

WASHINGTON BASKETBALL

SHOOTING SYSTEM



COMPETITIVE TEAM DRILLS



Game Shots/Game Spots/Game Speed

Early preparation/same shot every time

1) Game Shot from Game Spot at Game Speed

We want every shot we attempt to have at least one of the three above factors in mind as we are working out. Some drills will emphasize all three. Some will emphasize two of three. Some will focus on only one.

2) Emphasis/Expectations

Each drill will have a specific emphasis. It is key that each player realize what the purpose of the drill is and the expectations it carries. For example, when we are shooting CELTIC's we are emphasizing Catch and Shoot situations from the 1-2 step and expect a high number of makes. In contrast when we are shooting from those same spots in HUBIE's the makes will naturally decrease because of the movement.

3) S-I-M-U-L-A-T-E

In workouts the ability to simulate or pretend is key. Simulating there is a screen, a defender, or a teammate will separate a good work out from a great work-out. Players that can simulate will improve.

4) Chart and Record

This is the only way you can determine progress and identify areas of Strength and Weakness. Take the time to chart every thing you do.

5) Variation and Repetition

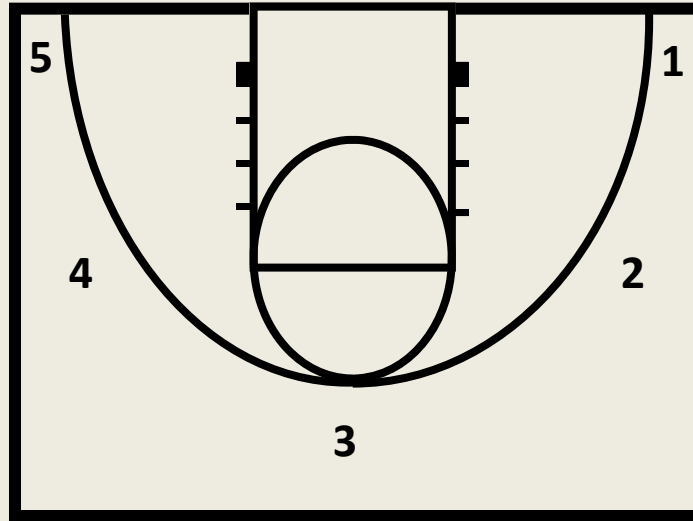
Choose from the Drill option to keep your workouts fresh and full of energy. The combinations are unlimited.

All the these drills can be done with a small workout group, a full team, or as an individual with only slight modifications. Be creative. Let your team tweak them as the season progresses. You'll be surprised with what they come up with!!

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32's

Early preparation/same shot every time



Shooter begins behind 3 pt line. 1st shot is a drive for layup worth 1 point. 2nd shot is a 15 footer (one step inside arc) worth 2 points. 3rd shot is beyond the arc and is worth 3 points. So a possible total of 6 points per spot.

Repeat this at all five spots keeping a running score. Finish by going to the FREE THROW line for a one-and-one... this gives you a possible total of 32.

You are charting scores per round and also looking for a 5 round average. NEVER seen a 32 with my own eyes. 31 is the highest I have seen. Several 30's, a bunch of 29's, and so on.

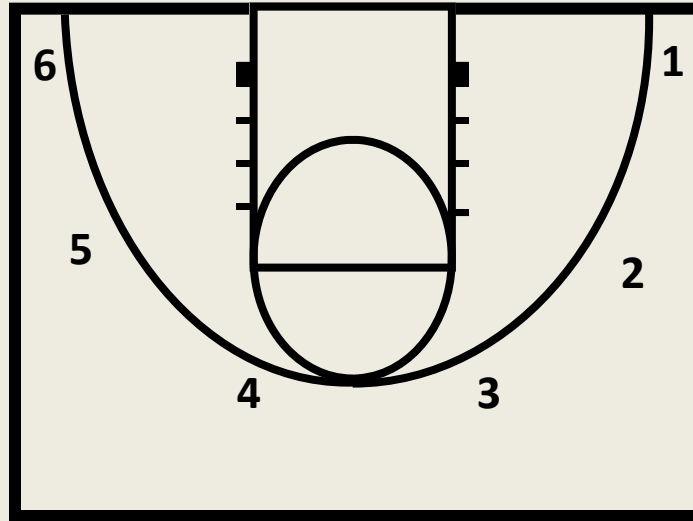
We make a big production when players are getting close to 32. The added pressure is good for the shooter and keeps the drill somewhat sacred.

Your best shooters should be able to average 24-25 on 5 rounds. They will get high round scores of somewhere between 28-30.

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HUBIE's

Early preparation/same shot every time



**This is a Game Shot/Game Spot drill... the best will go at Game Speed too
Put 3:00 on the clock.**

Shooter is attempting 2 point shots at 15-17 feet. She stays at one spot until she makes 3 shots in a row... The string of 3 in a row=1 Hubie. She moves to another spot as quickly as possible and continues until time runs off the clock. Your best shooters should be able to complete between 10-15 Hubies.

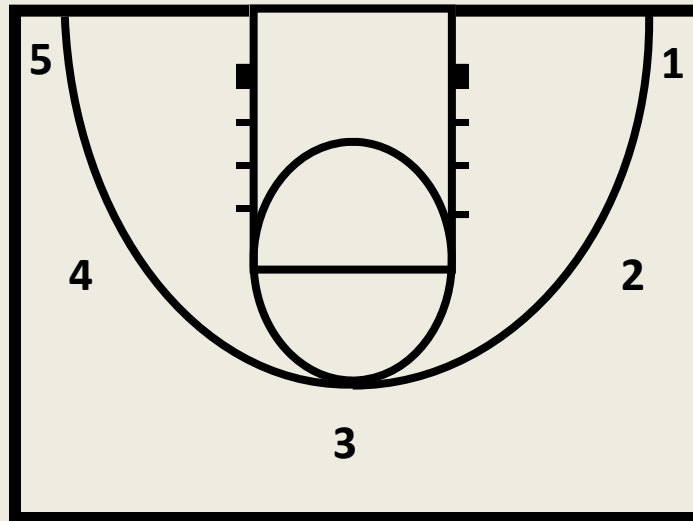
When attempting 3 point shots, the shooter must only make 2 in a row to equal a HUBIE. Your best shooters should make between 28-25 HUBIES.

We always have a passer and a rebounder doing this drill so you may have to adjust your numbers accordingly. Keep the conditions the same when you are charting and comparing.



CELTIC SHOOTING

Early preparation/same shot every time



Begin with 5:00 on a timer. You will be starting a cycle every minute.

Shooter has 1:00 to complete each 10 shot cycle with any remaining time between to be used as rest.

5:00-4:00 Shooter goes between spots 1-2 attempting 10 total shots

4:00-3:00 Shooter goes between spots 2-3 attempting 10 total shots

3:00-2:00 Shooter goes between spots 3-4 attempting 10 total shots

2:00-1:00 Shooter goes between spots 4-5 attempting 10 total shots

1:00-0:00 Shooter goes between lane lines attempting 10 total shots

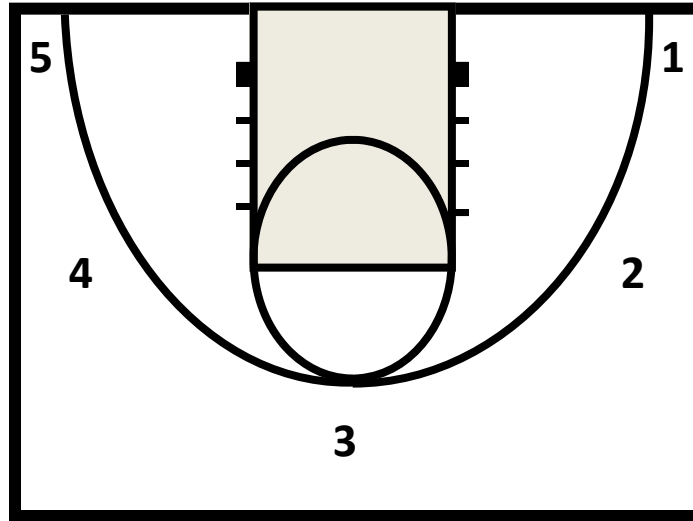
Your best shooters will make in the 40's for total score and single spot scores of 8 or 9 consistently.

This is a GAME SHOT/GAME SPOT/GAME SPEED drill.



BIG SHOT

Early preparation/same shot every time



Shooter begins at Spot 1. Shooter remains at this spot until she misses two consecutive shots. After two consecutive misses you must move to Spot 2. Again you make as many shots as possible without missing two in a row. Continue to Spots 3, 4, 5.

Each make is worth 1 to your score. BIG Shot is designed to be cumulative score of the total makes at all five spots.

You should attempt range appropriate shot

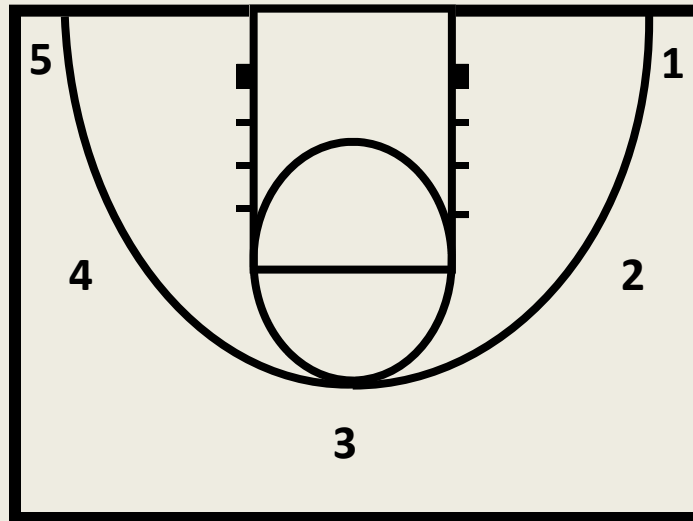
Your best shooters should score above 500 on 2 point shots.

Your best shooters should score above 200 on 3 point shots.



BEAT THE PRO

Early preparation/same shot every time



Shooter begins at Spot 1. Shooter receives one point for each make. The Pro that you choose receives two points for every shot you miss.

Once you have beaten your PRO at all five spots... Begin again with PRO getting three points for every one of your misses.

Continue adding one point to the PRO's total for your misses until you can no longer BEAT THE PRO

You can also score this as a FIVE spot average. Chart the score at each spot as you are working out to accurately record your totals.

For two point shots, good to start giving the PRO three points and work up.

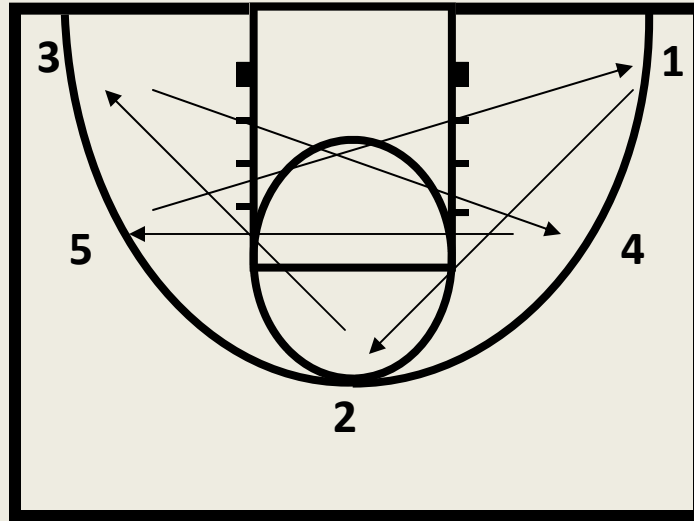
Your best shooters should Beat the Pro 5-0 on 2 point shots

Your best shooters should Beat the Pro 5-0 x2 and X3. Once you get to X4,X5,X6,X7 going 2-5 is pretty solid.



STAR SHOOTING

Early preparation/same shot every time



Shooter begins in corner at spot 1. Make or miss sprint to spot 2, then to 3, then to 4, then to 5 attempting a shot at each.

The first trip is 5 shots.

The next trip is 2 cycles or 10 shots.

The next trip is 3 cycles or 15 shots.

The last trip is 4 cycles or 20 shots.

This gives us a total of 50 attempts.

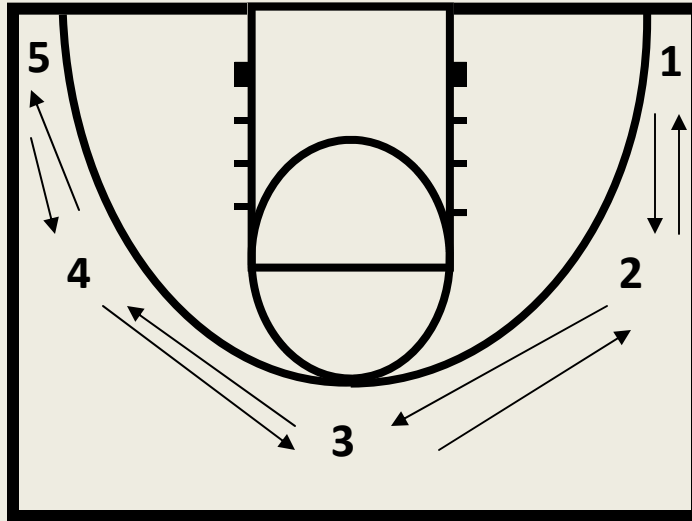
Your best shooters should make 35-40 on 2 point shots.

Your best shooters should make 30-40 on 3 point shots.



MOON SHOOTING

Early preparation/same shot every time



Shooter begins in corner at spot 1. Make or miss sprint to spot 2, then to 3, then to 4, then to 5 attempting a shot at each.

The first trip is 5 shots.

The next trip is 2 cycles or 10 shots.

The next trip is 3 cycles or 15 shots.

The last trip is 4 cycles or 20 shots.

This gives us a total of 50 attempts.

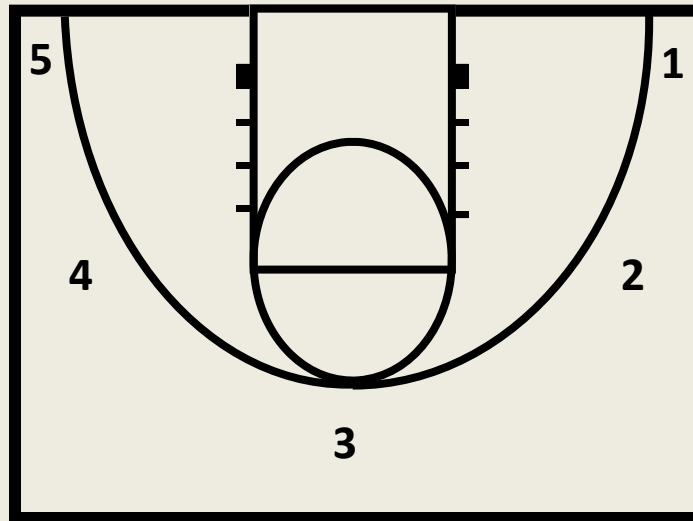
Your best shooters should make 35-40 on 2 point shots.

Your best shooters should make 30-40 on 3 point shots.



SWEEP SHOOTING

Early preparation/same shot every time



Shooter starts at spot 1. We will use cones, a basketball on the floor, or a chair to simulate a defender as available.

On the catch, the shooter sweeps the ball and goes one dribble left into a pull up 15 footer. Shooter returns to spot. Catch, sweep, attack right one dribble.

Shooter then moves to spot 2 and repeats pattern. All five spots are completed giving the shooter 10 attempts.

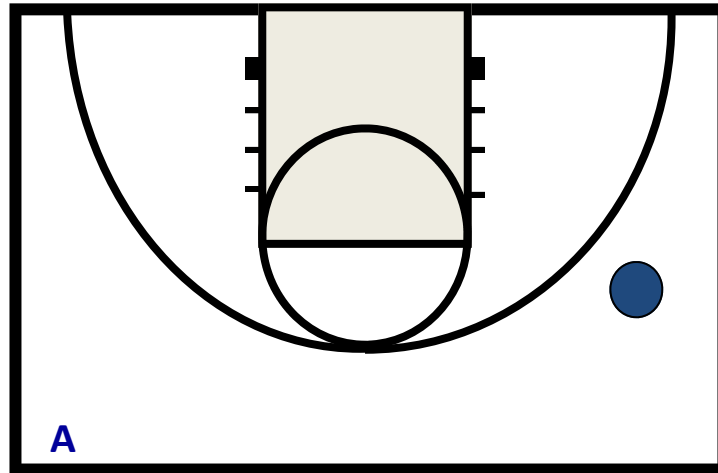
They get 1:00 rest. Repeat. We do 5 cycles to get to 50 attempts.

Your best mid range shooters should score in high 30s with an occasional 40 thrown in there.

This is a GAME SHOT/GAME SPOT/GAME SPEED drill.



4 Quarter Shooting



Great conditioning/shooting drill to challenge every level of shooter on your roster.

It's also a great drill that requires no rebounder or passer.

Scoring:	shots inside the paint =	1 point
	shots outside paint but inside arc=	2 points
	shots outside the arc=	3 points

First Quarter: Shooter has 1 minute to score 20 points
(if shooter successfully does this she advances to 2nd quarter)

Second Quarter: Shooter has 2 minutes to score 40 points

Third Quarter: Shooter has 3 minutes to score 60 points

Fourth Quarter: Shooter has 4 minutes to score 80 points

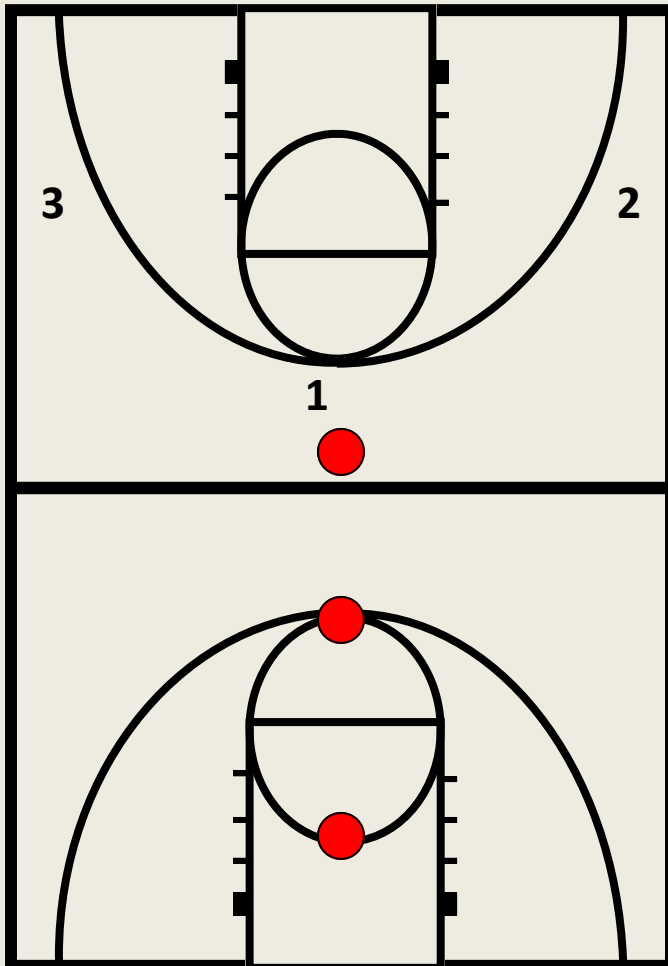
You will see there is simply not enough time to make all 1 pointers to achieve the scores, so a player must understand time/score and play to their strengths.

Drill can be done with a rebounder/passer just adjust time or score accordingly.

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3-6-9-12-15

Early preparation/same shot every time



Put balls on the court at the half court line, the opposite three point arc, and the opposite free throw line. These are targets that shooters have to run around based on their shooting performance.

This is a five cycle drill with a FT in between each cycle. Total drill will give shooter 50 attempts.

First cycle is a 3. Shooter starts by first ball at half court line. She comes on the move to top of key to attempt shot #1. Make or miss she sprints to shot #2. Make or miss to shot #3. This completes the 3. She shoots a FT

Second cycle is a 6. Shooter starts at same spot and completes the cycle just as above. If she makes all 3 shots, she goes directly back to spot 1 for shot 4 and finishes the pattern. If she misses all three of her first

shot she must sprint around the far ball before attempting shot #4. If she misses two shots, she sprints around the ball at opposite arc. If she misses only 1, she sprints around the closest ball at half court before attempting shot 4, 5, and 6. Free Throw then back to start the 9.

This is a GAME SHOT/GAME SPOT/GAME SPEED drill that will also challenge your best conditioned shooters.

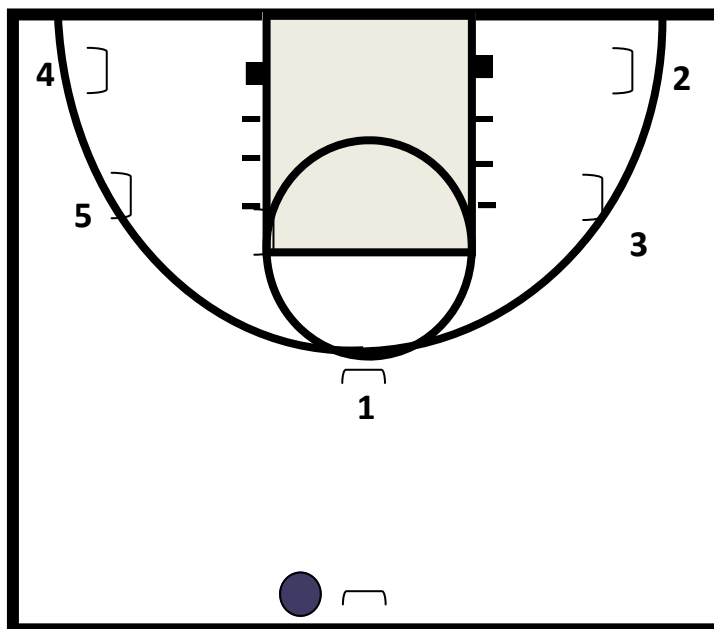
You can chart scores for individual cycles. 2 out 3, 5 out 6, 8 for 9, etc...

Your best shooters with in time have perfect rounds up through 12... never seen a 15.

Your best shooters will have a 50 shot score in the 40's. After a 3-6-9-12-15 with a free throw between rounds.



5-10-15-20 SHOOTING



A Shooting drill that emphasizes aspects of our half court offense... shooting 3's and playing off ball screens. We utilize our agility hurdles or cones early on to designate the spots each of the shots come from and also to simulate the screens.



Shooter begins at the

She sprints to the first hurdle near the top of the key for first shot a 3.

She then sprints around second hurdle for second shot another 3.

She then slides up behind the third hurdle where she receives pass, rips off the ball screen, to attempt a pull-up jumper outside the paint near the elbow.

She then sprints to opposite corner around hurdle for shot 4 another catch and shoot 3.

She completes cycle by sliding up court behind last hurdle for another catch-drive-pull-up jumper.

This is 5 shot cycle... We chart 5s, 10s, 15s, 20s.

This gives you a total score out of 50 shots.

Your best shooters will score in the high 30's to low 40's.

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Free Throws

Repetition of your Routine

We have all seen FT's be the difference in wins and losses. If you play the game of basketball long enough you WILL miss a crucial free throw late in a game that you will feel like cost your team the victory.

While FT's late in games certainly magnify the pressure and the importance, a free throw is ALWAYS worth one point... no more, no less.

So, approach EVERY free throw like it IS the game winner.

It can be in the first minute of the game. It can be coming out of the 12 minute media timeout. It could be with 8:00 minutes left in the game. Regardless it carries the same point value as the one with no time on the clock, with no one on the line with you and every eye in the gym on you!!

Practice those situations so that EVERY free throw is important.

Some keys to being a good FT shooter...

Get a routine and stick to it. Do the same thing every single attempt. Do not deviate that routine in an effort to "speed up the workout"...

Shoot them at various times during your workout. Shoot them while you are tired. Shoot them to begin the workout.

Even when shooting in large numbers. Back off the FT line after every two makes to simulate a game situation.

Create as many game images in your mind as you can then block them out completely and make the shot!

The more you practice pressure free throws in an empty gym the more focused you will be when the gym is not empty.

W**SWISH****Repetition of your Routine****SWISH**

A 25 shot FT game (we did it as 20 shot in workouts) but the records have been established as 25 shots.

Repetition of your Routine is the most important emphasis of this drill...

In this drill, each shot has a point value...

A miss is a score of -1

A pure SWISH (no rim, no board, just chord) is a score of +1

A non swish make is a score of 0

This is the system I use of charting this drill. Attempt five shots then chart them accordingly with M for make, S for Swish, and X for a miss...

M M X S M (score after five shots would be 0)

M S S M M (score after ten shots would be +2)

M S M S S (score after 15 shots would be +5)

X X M M M (score after 20 shots would be +3)

M M S M S (final score would be +5)

It might be easier to score at the end if you prefer but keeping score in your head will also help you work on TIME/SCORE situations for game time.

You will soon begin to see your total makes increase as you narrow your focus on SWISHING as many attempts as possible without missing.

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Beat the Pro _____ Repetition of your Routine

BEAT THE PRO

Choose your favorite pro to shoot against or rival team

First time you do Beat the Pro, the pro you choose gets two points added to their score every time you miss. On a made FT you get one point added to your total. First player (you or the pro) to get to 21 wins.

Once you Beat your Pro by 2s go by 3s for the pro the next time. Once you beat the Pro by 3s, then go by 4s and so on until you beat the PRO all the way up to 21.

Once you get to 10's it's all pretty much the same because after two misses you are done anyway.

Record you games and your PRO in your workouts.

You can change PRO's as you choose.

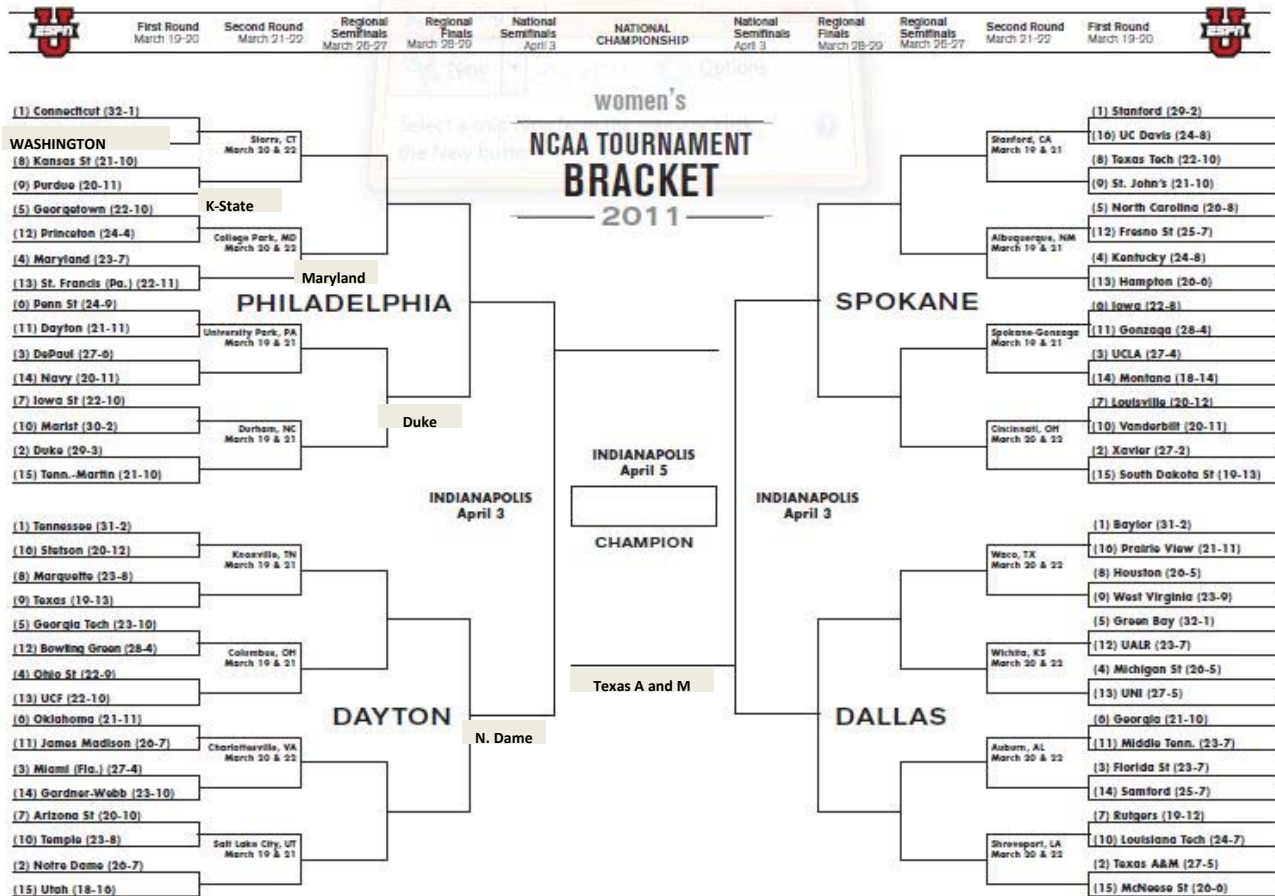
This can also easily be adapted to a Team Shooting Drill with your players divided on two goals shooting against an upcoming opponent.

For pressure when we are going to 100 as a team, I will change the PRO point value as we get closer to the win.



National Championship FT's Repetition of your Routine

National Championship Free Throws



Fill out your brackets on your mobile phone. Go to ESPN.com/tc on your phone's browser.

Regional Sites: Dallas, TX; Dayton, OH; Philadelphia, PA; Spokane, WA

It take six victories in a row to win a National Championship. Simulate a game winning FT in each of the games you need to advance.

1 make gets you to the Round of 32. 2 makes in a row gets you to Sweet 16. 3 makes gets you to Elite 8. 4 makes gets you to Final 4. 5 makes gets you into the title game. 6 makes in a row and you are hanging banners, ordering rings, and meeting the President!!! Chart how many of each you earn.

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STREAKS

Repetition of your Routine

STREAKS

As simple as it gets. Start on a make and shoot until you miss.

Get a total of 50 makes... that can be one streak of 50... Two streaks of 25 or any combination that adds up to 50.

Your streaks total should add up to at least 50. If your last streak is still going when you get to 50 finish that streak and wrap up the set.

Record your workout high and track your all-time high.

100 Make Club:

75 Make Club:

50 Make Club:





FREE THROW LADDER

LADY'BACK FT LADDER

CHRISTY SMITH

KIM WILSON

KAREN JONES

SYTIA MESSER

KARYN KARLIN

I first saw this in Gary Blair's locker room at the University of Arkansas when I was a rookie high school coach. He had constructed a wooden, hanging wall piece that had a plaque for each of his players. They were hung with eye-hooks that allowed them to be easily moved to various spots on the ladder 1 through 15. The wall display really stood out, but what made it interesting to me was how much attention his players paid to it. How often I heard them refer to it. How often the players were on the court shooting Free Throws against each other. So I stole the idea and made it fit our team.

Along the way I have tweaked the display and added some ways we incorporate the idea of our FREE THROW LADDER. With technology advances, we now have this as a slide that plays in the loop on the big screen TV in the players locker room as well as on a 24 X 36 board that sits in our team room. You can make it as simple as a printed out piece of paper you update. That's not the point. Find something that fits your team and it's budget.

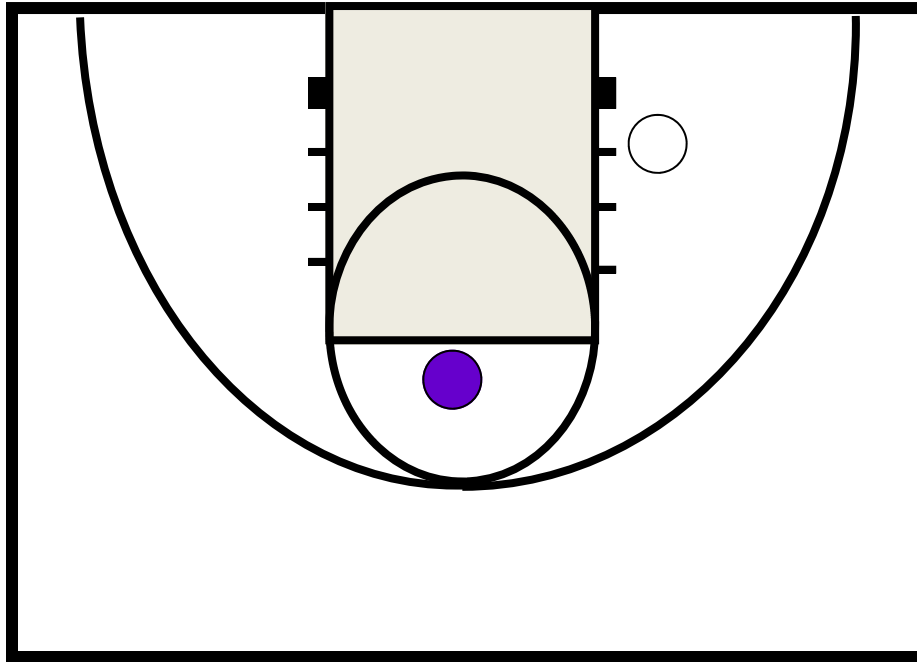
The important part is how you utilize it and emphasize it.

The first day you introduce it to your team, have each player shoot 25 free throws. Record each players score. Break all ties with a sudden death shoot out. When you have determined winners of ties, list your players from most makes to least makes and put them onto the "ladder". You will have a posted ranking of your free throw shooters.

Tell your team that they can at anytime challenge the player directly above them to a 25 FREE THROW shoot off. If the lower rung player wins, they jump their spot on the ladder.



FREE THROW LADDER



We also have CHALLENGE DAYS at some shoot arounds and other various times during regular practices.

We have used the ladder to create a coaches favorite (aka players least favorite) drill. We use the order in a PRESSURE FT shooting drill. Let's say we have 12 players. We line them up according to the ladder with the bottom of the ladder being first shooter. If that shooter misses, they run one trip down the court. Shooter #2 then attempts a FT. If they miss, we run down-back (2 trips) . Third player = 3 trips. Fourth player= 4 trips. And so on. So your best FT shooter, has the most pressure (12 trips if she misses).

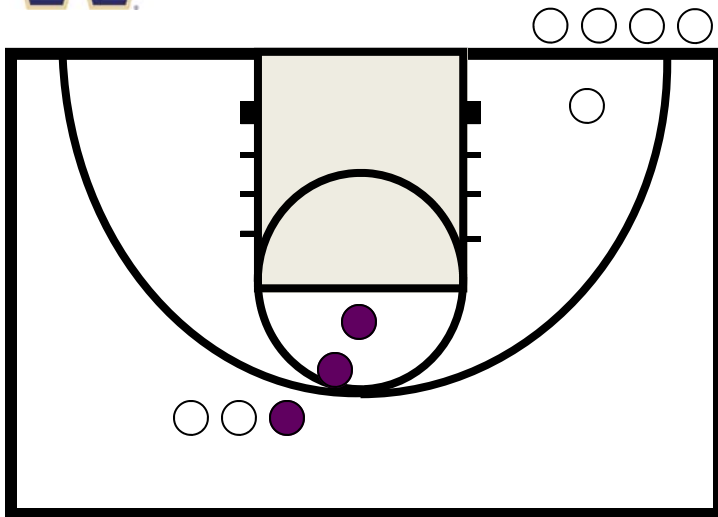
Some years we have this player as our designated TECHNICAL FOUL SHOOTER or the player we bring off the bench if a fouled player is injured.

The real reward of this idea is when you stroll through a dark gym and hear two of your players at a goal shooting FT's because someone has challenged someone.

You can allow your top x number of shooters special rewards to encourage players to get there and stay there. This keeps players from turning down challenges. For example, allow the top 3 shooters a pass from certain conditioning or certain "reminders" that you use with your team.

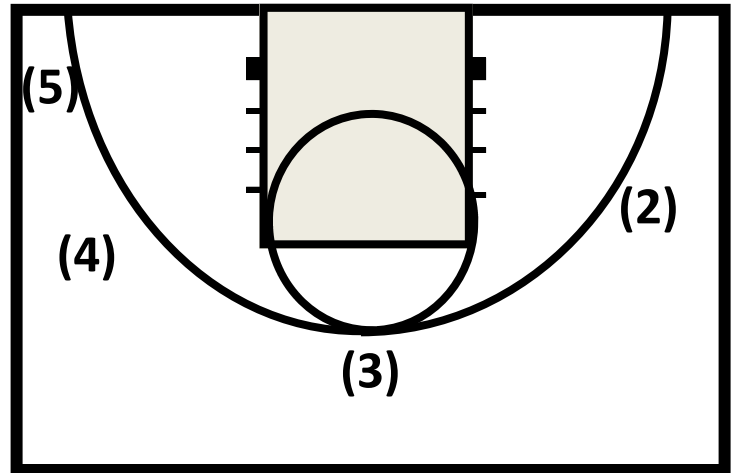
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MOVE SHOOTING

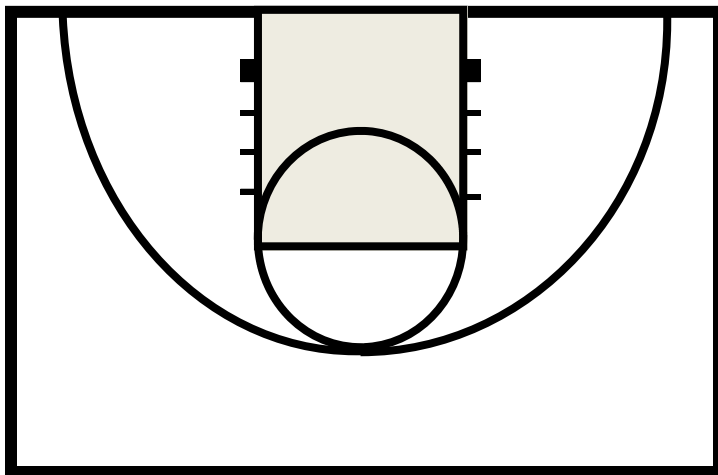


In this drill the colored circles represent balls and not different teams as in previous drills.

Begin the drill with 3 balls in the passing line between the elbows. Shooting line will come into drill from the baseline.



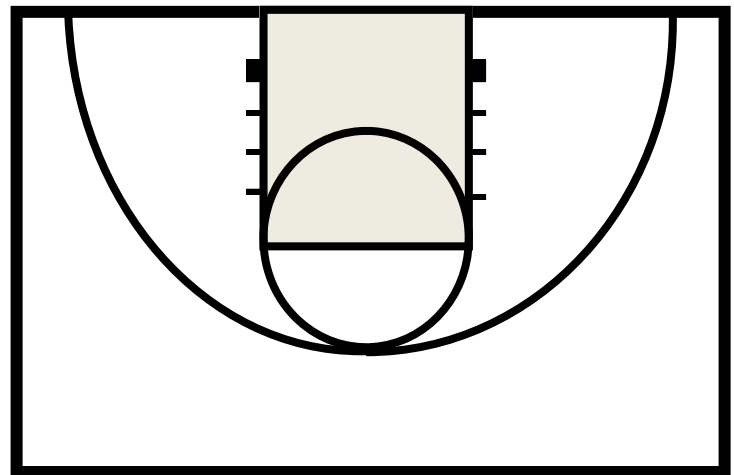
As a team, the shooters must make 10 pts worth of baskets before moving from each spot. So 2 point shooters can attempt 2s and your 3 point shooters have the option to attempt 2s or 3s. Once a score of 10 is achieved at the first spot, the shooting line moves to spot 2 and the passing line moves to spot 4 to create proper timing/spacing for the drill.



We begin by timing how long it takes us to get through all five spots as a team but vary this drill in many ways.

**Split into two groups and go on both ends vs each other.

**Go for 5:00 and see which group completes most spots

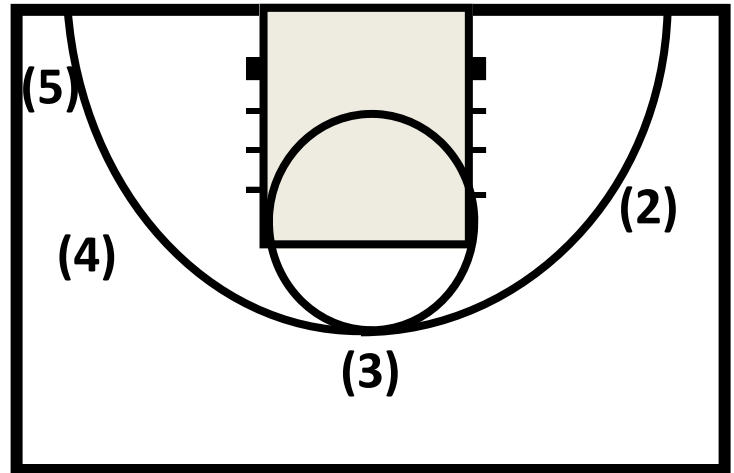
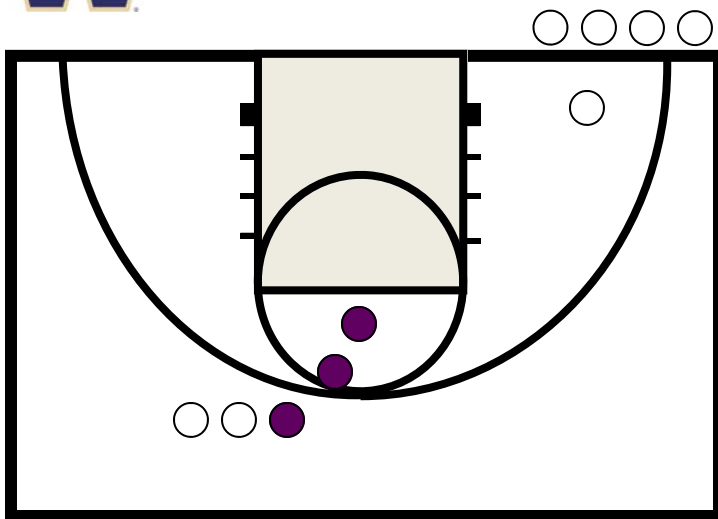


** Keep drill as above, but before each spot can be scored the team must make two driving lay-ups at the desired spot before they beginning counting toward their total

** Vary the numbers at the spots so that the team must understand the situation and attempt proper shots

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10 UP



In this drill the colored circles represent balls and not different teams as in previous drills.

After a shooter gets 10 UP we move to spot #2. All shooters points carry over.

This has become our day before the game shoot around "contest" drill.

We repeat this until we are left with only one shooter with less than 10 points!!

Passing line with three balls in the key. Shooters coming off the baseline.

You'll be shocked at how few times your "best" shooter will win this drill.

This drill can be done with any number of players/coaches. We always jump in to loosen things up from time to time.

It puts you in pressure situations. It forces you to understand score. And most importantly focus on making shots.

The overall goal of this game is to have the FEWEST points possible. So like GOLF, low score wins.

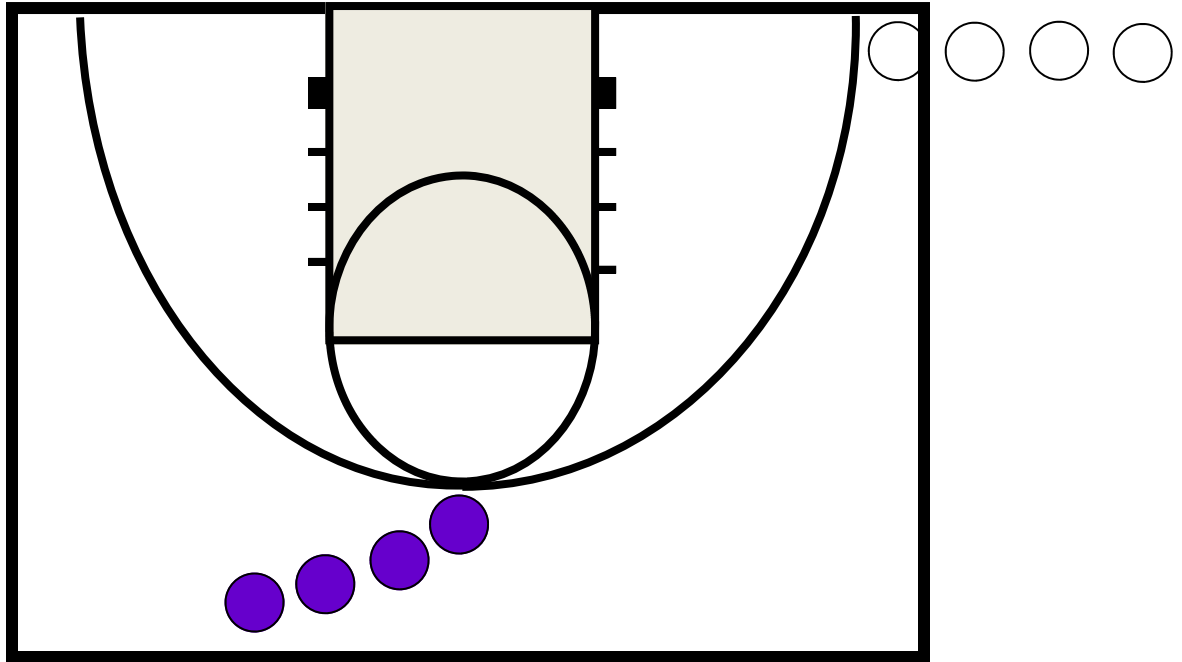
I have been eliminated in this drill many times after having ZERO total points through 5 or 6 spots only to miss at the end of one long string and go from ZERO to OUT!!!!

First shooter attempts a 2 or 3 point shot. If shot is made that puts 2/3 points "UP". The next shooter attempts a 2/3. If made that total is added to the number of points "UP". So if shooter

One year we took an old weight belt and had a manager dress it up to look like a World Champion-



STRING SHOOTING



Variation of our MOVE shooting with same principles of 1-2 step shooting, accurate passing, quick rebounding, and game shots/game spots/game speed.

Colored circles represent players with balls who are passers. Clear circles are the shooters.

Coach calls out the “string” a three pointer, then a two pointer, then a one pointer (lay-up).

Must complete each STRING before group moves to next spot.

We shoot for set time or set number of spots.

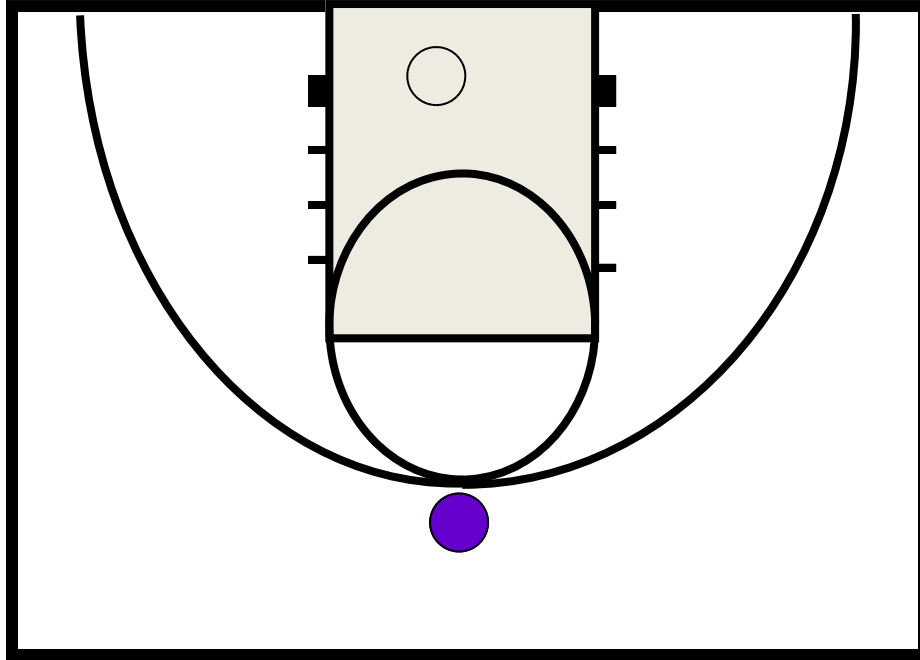
Works best when divided into two ends, but we have done equally as effectively with two people at each goal. Makes for great competition.

For variation:

- Reverse the order of the string to 1-2-3
- Shoot multiple strings at one spot
- Shoot for a set amount of time at each spot and compete to see which group as most STRINGS at end of time.
- Had certain types of shots that come in your offense... off screens, flares, staggers, etc.



2 Ball



Two shooters, one ball. We set score at 20 or 30 or 50 or...

The shooters alternate shots getting their own rebounds and passing to teammate.

We say that each catch must be beyond the arc. The shooter can shoot the 3, drive 1 dribble for 15-17 foot for 2 points, or drive to basket for a 1 point lay-up.

Winning team gets to stay together until someone knocks them off. If a team loses, they split up into new teams.

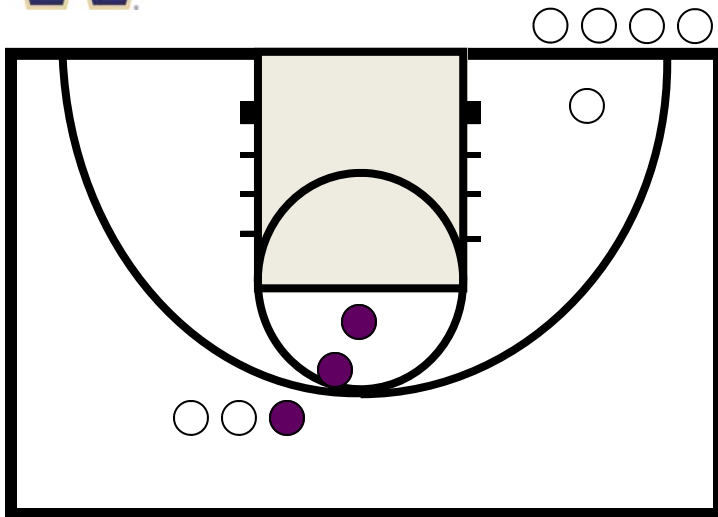
For variation you can add a shooter and a ball .

Vary the scores

Do it timed



BANK IT SHOOTING



This drill is a nice twist to Move Shooting.

Rotations are the same.

Scoring the drill:

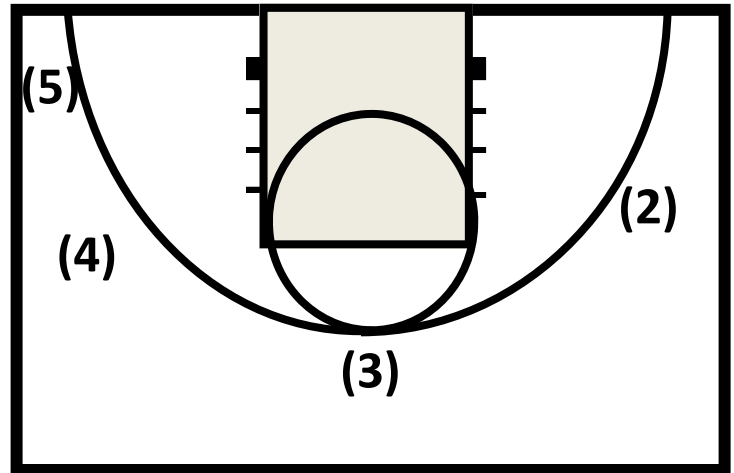
First shooter makes a 2. Next shooter has to call out BANK IT to put those 2 points “in the bank”.

If the shooter chooses NOT to bank it and misses the shot, the points are lost. If the shot is made you multiply the 2 points by the points made. So if she made a 3 point shot, there are now 6 points on the board.

The next shooter has to decide.

You will quickly learn who your most confident shooters are.

You will also improve you multiplication skills.



You can do this drill for a set amount of time.

You can do this drill for a set number of spots.

Rather than multiply you can just add.

This can be an individual drill, small group, drill, or a full team drill.

