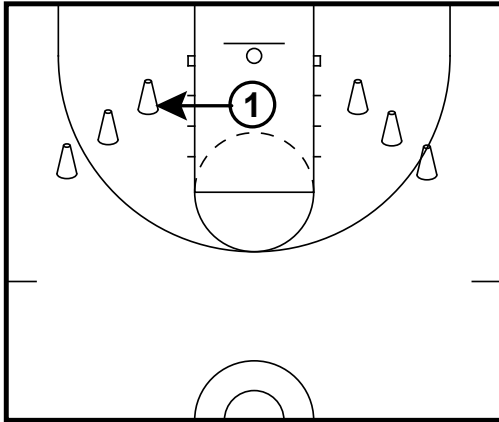


All Teams

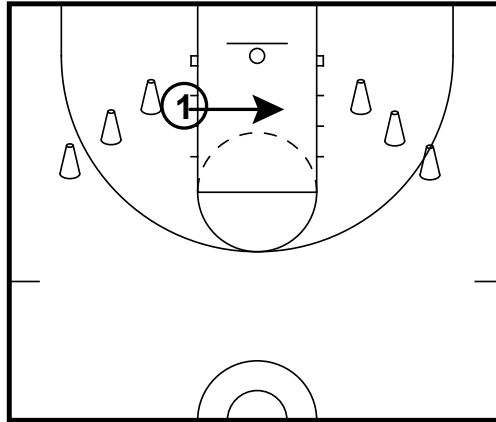
Georgetown – Slide Shooting Shooting Drill



1 will take a shot and then defensive slide to chair to his left. He will then sprint back middle, catch on inside pivot foot and shoot.

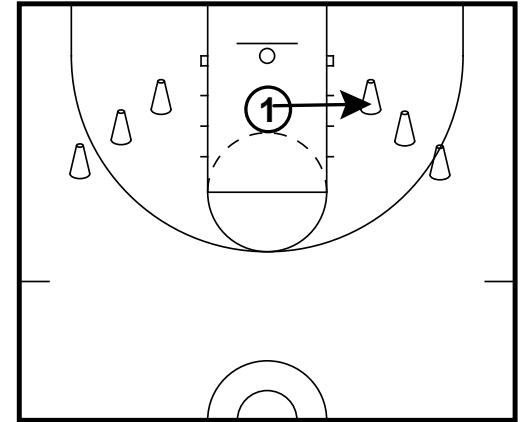
All Teams

Georgetown – Slide Shooting Shooting Drill



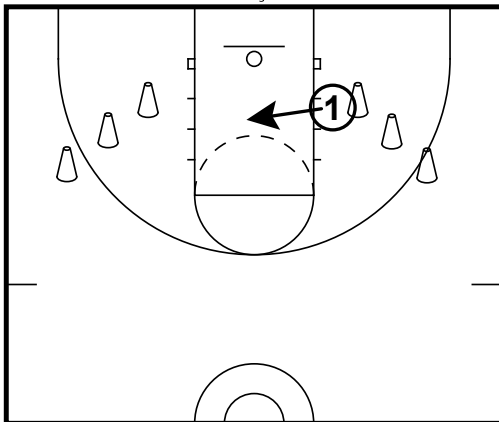
All Teams

Georgetown – Slide Shooting Shooting Drill



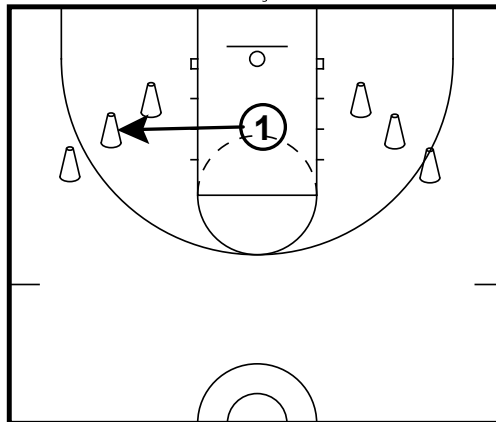
All Teams

Georgetown – Slide Shooting Shooting Drill



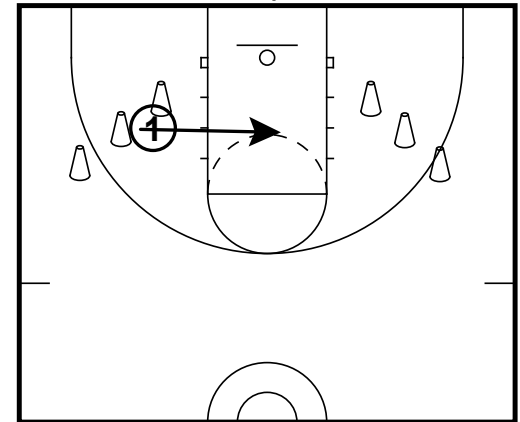
All Teams

Georgetown – Slide Shooting Shooting Drill



All Teams

Georgetown – Slide Shooting Shooting Drill



Player will take 7 shots total.

Tips: Come into your shot the same way every time; butt down, show your hands, inside foot 1-2, etc. Stay in your shot until you make or miss, don't run off early to the next shot. You can turn this drill into a conditioning drill as well if you have the player go through the pattern 3-4 times.

Directions: Set up a line of chairs on each wing with the first chair starting just outside the block and angled out to the wing 3 point line (3-4 feet in between each chair). The player is going to start in the center of the paint even with the first set of chairs, and the rebounder/passer will be under the basket. When the drill starts the player will shoot a catch and shoot shot from where they are. After that shot they will slide out to the first chair on their right, and then come back to the middle of the paint for another catch and shoot shot using a 1-2 inside foot pattern. The player will then slide out to the first level chair on the left and repeat. This same pattern will continue for the final four chairs. To add more difficulty to the drill you can have the player immediately start back through the chairs again for a second set.