

# Shooting Goals and Workouts

## Goals

- Shoot with perfect form (LOAD, SNAP, SWEEP AND SWAY, FOLLOW THROUGH)
- After completing 50-100 form shots close to the basket, work on shooting with perfect form at game speed (**We teach form first, speed second**)
- Work on shooting FTs, shooting off the move (spin the ball out, catch, get set and shoot), and shooting off the dribble
- Try to get outside or in a gym and shoot at least 4 days a week

## THE FORM

### **LOAD**

- Lower Body
  - Feet are comfortable distance apart
  - Dominant foot is slightly in front- feet are tilted or turned to align shooting shoulder
  - Flexed knees
- Upper Body
  - Ball is “loaded” in shooting pocket- elbow comfortably to side, arm flexed, wrist flexed, ball near the belly button or waist area

### **SNAP**

- Shot is 1 motion- ball travels through the “chin, cheek, eye” for good alignment (one eyed shooter)
- Shooting arm fully extends as elbow “snaps” to full extension and wrist “snaps” to full flexion
- Elbow should finish above the eyes

### **SWEEP AND SWAY**

- Feet forward, shoulders back. “The feet lead the way”

### **FOLLOW THROUGH**

- Follow through hand stays high in the air until the ball hits the rim
- Off hand is like a board
- 3 Down Middle of the Rim- Shooting hand has shooting fingers down (Thumb, pointer, and middle) and is directly above and in the middle of the rim.

## Workouts

- Form Shooting Workouts

- **Workout #1**

- Make 25 shots from each distance focusing on perfect form
  - 5 ft
  - 8 ft
  - 12 ft
  - 15 ft

- Shooting Off the Dribble and Off the Move Workouts

- **Workout #3: Alford Shooting**

- Players must use proper footwork to get their body square to the basket
  - 1-2 step (step first with inside foot-preferred)
  - Square in the air (like a jump stop)
- Ball toss and Square to the Basket and shoot--
- Ball toss, square up, shot fake, and 1 dribble into jump shot
  - 15 ft- Ball toss, square up, **MAKE 10**
    - Make 4 free throws
  - 15 ft- Ball toss, Sweep Back the Way you came from-Get to the Rim—vary your finish **MAKE 10**
    - Make 4 free throws
  - 15 ft- Ball toss, sweep back 1 dribble-Change directions (crossover, between the legs) and get to the rim-- vary your finish **Make 10**
    - Make 4 free throws
  - 20 ft. Ball toss, square up, **MAKE 10**
    - Make 4 free throws
  - 20 ft. Ball toss, sweep back, pull up jump shot **MAKE 10**
    - Make 4 free throws
  - 23 ft. Ball toss- Sweep back—change directions between the legs, pull up jump shot **MAKE 10**

- **Workout #4: Mike Lee Ball Toss Finishing and Shooting Series**

- This series can be done from the top of the key and both wings. Work on tossing the ball from both directions. Pick one spot for each workout (top or either wing)
- Working on the top of the key—start on the wing and ball toss to the top of the key
- Working on a wing- ball toss from the top of the key to the wing and from the corner to the wing
- **Make 5 of each set**
- **Make 4 free throws in between each set**
  - Ball toss, rip back, 1 dribble and get to the rim (Finish of the day)
  - Ball toss, rip back, 2 dribbles and finish with hips across
  - Ball toss, rip back, 1 dribble, change directions, 1 dribble and get to the rim (Finish of the day)
  - Ball toss, rip back, 1 dribble and shoot jump shot
  - Ball toss and go (curl) to the rim (Finish of the day)
  - Ball toss and go—1 dribble and shoot a jump shot
  - Ball toss, square up, and shoot (**MAKE 15**)

- **Workout #5: Celtics 50 Shooting Workout**
  - Make 10 shots from each spot (corner, wing, top, wing, corner)
  - If it is a younger shooter, have them shoot with perfect form and make their shots from 10-12 feet—if form is good they can move back, if form fails, move in
  - HS shooters can shoot from 3 point range
    - Rebound for yourself and dribble back out to spot
  
- **Workout #5: Jab Series**
  - Work from both wings and the top of the key
  - **Make 5 of each move from each spot**
  - **Make 4 Free Throws in between each set**
    - Jab and go into finish of the day
    - Jab and go, 1 dribble into a jump shot
    - Jab and go, 1 dribble, change directions into a finish or jump shot
    - Jab and shoot
    - Jab-cross and go into finish of the day
    - Jab-cross and go, 1 dribble into a jump shot
    - Jab-cross and go, 1 dribble, change directions into a finish or jump shot
    - Jab-cross-step back on balance and shoot

# Ball Handling Goals, Drills, and Workouts

## Goals

- Be able to dribble full speed with both hands
- Be able to dribble against pressure and contact
- Be able to change speeds (stop and go, hesitate and go, in and out dribble, bounce back dribble)
- Be able to change directions low, quick, and tight (crossover, through the legs, behind the back)

## **Stationary Dribbling:**

- **Set goals for all your stationary dribbling drills**
  - Begin by doing a drill with 1 basketball and work towards doing all drills with two basketballs
  - **Pick 5-7 two ball stationary drills, master them, and move on.**
  - Time yourself doing the dribble move and see how many repetitions you can get in 30 seconds. Write that number down and work to try to beat it.
- **1 Ball Dribble Moves**
  - Pound Dribble (shoulder height, waist height, and ankle height)
  - V Dribble (side to side in front of the body)
  - Push-Pull Dribble (Front-to-Back)
  - 1-2-3 Cross
  - Inside out dribble
  - Inside out-cross
  - See-saw (crossover but high, wide, and hard)
  - Scissors (dribbling continuously between the legs)
  - See-saw and scissors combo

## **Sample 1 Ball Stationary Workout:**

- ✓ Pound the ball 25 times with the right hand, 25 times with the left hand
- ✓ 25 reps of V-dribble each hand
- ✓ 25 dribbles of Push-Pull each hand
- ✓ Complete 10 reps of 1-2-3 Cross (Right hand—pound, pound, pound, cross to left—left hand pound, pound, pound, cross to right= 1 rep)
- ✓ 25 inside outs with the right hand, 25 inside outs with the left hand
- ✓ 25 reps of inside out cross (right hand—inside out, cross to left left hand—inside out, cross to right= 1 rep)
- ✓ 25 reps of see-saw, the ball should come up to your waist (ball begins in right hand, 1 rep every time the ball gets back to the right hand)
- ✓ 50 reps of scissors
- ✓ 25 reps of see-saw scissors

- **2 Ball Dribble Moves**

- Same
- Alternate
- Hard dribble-switch
- Criss-cross in front
- Criss cross, one in front and one behind
- Circles (going around legs)
- Scissors
- Combinations

**Dribbling on the Move:**

- **Dribble Moves**

- Push or Speed Dribble
- Stop and Go
- Stutter
- Inside Out
- Crossover
- Between the Legs
- Behind the Back
- Retreat or bounce back dribble
- Combinations

- **Drills** (All drills can be done with 1 ball or two balls)

- Commandos

- Complete this drill dribbling back and forth, as fast as possible, from the baseline to the top of the key—or set cones about 15 feet apart if doing this workout in your driveway
- Do each set of commandos for 30 seconds. Shoot 4 fts between each set.
- See how many reps you can get in 30 seconds (goal= 12+)

- Tight Cones

- Place 4 chairs three feet apart in a straight line. Execute the above dribble moves while maneuvering through the cones. Work on footwork, speed, and being “ball quick.”

- Spread Cones

- Emphasis is on getting out and going with the basketball. Place a chair or cone at the top of the key, half court, and the opposite top of the key. Begin the drill on the baseline, go at the first cone and execute the dribble move, at each cone execute the same drill move. Finish when you get to the other end, vary the way you finish.

- ½ Court Drives
  - Start about 10 feet behind half court even with the lane line. Execute each of the dribble moves one time from the right side and one time from the left side in the sequence listed. Dribble at a cone or chair at the 3 pt line, do dribble move, and attack and finish at the rim. Beat the press on the way back with the “move of the day” by attacking the cone or chair at the 3 pt line and dribbling to half court. Turn around and go back the other way.
  - Do 4 reps of a dribble move and then shoot 5 free throws.
  - Then switch the dribble move and finish that you use.
  
- Bounce Back V Dribble Drill
  - Start under the rim or at any set point. Take two dribble to the right at a 45 degree angle, stop and get sideways while continuing your dribble, and then slide back using the correct bounce back technique. When you get back to the starting spot change directions (crossover, between the legs) and dribble two dribbles with left hand at a 45 degree angle.
  - Go for 30 second sets and then rest by shooting 5 free throws.