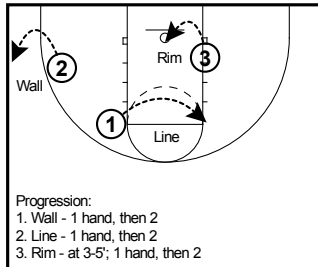


2nd/3rd/4th Grade Shooting

2nd/3rd Grade Stationary Shooting

Form Shooting



Each player starts with a ball

1. Toss ball to self
2. Catch with 1 hand under ball
3. Bring ball to shooting pocket
4. Shoot it

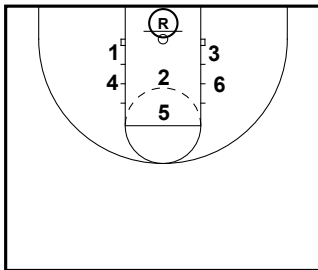
Coaching Points

- *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

Terminology

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

5's Repetition Shooting



1 shooter, 1 rebounder

1. Make 5 shots from each spot
2. Partner rebounds and passes to shooter
3. Switch

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

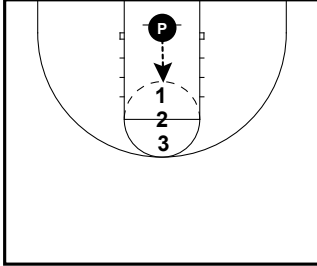
Terminology

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

2nd/3rd/4th Grade Shooting

2nd/3rd Grade Shooting on the Move

1-2 Shooting



Progress to 3 man, 2 ball shooting

1. 1 - 2 footwork
2. Catch, shoot, rotate

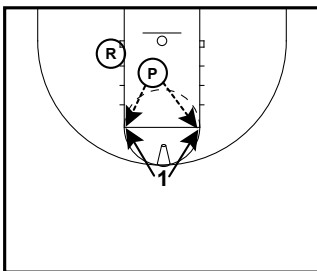
Coaching Points

- *L down, R stepping through
- *Hands and feet ready to catch
- *Perfect form

Terminology

1-2 on catch
Target hands
Release, finish No hop

Elbow to Elbow Shooting



1 passer, 1 shooter, 1 rebounder, 2 balls

1. 1 goes from top of key to elbow to top of key to elbow
2. Rotate

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

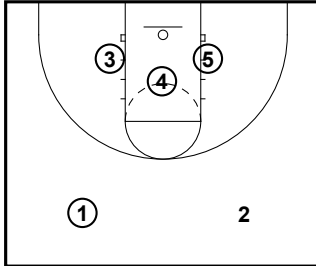
Terminology

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

2nd/3rd/4th Grade Shooting

4th Grade Stationary Shooting

Pocket Shooting



1 ball for 2 guys

1. Alternate between 1 and 2 hands
2. Partners 10' from each other
3. Shoot ball high so it bounces in front of partner
4. Progression - partner with dribble, at rim with no dribble, at rim with 1 dribble

Coaching Points

- *Stuff the ball INTO the shooting hand
- *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

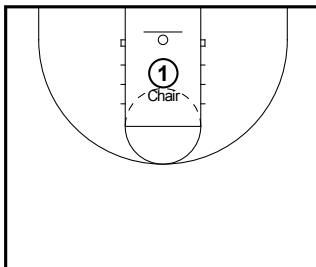
Terminology

Catch-Load-Toes-Release-Finish

Eyes on the rim

Stuff the ball

Seated Chair Shooting



1 ball per player, 1 chair

1. Sit forward in chair with straight back
2. Toes pointed forward, slightly on toes
3. Progression - form shoot with no ball, form shooting with release

Coaching Points

- *1 hand & 2 hand
- *Release - elbow above eyes
- *Finish - flip wrist, guide hand fingers to sky

Terminology

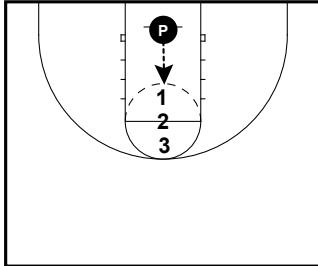
Waiter-Rocket-Goose

No thumb

2nd/3rd/4th Grade Shooting

4th Grade Shooting on the Move

1-2 Shooting



Progress to 3 man, 2 ball shooting

1. 1 - 2 footwork
2. Catch, shoot, rotate

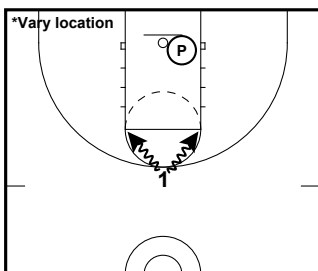
Coaching Points

- *L down, R stepping through
- *Hands and feet ready to catch
- *Perfect form

Terminology

- 1-2 on catch
- Target hands
- Release, finish No hop

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

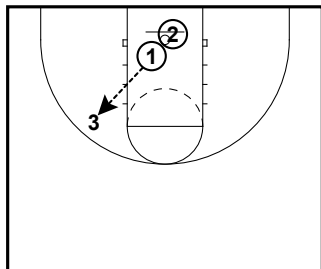
Terminology

- Inside pivot into shot
- Low rip
- Straight line - attack hip

2nd/3rd/4th Grade Shooting

4th Grade Shooting on the Move

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