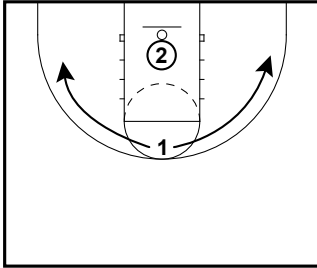


# 5th/6th Grade Shooting

## 5th Grade Stationary & On The Move Shooting

+ / - 7



1 shooter, 1 rebounder - 2 min time limit

1. Shooter slides around perimeter shooting from distance within his range
2. Shooter gets + 1 for a make and - 1 for a miss
3. If shooter gets to +7, shoot FTs for the remainder of the time

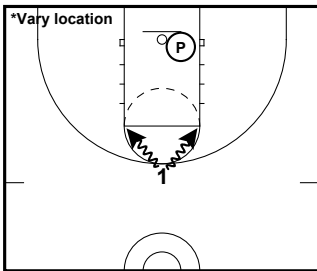
### Coaching Points

- \*Pullup footwork
- \*Catch, load, toes, release, finish
- \*Eyes on back of rim
- \*Make the next one

### Terminology

Game speed  
Catch & load, toes & release, finish  
Make the next one

## Liberty Shooting



1 ball for 2 players

1. 1 player shoots for time or set # of shots
2. 2nd player rebounds
3. Switch
4. Catch & Shoot, Catch-Rip-1 Dribble Right, Catch-Rip-1 Dribble Left

### Coaching Points

- \*Hands & feet ready to shoot
- \*Footwork into shot
- \*Game speed

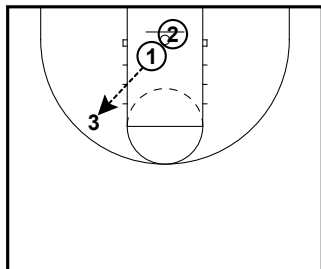
### Terminology

Inside pivot into shot  
Low rip  
Straight line - attack hip

# 5th/6th Grade Shooting

## 5th Grade Stationary & On The Move Shooting

### Closeout Shooting



#### 3 man, 2 balls

1. 1 passes to 3 and closesout
2. 3 shoots and gets own rebound
3. 1 becomes next shooter
4. 2 becomes next passer
5. Progression - catch & shoot, 1 dribble right, 1 dribble left

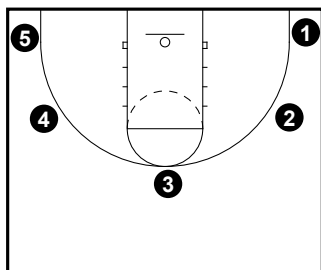
#### Coaching Points

- \*Catch - hands ready to catch away from body
- \*Load - off foot planted with knees bent
- \*Toes - explode through toes & land on toes
- \*Release - elbow above eyes, no thumb
- \*Finish - flip wrist, guide hand fingers to sky
- \*Inside pivot foot for pullups

#### Terminology

Catch-Load-Toes-Release-Finish  
Eyes on the rim

## 32 Shootout



#### 1 shooter, 1 rebounder - perform series below at each spot - time limit is 2 min

1. Layup going right (1pt)
2. Layup going left (1pt)
3. Pullup going right (2pts)
4. Pullup going left (2 pts)
5. Catch & Shoot (3 pts)
6. 2 Free Throws (1 pt each)

#### Coaching Points

- \*Game speed
- \*Footwork on pullups
- \*Catch, load, toes, release, finish

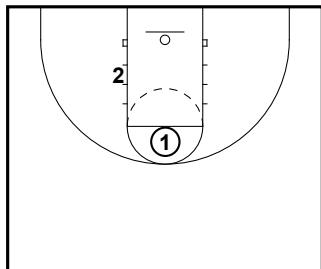
#### Terminology

Game speed  
1 - 2 catch  
Catch & load, toes & release, finish

# 5th/6th Grade Shooting

## 5th Grade Stationary & On The Move Shooting

### 11 FT's



Players take turn shooting free throws using the following scoring system

1. Swish= +2
2. Make= +1
3. Miss= -1
4. First player to +11 wins

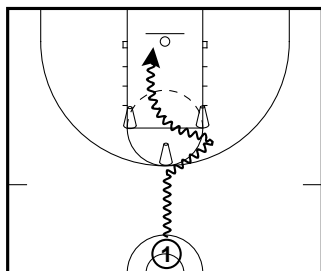
#### Coaching Points

- \*FT routine
- \*Load, toes, release, finish
- \*Focus & confidence

#### Terminology

FT routine  
Load, toes, release, finish

## Triangle Cone Attacks



Each player with a ball

1. Players start at 1 / 2 court
2. Attack top cone, then the next cone
3. Finish as instructed
4. Finish options - Power layup, layup, opposite hand finish, 2 foot floater, pullup after 2nd move, pullup after 1st move, down hill pullup, move to back dribble attack

#### Coaching Points

- \*Head up
- \*Hard move at each cone
- \*Full speed finishes
- \*Protect ball on drive
- \*Footwork on pullup

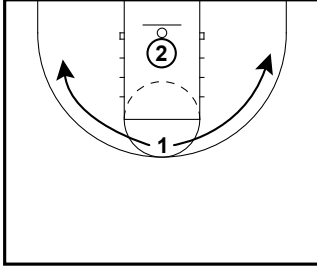
#### Terminology

Power layup  
Floater  
Chin i t (on layup)

# 5th/6th Grade Shooting

## 6th Grade Stationary & On The Move Shooting

+ / - 7



1 shooter, 1 rebounder - 2 min time limit

1. Shooter slides around perimeter shooting from distance within his range
2. Shooter gets + 1 for a make and - 1 for a miss
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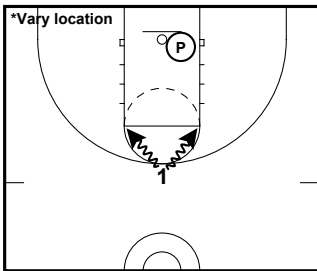
### Coaching Points

- \*Pullup footwork
- \*Catch, load, toes, release, finish
- \*Eyes on back of rim
- \*Make the next one

### Terminology

Game speed  
Catch & load, toes & release, finish  
Make the next one

## Liberty Shooting



1 ball for 2 players

1. 1 player shoots for time or set # of shots
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3. Switch
4. Catch & Shoot, Catch-Rip-1 Dribble Right, Catch-Rip-1 Dribble Left

### Coaching Points

- \*Hands & feet ready to shoot
- \*Footwork into shot
- \*Game speed

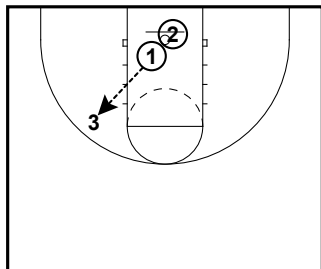
### Terminology

Inside pivot into shot  
Low rip  
Straight line - attack hip

# 5th/6th Grade Shooting

## 6th Grade Stationary & On The Move Shooting

### Closeout Shooting



#### 3 man, 2 balls

1. 1 passes to 3 and closesout
2. 3 shoots and gets own rebound
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5. Progression - catch & shoot, 1 dribble right, 1 dribble left

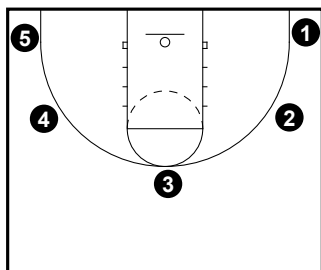
#### Coaching Points

- \*Catch - hands ready to catch away from body
- \*Load - off foot planted with knees bent
- \*Toes - explode through toes & land on toes
- \*Release - elbow above eyes, no thumb
- \*Finish - flip wrist, guide hand fingers to sky
- \*Inside pivot foot for pullups

#### Terminology

Catch-Load-Toes-Release-Finish  
Eyes on the rim

## 32 Shootout



#### 1 shooter, 1 rebounder - perform series below at each spot - time limit is 2 min

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3. Pullup going right (2pts)
4. Pullup going left (2 pts)
5. Catch & Shoot (3 pts)
6. 2 Free Throws (1 pt each)

#### Coaching Points

- \*Game speed
- \*Footwork on pullups
- \*Catch, load, toes, release, finish

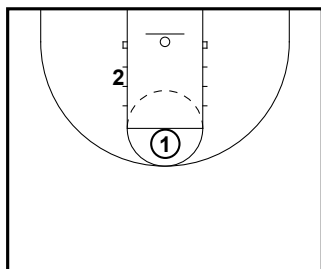
#### Terminology

Game speed  
1 - 2 catch  
Catch & load, toes & release, finish

# 5th/6th Grade Shooting

## 6th Grade Stationary & On The Move Shooting

### 11 FT's



Players take turn shooting free throws using the following scoring system

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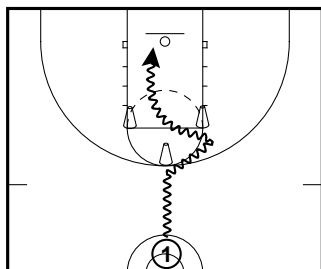
#### Coaching Points

- \*FT routine
- \*Load, toes, release, finish
- \*Focus & confidence

#### Terminology

- FT routine
- Load, toes, release, finish

## Triangle Cone Attacks



Each player with a ball

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#### Coaching Points

- \*Head up
- \*Hard move at each cone
- \*Full speed finishes
- \*Protect ball on drive
- \*Footwork on pullup

#### Terminology

- Power layup
- Floater
- Chin i t (on layup)