screen. The player being screened uses the screen turns the corner. The screener will then flare or pop for a shot. The drill continues with the passer rebounding, the screener moving to the perimeter with both players now changing over roles. Have each player compete to make 6 jump shots or a target identified by the coach.

Key Teaching Points: (see On-Ball Screens section for detailed teaching points)

**Screener**
- Sprint to screen
- Two foot stop to set screen
- Hands across chest female
- Hands covering up male
- Tell handler to ‘go’
- Pop or flare for shot
- Use correct shooting form and technique

**Handler**
- Shift away with a dribble or a fake before using screen
- Go shoulder to shoulder with the screen
- Turn the corner to attack imagine drawing defence and make extra pass

Tennessee Drill

Drill:
Players are set up around court as diagrammed. 5 Balls and 8 players are required for this drill. Lines start on each of the three point lines. Players 1, 4, 5, 6 & 7 have balls at the start of the drill. 1, 2 & 3 commence passing down court as diagrammed. Once the ball reaches the three point line at the other end:
1: drives to the basketball for a lay-up.
2: cuts hard to the elbow to receive pass from 5
3: cuts hard to the low block and receives pass from 4

On the return leg, 1 collects own rebound & the drill continues down the floor with 4 & 5 stepping up. 2 & 3 collect own rebounds then replace spots vacated by 4 & 5. The drill continues in this fashion. It is important to set a time and target for this drill.

**Key Teaching Points:**
- Game like intensity
- Run the lanes hard
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
- Compete against the clock to make a specified target
- Maintain correct shooting form and technique
Penetrate and Kick Shooting Drill

Drill:
This drill commences with two lines foul line extended. Player 1 with a ball penetrates at the keyway with one hard dribble and makes a pass at player 2 who has relocated. P2 catches and shoots the ball, rebounds and passes back to the line they received the ball from. Player 4 then attacks the keyway with a hard dribble and makes a pass to P1 who has relocated and flared outside the keyway for a shot and then rebound. The drill continues from here. An identified target or time limit should be set and reached.

Key Teaching Points:
- Game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Ten toes pointing at the target
- When moving backward it is important to come forward as you catch and Lock feet and head into shot
- Shoot the ball with good rhythm and timing

Keyway Cross Over Jump Shot Drill

Drill:
Two lines commence on the edge of the keyway as diagrammed. Player 1 (P1) with a ball Player 2 (P2) without a ball. P1 dribbles hard with the outside hand to the elbow of the keyway and looks to make a pass to P2. P2 sprints to the elbow looking receive a pass from P1 and catch and shoot. The drill continues with players rebounding and changing lines. An identified target or time limit should be given to the drill.

Key Teaching Points:
- Game like intensity
- Prepare to shoot the ball early
- Stay low and in stance
- Catch the ball in the air
- Square and turn body in the air to end up with ten toes pointing at the target
- Lock feet and head into shot
- Shoot the ball with good rhythm and timing
SECTION G: Conditioning Shooting Drills

Slide and Shoot Drill

Drill:
The drill commences with a shooter S1 and rebounder R2 and one basketball. S1 starts on the edge of the keyway in defensive stance. They will defensive slide to the side line and then turn sprint to receive ball for a shot. After the shot they must sprint to opposite side of keyway assume defensive stance and slide to the closest side line. The drill continues as until an identified target or time limit is met.

Key Teaching Points:
- Game like intensity
- Prepare to shoot the ball early
- Shots are taken in this drill under fatigue

Max Shooting Drill

Drill:
The drill commences with a shooter S1 and rebounder R2 and one basketball. S1 starts mid range and R1 starts with the ball under the basket. S1 sprints to the side line either foul line extended or where the hash mark is located for the coaches box. S1 will turn low sprinting looking for a pass from R2 to catch and shoot. After shooting the ball S1 will then turn sprint to same spot on side line and the drill continues. Players must identify when they have lost their legs in the drill and the coach will then provide a target of shots to be made. This will be based on how hard S1 may have worked.

Key Teaching Points:
- Game like intensity
- Prepare to shoot the ball early
- Catch the ball in the air
- Maintain correct shooting form and technique throughout
Torture Shooting Drill

Drill:
The drill commences with a Shooter 1 and a Rebounder 2. 1 will shoot continuously completing the following circuit. 2 must rebound and pass back to 1 as quickly as possible to keep 1 active. 1 will take a step each time and catch the ball in the air as they progress around the circuit. 1 will complete the following:
- A. Bottom hash mark to bottom hash mark around and back twice
- B. Mid Range baseline shot to baseline shot around and back twice
- C. Three Point Shot baseline shot to baseline shot around and back twice

Key Teaching Points:
- Game like intensity
- Prepare to shoot the ball early
- Catch the ball in the air
- Maintain correct shooting form and technique throughout

Caporn 20 minute drill

Drill:
The drill commences with a player and a ball. The drill starts with a player shooting from behind the three point line and rebounding their own shot. If they make the shot they stay and attempt to make another until they make three in a row which earns them 1 point. Once they make three in a row they must dribble hard to the other end and attempt to make three in a row again. If the player misses at any time they must dribble hard to the other end and start again. This drill continues for 20 minutes and the number of 3 X 3 point shots in a row is recorded.

Key Teaching Points:
- Game like intensity
- Chase rebound
- Focus on correct shooting form and technique throughout
Yugo Drill

A.

Drill: The drill commences with a shooter (1) rebounder (C) and a ball.
A. The player must touch the sideline in the baseline corner and make a three. If they miss they return touch the sideline and shoot again. They must continue until they make the shot. Once made the player makes the basket they continue the same routine at the foul line extended, half way line, opposite foul line extended and the base line as pictured on the left. Once complete the player goes to the foul line and must make two consecutive free throws before starting the part B of the drill.
B. Once the player makes two consecutive free throws they commence at the top of the keyway outside the three point line. Same as part A. the player must make a three before progressing through the drill. The spots are as follows stationary at the three point line, bottom of the jump circle and back, top of the jump circle and back, foul line extended and back and base line and back. Once completed the player is then required to make 10 consecutive free throws before starting part C of the drill.
C. The last section of the drill is to complete part A on the opposite side of the court see part A. To finish the athlete must make 10 consecutive free throws and record the time to complete the drill.

Key Teaching Points:
- Game like intensity
- Catch the ball in the air and shoot with rhythm
- Focus on correct shooting form and technique throughout
SECTION H: Lay-Ups teaching the fundamentals

Teaching Lay Ups

Off one Step

Drill
Each player in the drill commences with a basketball. To start the drill each player moves to the edge of the keyway. As they reach the edge of the keyway each player will take a step toward the basket and complete the last stage of the lay-up. It is important to shoot the ball off the correct foot as per the teaching points below.

Key Teaching Points
- Be low and balanced
- **Right hand lay-up** Shoot the ball off the left foot, right knee up. Jump off the inside foot.
- **Left hand lay-up** Shoot the ball off the right foot, left knee up. Jump off the inside foot.
- **Position of ball** Keep it under your chin to protect the ball.
- **Hands** Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- **Eyes** Must focus on the target throughout.
- **Target** Top corner of the nearest corner of the back board.
- **Up, down, kiss, in** when using the backboard.

Off two Steps

Drill
Each player in the drill commences with a basketball. To start the drill each player moves toward the keyway. As they reach the edge of the keyway each player will take two steps and shoot the ball. It is important to pick the ball up as the first step in the lay-up is taken and then with the second step go hard towards the basket.

Key Teaching Points
- Be low and balanced
- **Right Hand Lay Up** Pick the ball up on the right foot, step with the left foot and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- **Left Hand Lay Up** Pick the ball up on the left foot, step with the right foot and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- **Position of Ball** Keep it under your chin to protect the ball.
- **Hands** Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- **Eyes** Must focus on the target throughout.
- **Target** Top corner of the nearest corner of the back board.
- **Up, down, kiss, in** when using the backboard.
Drill
Each player in the drill commences with a basketball at the three point line. To start the drill each player passes to the coach and then proceeds to move towards the basket to receive a return pass from the coach. As the player receives the return pass toward the edge of the keyway they must catch on the correct foot and make a lay-up off the correct foot see teaching points below:

Key Teaching Points
- Be low and balanced throughout
- Right Hand Lay Up Catch the pass on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Catch the pass on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, down, kiss, in when using the backboard

Drill
Each player in the drill commences with a basketball. To start the drill each player commences dribbling from the three point line to complete their lay-up.

Key Teaching Points
- Be low and balanced throughout
- Right hand lay-up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand lay-up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, down, kiss, in when using the backboard
From half way line

Drill
As above, each player in the drill commences with a basketball. To start the drill each player commences dribbling from the half way line to complete their lay-up.

Key Teaching Points
- Be low and balanced throughout
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In

Full Court Lay-Ups

Drill
As above, each player in the drill commences with a basketball. To start the drill each player commences dribbling from the base line to complete their lay-up.

Key Teaching Points
- Be low and balanced throughout
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In
SECTION I: Lay-Up Drills

Warm Up Lay Ups

Drill:
Two lines are formed at half way. One line as a lay-up line with a basketball the other a rebounding line as diagrammed.

Key Teaching Points
- Be low and balanced throughout
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In

1 Minute Full Court Lay-ups

Drill:
The drill commences with a player and a ball. The drill starts with the player accelerating down court to make a lay-up, rebounding and returning accelerating down court to make a return lay-up. Pictured the player is dribbling with the right hand down court turning and coming back with their left. You can toss the ball out in front after a rebound but cannot throw it over half way. Complete continuous lay-ups for 1 minute and record a score.

Key Teaching Points
- Be low and balanced throughout
- Use minimal dribble throughout
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In
Shooting

Drill:
Drill commences with one player and a ball. A series of three lay-ups will be completed over and over again for the duration of a minute.

A. Lay-up right or left hand depending on the side of the court
B. Reverse lay-up shooting
C. A running lay-up or runner

Each time the player attacks the basket for a lay-up they may only use one dribble.

Key Teaching Points
- Be low and balanced throughout
- Game like intensity
- Use one dribble to reach the three point or basket
- Up, Down, Kiss, In (when shooting the ball off the backboard)

Lay-Up
- Right hand lay-up as per previous teaching points
- Left hand lay-up as per previous teaching points

Reverse Lay-up
- Right hand same as per right hand lay-up
- Right = pick up on right step, step hard with left foot and shoot with right hand and right knee exploding to basket
- Left = pick up on left step, step hard with right foot and shoot with left hand and left knee exploding to basket
- Hand closest to the basket shoots the ball, guide hand protects it.

Runner Lay-up
- commence footwork outside the keyway (same as per lay up)
- imagine a defender coming at you from help position.
- Release the ball and complete the lay-up before the imaginary defence reaches you.

Drill:
The drill commences with two lines on the half way line, one in the middle with a ball and one on the outside. One player also commences on the foul line as diagrammed. The drill starts with a pass from P4 to the foul line P3. P1 cuts hard to the basket to receive an additional pass and a lay-up. P1 continues to opposite side while P3 rebounds and outlets back to P1. P4 follows their pass and ends up on the foul line ready for the drill to continue. An identified target or time frame should be used to make the drill competitive.

Key Teaching Points
- Be low and balanced throughout
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In
Two and One bounce lay-up drill

Drill:
The drill commences with a player and a ball. The drill starts with the player throwing the ball up and out to land to bounce around half way. The player will run after the ball catching it before it bounces twice and will then complete a lay-up using two dribbles. They will then continue down the opposite side of the court completing the same action. Once mastered the player will complete the same drill with only one dribble allowed. This drill is about making a great pass and then completing lay-ups with speed.

Key Teaching Points
- Be low and balanced throughout
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In
Russian Lay-Up Drill

Drill:

Diagram 1
Players commence the drill as diagrammed. Basketballs start with players 2, 3 & 6. Player 1 starts the drill by running and receiving a pass from Player 3. 1 then passes to 4 and continues to run to receive a pass from 2 for a Lay-Up.

Diagram 2
Player 1 rebounds and throws it back to the line they just received it from and then moves to the elbow to take 4’s spot. Player 2 after passing to 1 for the Lay-up will run to receive the ball from 4, will then make a pass to 3, continue to run and receive a pass from 6 for a Lay-Up. Player 4 makes the pass to 2 and then moves to the line in the corner.

The drill continues as in the same fashion as above.

Key Teaching Points:
- Be low and balanced throughout
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In
Jacobs Drill

Drill:
I consider this one of the best drills for teaching the game of Basketball it involves running the lanes hard, making great passes and lay-ups on the run.

Diagram 1:
Player 1 commences with the ball. To start the drill 1 puts the ball in and then inbounds the ball to 2. 1 will then sprint around the cone or object placed at the 3 point line and sprint back for a lay-up.
Player 2 will sprint once 1 has secured the rebound and is stepping out of court. They will receive an outlet from 1 and then without any dribble make an additional pass to 3 running the outside lane for a lay-up. 2 will then rebound the lay-up from 3 secure the rebound, step out of court and make the outlet pass to 3 who has run through to the opposite side line.
Player 3 will sprint the outside lane for a pass from 2 and complete a lay-up. They will then run through to the opposite side line and await the outlet from 2.

Diagram 2:
Player 2 on securing the rebound outlets to 3. Then sprints hard to form a rebound triangle as 1 completes their lay-up.
Player 3 receives the outlet pass and without dribbling makes an additional pass to 1 who makes a lay-up. 3 must sprint to rebound and form the rebound triangle.
Player 1 sprints hard on the outside lane for the return lay-up and rebound.

This drill can be done a variety of ways:
A. Make 10 lay ups in a row
B. Make 1 lay-up group step off, next group make 2 lay-ups and step off then all the way to 6 or 7 in a row with one group completing each time.
C. Use a time to see how many lay-ups your team can complete.

Key Teaching Points:
- Ball should not hit the ground at all during the drill
- Be low and balanced throughout
- Snap head on rebound, 2 hard long steps and out of court for quick in bound
- Right Hand Lay Up Pick the ball up on the right foot (outside foot), step with the left foot (inside foot) and bring the right knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Left Hand Lay Up Pick the ball up on the left foot (outside foot), step with the right foot (inside foot) and bring the left knee up toward the basket to complete the lay-up. Jump off the inside foot.
- Position of Ball Keep it under your chin to protect the ball
- Hands Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
- Eyes Must focus on the target throughout.
- Target Top corner of the nearest corner of the back board
- Up, Down, Kiss, In
X-Out Lay Up Drill

Player 1 starts at the elbow and makes a left hand layup at pace, then rebounds their own shot and dribbles out to the right elbow and returns for a right hand layup. Drill is repeated.

Drill should last for 1 minute (target score of 15 makes).

Emphasize:
- Correct footwork
- 1 dribble only
- Jump up and not long

Variation:
- Put the ball on the floor at the free throw line
- Work with an extra player who rebounds and put it on the ground.

- **Right Hand Lay Up** Shoot the ball off the Left Foot, Right Knee Up. Jump off the inside foot.
- **Left Hand Lay Up** Shoot the ball off the Right Foot, Left Knee Up. Jump off the inside foot.
- **Position of Ball** Keep it under your chin
- **Hands** Two hands on the ball to the height of jump. Non-shooting arm to protect shot.
SECTION J: NITP National Shooting Competition

National Shooting Competition

National Shooting Testing

Tests to be conducted

1. 30 Free Throws
2. Three (3) Point Shots (2min)
3. 50 x Three (3) Point Shots (5.5min)
4. Elbow to Elbow (1min)
5. 30 x One-Dribble Jump Shots (Left/Right/Top)

Program Standards

The NITC Program has a series of desirable standards and minimum standards for each test. All athletes should be aiming to better the desirable standard mark. If athletes fail to reach the minimum standard they will be notified and encouraged to improve their shooting in that area. Continual failure to reach minimum program standards may result in suspension and/or exclusion from the program.

<table>
<thead>
<tr>
<th>Test</th>
<th>Minimum Standard</th>
<th>Desirable Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foul Shots/30</td>
<td>20 (23)</td>
<td>25 (27)</td>
</tr>
<tr>
<td>Elbow to Elbow (1 min)</td>
<td>12</td>
<td>16</td>
</tr>
<tr>
<td>3 pt Shots (2 min)</td>
<td>8 (10)</td>
<td>12 (14)</td>
</tr>
<tr>
<td>3 pt Shots/50 (5 spots)</td>
<td>22 (25)</td>
<td>27 (35)</td>
</tr>
<tr>
<td>1 Dribble JS/10 (L)</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>1 Dribble JS/10 (R)</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>1 Dribble JS/10 (Top)</td>
<td>6</td>
<td>8</td>
</tr>
</tbody>
</table>

The NITP has a series of desirable standards and minimum standards for each test. All athletes should be aiming to better the desirable standard mark. If athletes fail to reach the minimum standard they will be notified and encouraged to improve their conditioning in that area. Continual failure to reach minimum program standards may result in suspension and/or exclusion from the program.

National Shooting Test Protocols

a. Elbow to Elbow Shooting -1 Min (Fig 1)

Shooter attempts to make as many shots from the Elbows (shaded area) within 1 min. There are 2 rebounders/passers for the drill and 2 basketballs used. Accuracy of passing & communication between players is vital for the test to be conducted efficiently. Record made shots and number of taken shots.
b. One Dribble Jump Shots (Fig 2)

3 Positions: Left Wing, Top of the Key Way, and Right Wing.

*Note; There is a marker 2m back from the 3pt line this is where the shooter will receive the ball.

The shooter will catch and take 1 dribble to the left and shoot.
This is repeated 5 times going left and 5 times going right from each position for a total of 30 shots taken.

Record made shots.

c. 3 Point Shots x 50 (Fig 3)

10 shots are taken from each of the following 5 positions Left Baseline, Left Wing, Top of Key, Right Wing and Right Baseline.

Rebounders are permitted, have 2-3 shooters doing the drill at once and other athletes counting makes/misses from the baseline, (retake shots that hit another shot on the target).

Record made shots.

d. 3 Point Shots - 2mins - No rebounder players must shoot and rebound for themselves.

Record made shots and number of taken shots.

e. 30 x Free Throws

Players Shoot 15 sets of 2 free throws.

Record made Shots.
<table>
<thead>
<tr>
<th>ATHLETE NAME:</th>
<th>DATE:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Elbow to Elbow (1 min)</th>
<th>1 Dribble Jump Shots (30)</th>
<th>3 Point Shots (50)</th>
<th>3 Point Shot (2 mins)</th>
<th>Foul Shots (30)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>/ 10 (L)</td>
<td>/ 50</td>
<td>/</td>
<td>/ 30</td>
</tr>
<tr>
<td></td>
<td>/ 10 (R)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>/ 10 (T)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>/30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>