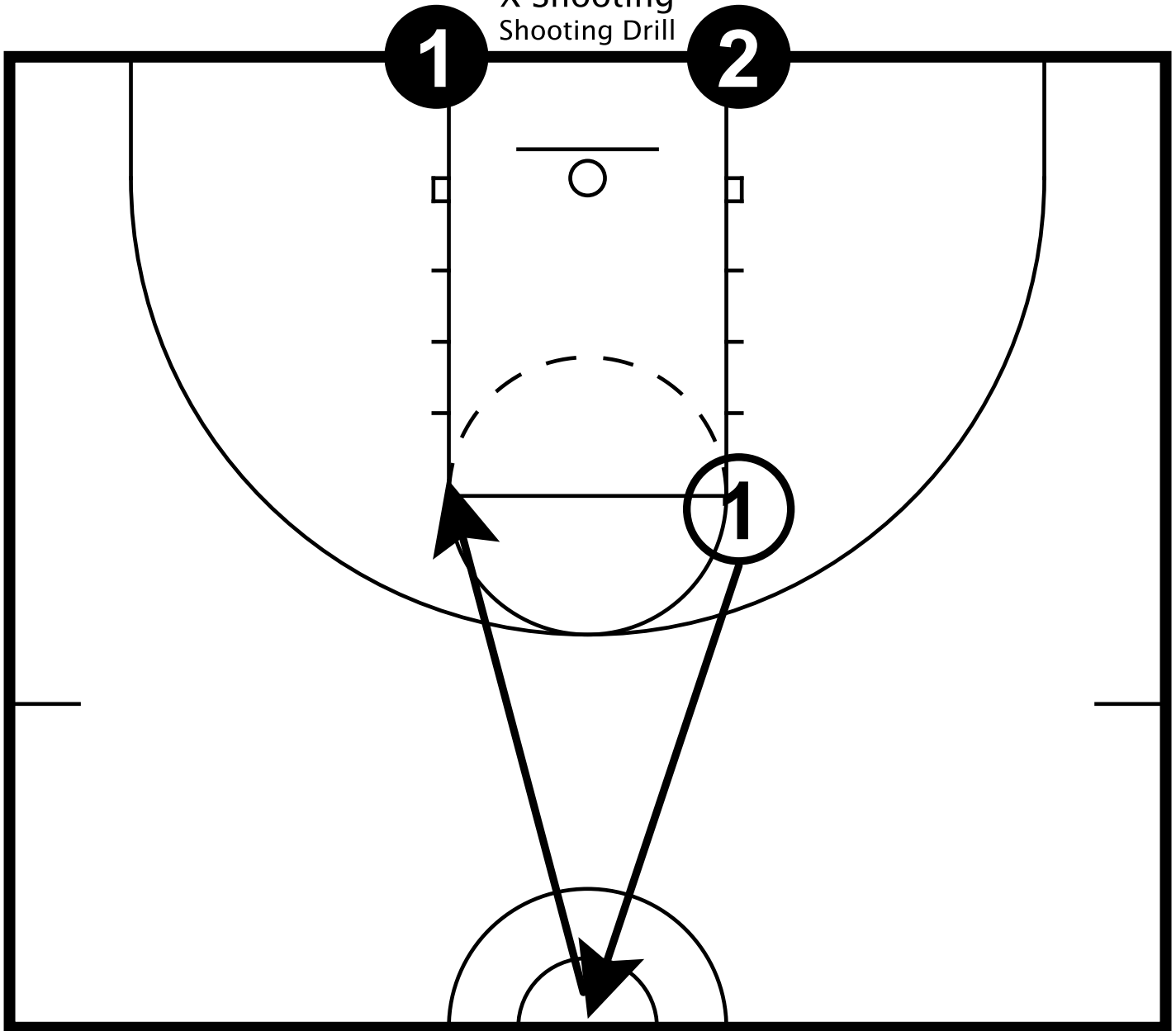


All Teams

X Shooting Shooting Drill



Tips: Come into your shot the same way every time. This will really help to develop the great consistency as a shooter. Hold your follow through and stay in your shot until you make or miss, don't run off to the next shot early.

Directions: The shooter is going to start at the right elbow and the passer/rebounder will have the ball in the paint. When the drill starts the player will shoot a catch and shoot shot from the elbow. After they shoot that shot they will run out, touch half court, and then run back into the left elbow for another catch and shoot shot. After each shot the player will sprint out to back court and back in for a shot on the opposite elbow. Continue this pattern for a total of 6 shots (you can up the number of shots as well).