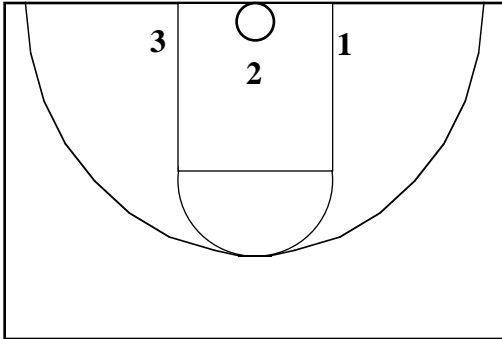


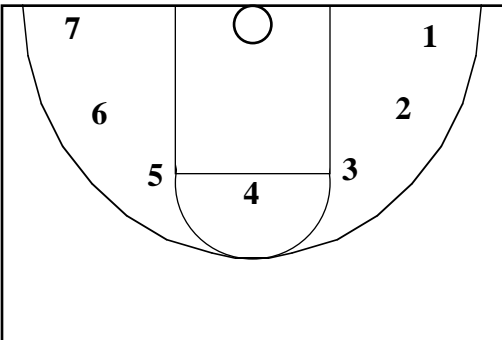
# HOOPS 101 DRILLS FOR SKILLS

## SHOOTING DRILLS



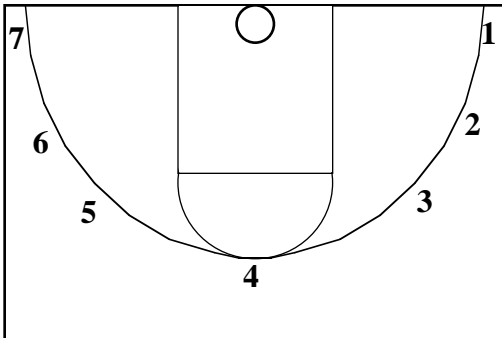
### SHORT SHOOTING

3. Start at the right block and shoot 10 shots off the glass. Make 7 before moving to next spot.
4. Move to directly in front of the basket, and shoot 10 more.
5. Finish by shooting 10 from the left block.
6. Try to get a perfect score.
7. Work on your touch and proper shooting form. This drill helps develop touch.



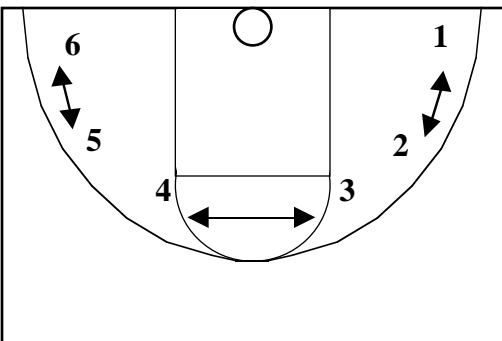
### SEVEN SPOT SHOOT AND FOLLOW (15 FT)

- Shoot jumpshot from spot 1.
- Follow your shot, dribble hard to spot 7, shoot the ball.
- Follow, dribble hard to spot 1, shoot the ball.
- Make 10 shots.
- Repeat for spots 6 & 2, 5 & 3, and 4.



### SEVEN SPOT SHOOT AND FOLLOW (3 pointers)

- Repeat as with 7 spots from 15 feet, except make 5 shots from each spot before moving on.
- Make sure you step into your shot, elevate, and release.

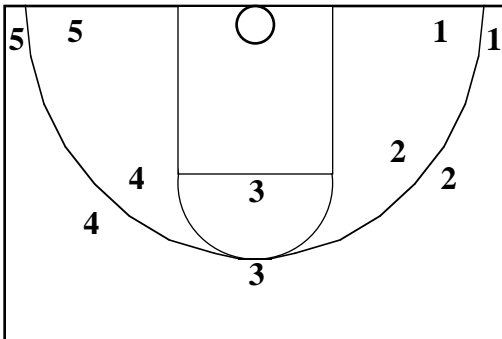


### SQUARE-UP SHOOTING OFF THE PASS (3 pointers)

- Begin at spot 1, flip the ball with backspin to spot 2, and step into your shot with the inside foot, nearest to the basket (right).
- Make sure you square up and face your hips to the basket.
- Make 10 shots and then move to spots 3/4 and repeat.
- Finish at spots 5/6.

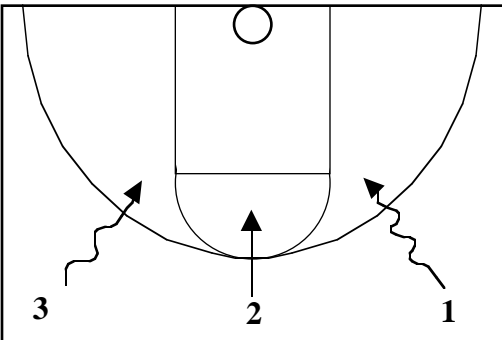
# HOOPS 101 DRILLS FOR SKILLS

## SHOOTING DRILLS



### 5 SPOT SHOT FAKE (15 FT or 3 PT)

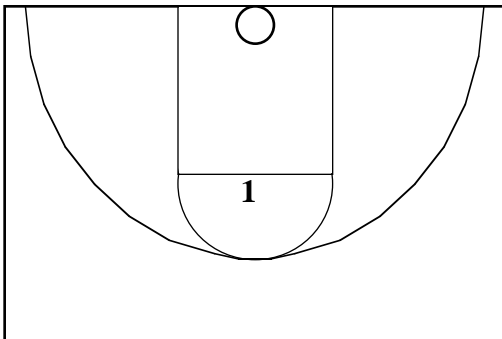
- Start at any spot.
- With knees bent and head up, shot fake, take one or two hard dribbles right, square up and shoot the jumper.
- Return to spot, shot fake, take one or two hard dribbles left, square up and shoot the jumper.
- Make five from each spot.



### JUMPERS OFF THE DRIBBLE

- Beginning at half court, dribble toward the basket at game speed, lower your body, pull up and shoot the jump shot.
- Shots should be taken from 15 feet or from behind the 3 point line. Work the three areas.
- Use all five Longhorn dribble series moves: Speed, inside-out, hard stutter, change of pace, crossover.
- Shoot 5 shots for each move

- *NOTE: This is a challenging drill and a great conditioner. It may also be done full court.*



### BEAT THE PRO (15 FT AND 3 POINTERS)

- Start by shooting one foul shot. If you make it, you get one point. If you miss, the pro gets three.
- All remaining shots will be game speed jumpers. Work on different moves and shots. Each time you make a jumper you get one point. Each time you miss, the pro gets two points.
- Game is played to 11 points.