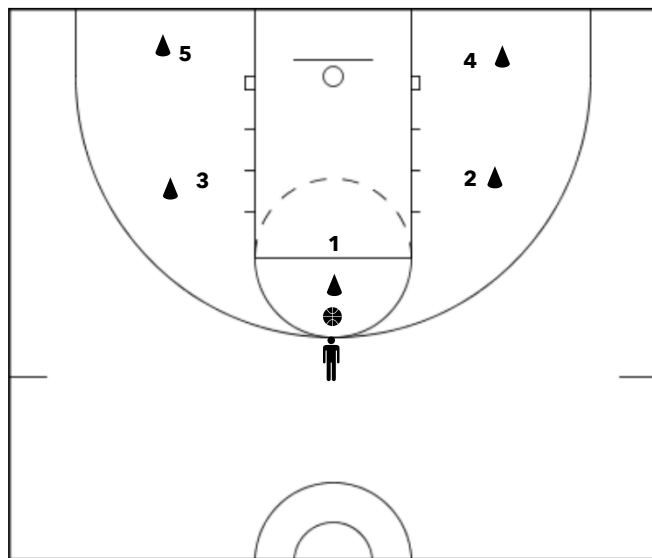


100 Make Challenge

Single Shot

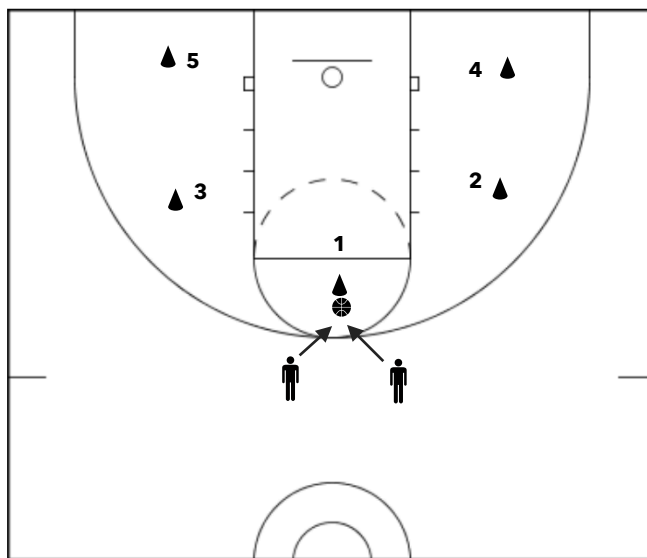


Objective: Warm up drill designed to work on approach before shot.

Start 3 feet behind cone 1 in athletic stance. Step Left/Right (Right Hand Shooter) or Right/Left for (Left Hand Shooter). Shoot the ball behind the cone.

Make 5 shots behind each cone

Double Shot

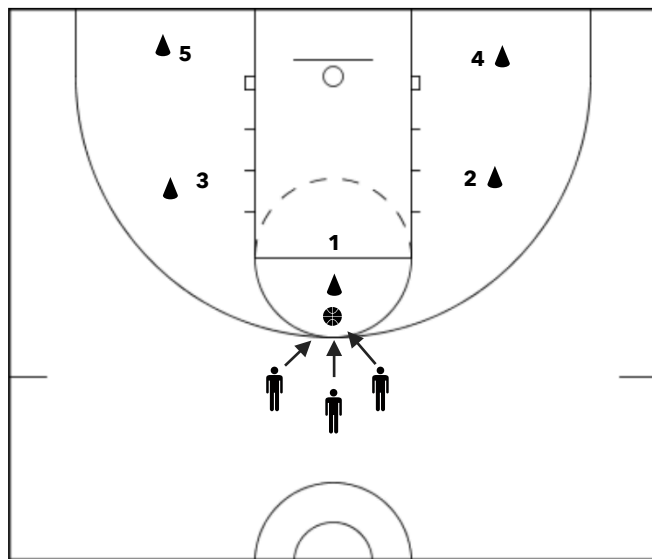


Objective: Adding a third step to your shot.

Start in the middle of two cones & behind the 3pt line. Always step with outside foot FIRST (right foot towards cone 1, left foot towards cone 2)

Make 4 shots. Repeating the movement until 4 shots are made. Complete at each cone.

Triple Shot

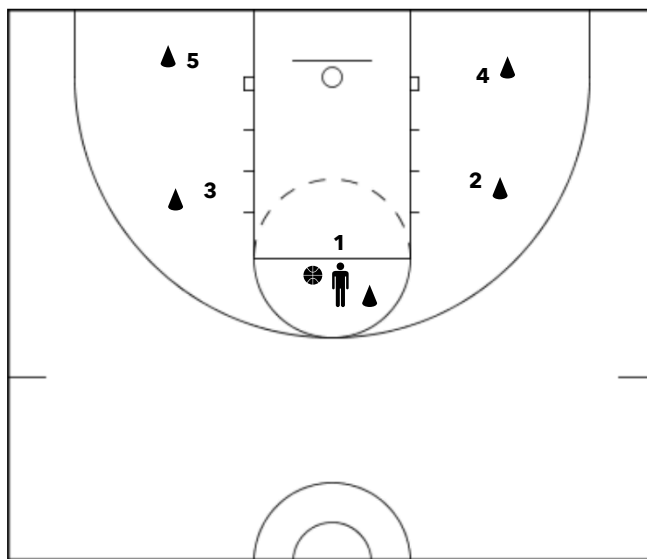


Objective: Adding a third shot to your routine.

Start behind the 3pt line and to the right of cone 1. Shoot same first two shots as Two-Cone Shooting; Third shot is one dribble pull up from directly behind 1st cone. Pull Up dribble with either hand

Make 5 total shots from each spot

Quad Shot



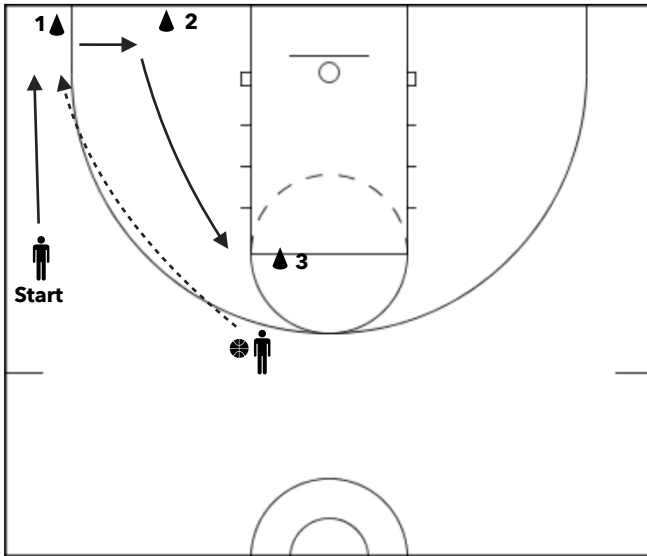
Objective: Increase your pace to game speed.

Complete Routine: Three-way Cone shooting + Free throw. Once you complete the first three shot, shoot a single Free Throw. Take your time and practice FT shooting while you are working hard.

Make 6 shots from each shot (including FT makes)

Off Ball Scoring

Movement Shooting

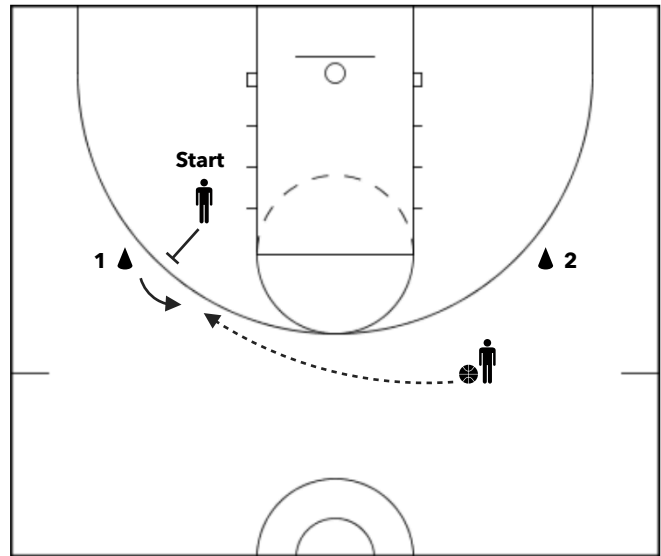


Objective: Be ready to shoot different shots during competition

Start Free Throw Line Extended. Sprint to cone 1 for shot, step in to cone 2 shot, sprint to cone 3 for shot.

Make 10 total shots. Repeat three shots until all shots are made. Complete 10 makes on both sides of the floor

Screen Shooting

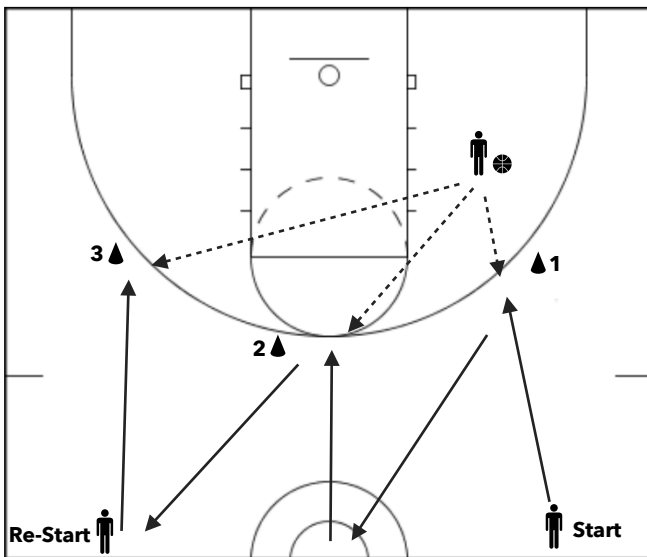


Objective: Screening & Shooting

Start below Free Throw Line. Step up to set a screen, pause, then receive a pass for a jump shot

Make 5 shots. Repeating the movement until 5 shots are made at cone 1 then move to cone 2. Mix up the placement of the two cones each time you complete screen shooting.

Conditioning Shooting



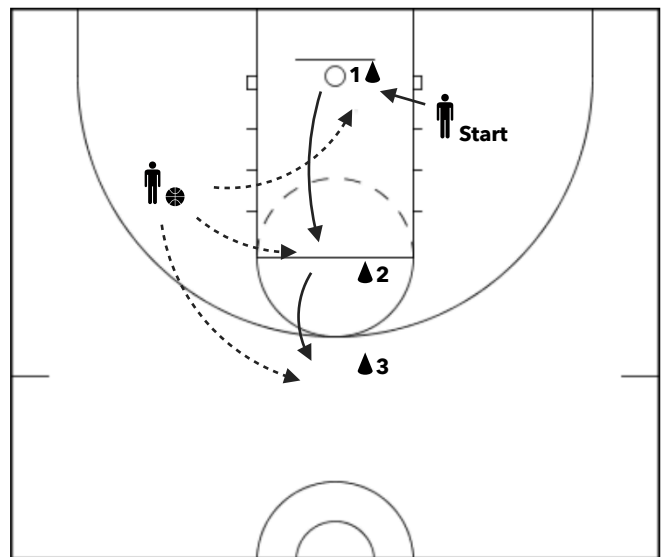
Objective: Adding conditioning to your shooting.

Start at half court. Sprint to cone 1 for shot, jog back to middle of half court. Sprint to cone 2 for shot, jog back to half court. Sprint to cone 3 for shot, jog back to restart. Complete drill 1-2-3, 3-2-1, 1-2-3, etc.

Advanced Level: Add a cone in each corner to increase conditioning

Make 10 total shots.

21 Challenge



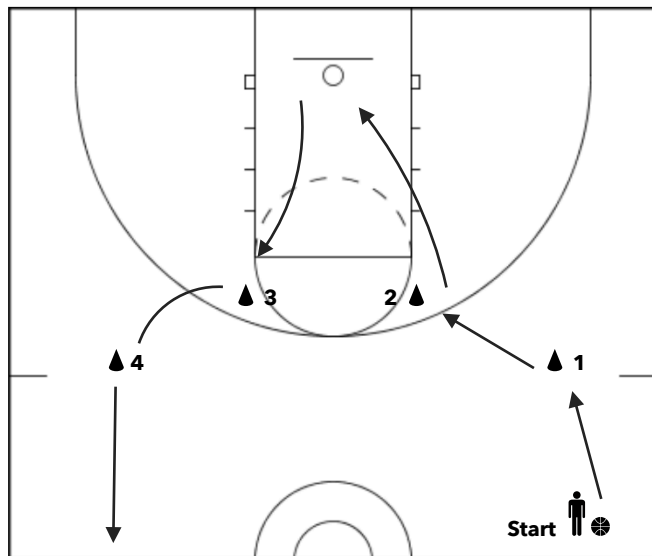
Objective: Shoot three different shots with correct footwork.

Challenge: Complete three shots; layup, FT jump shot & 3pt Shot. Repeat 3 shots until 21 points are scored. Work on receiving the ball from both side of the floor and shooting layup with left/right hand.

Score 21 points in total.

On Ball Scoring

Transition Finish

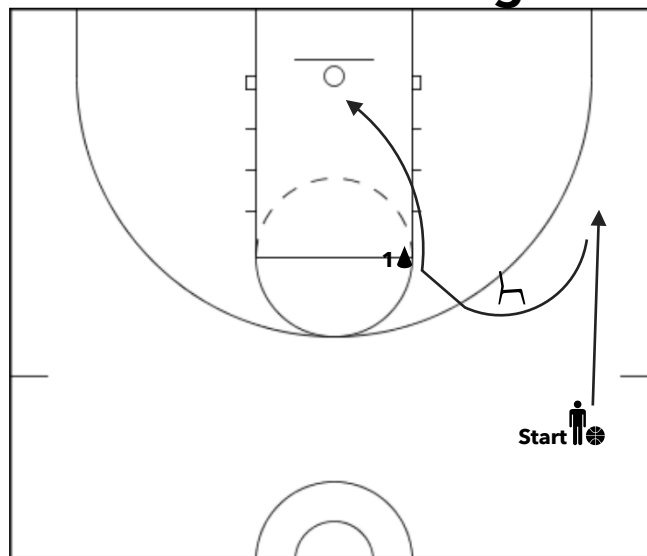


Objective: Learn to score in open space.

Start at half court with the ball in your right hand. Make single move (right to left) at cone 1, single move (left to right) at cone 2; finish with right hand layup. Make single move at cones 3 and 4. Restart at cone 4.

Make 10 total shots; repeating actions until completed.

Screen Shooting

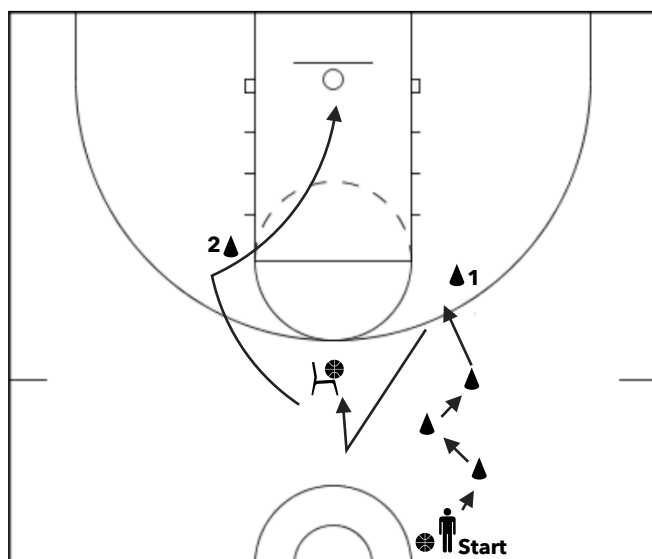


Objective: Scoring off ball screen

Start 10 feet behind 3pt line, dribble down below chair, dribble off screen (chair), make single move at cone 1 and finish with layup.

Make 5 shots before moving chair/cone to opposite side of the floor.

Zig-Zag Scoring

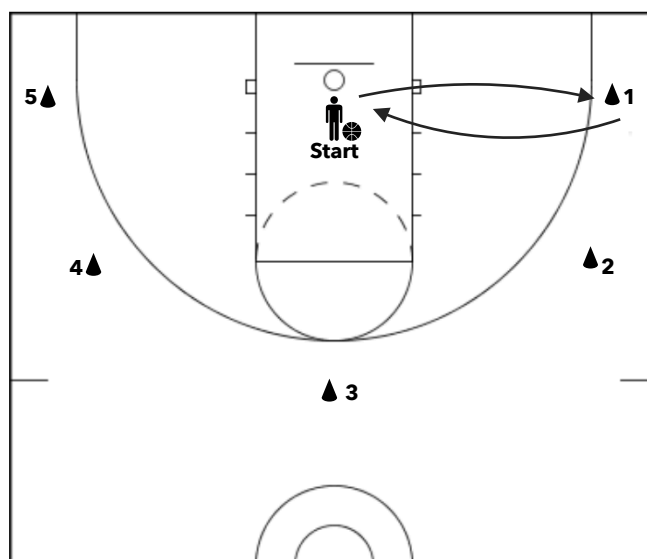


Objective: Learning to quickly dribble and finish with the ball in your hands

Place second ball on chair and Start at half court and . Dribble through cones and shoot jump shot at cone 1. Run behind chair, pick up second ball, dribble at cone 2, make a single move and finish at the rim. Complete on both sides of the floor

Make 10 total shots.

Layup Challenge



Objective: Increase your speed with the ball.

Challenge: Beat your Best Time! Start with ball under the rim, Dribble out to cone 1 and TOUCH IT with opposite hand, drive in for a layup (must make it!). Rebound the ball and repeat for cones 2 thru 5. Keep track of your time and try to beat it! Do

Complete this sequence with strong hand only and weak hand only. Get the times to match!