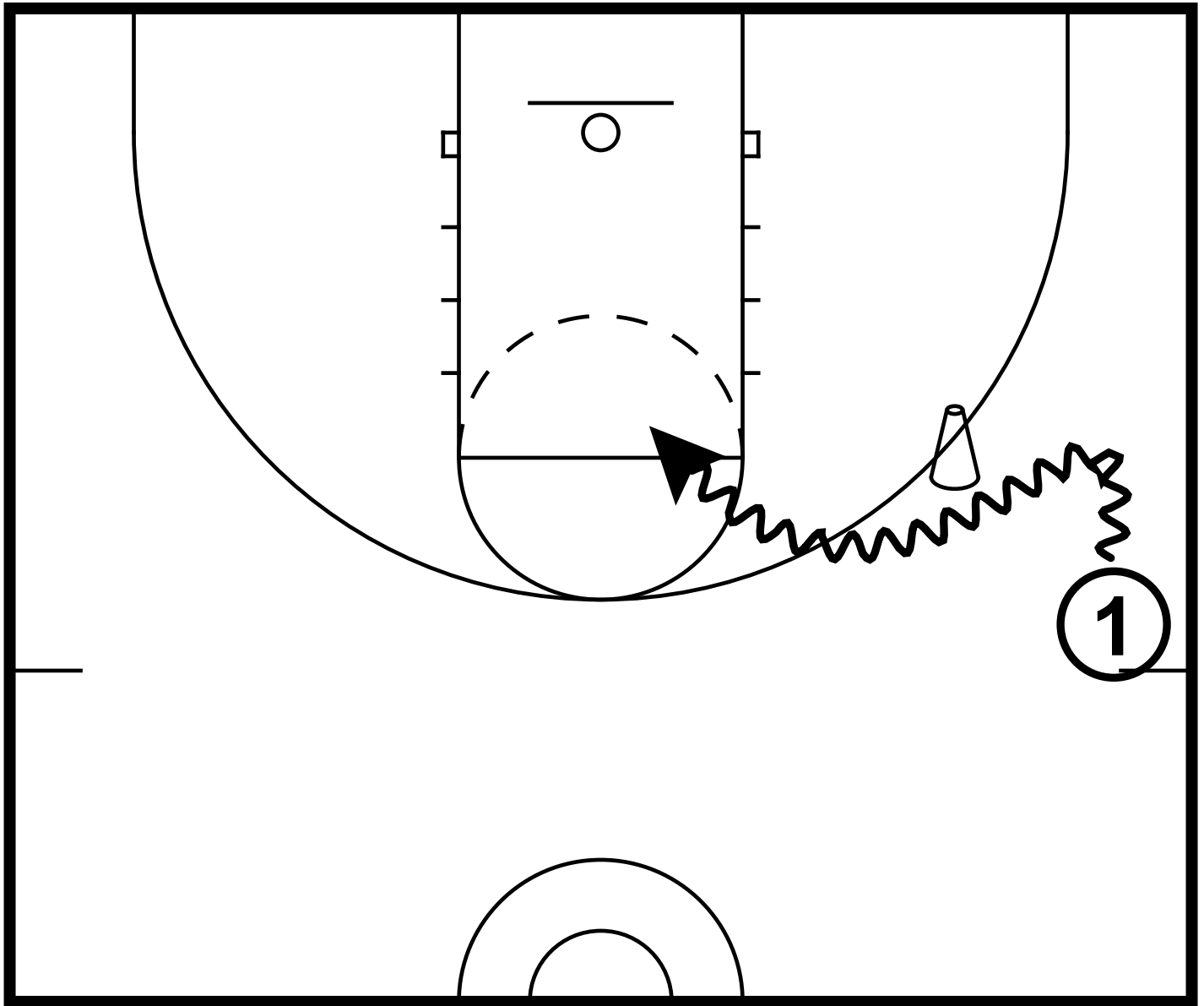


All Teams

Shooting off the ball screen Shooting Drill



Drill Goal: Work on coming off the ball screen on either wing and then pulling up for a jump shot at the elbow.

Equipment Needed: 1 Basketball, a chair, and a basket.

Tips: Don't turn your back to the ball screen, see the floor, come off the ball screen hard, and come shoulder to shoulder with the screener. Make it look like you are going to attack the basket off the ball screen and then raise up for the jumper.

Hip Swivel

Directions:

Have one chair or cone placed right above the free throw line extended out on the wing.

The line of players is going to start just below half court on the sideline.

One player at a time is going to dribble down the sideline to below the chair, set the imaginary defender up, and then come off the ball screen.

After the player comes off the ball screen he is going to shoot the pull up jump shot at the elbow.
Get the rebound and then get in the back of the line.