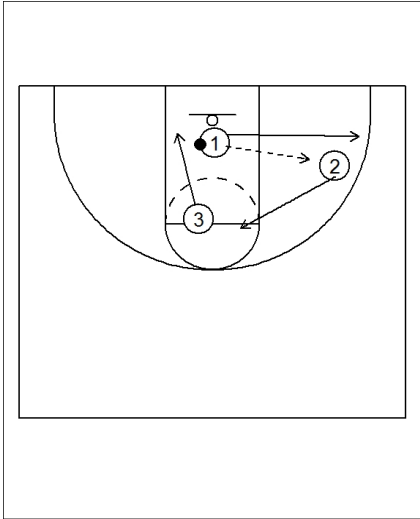




3-person shooting



SHOOTING: 3-PERSON SHOOTING

Skills Covered

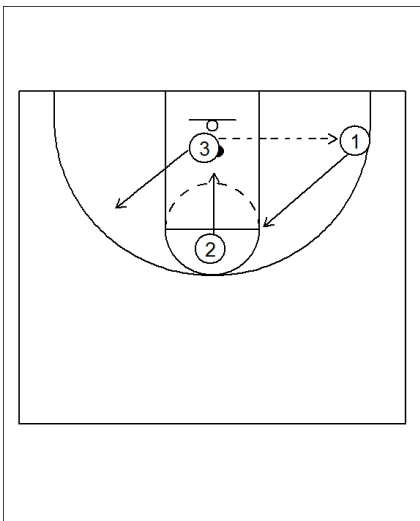
- *Shooting from game spots
- *Quick release: getting feet set and hands ready
- *Passing
- *Catching
- *Communication

Alignment

- *1 starts with the ball under the basket
- *2 (first shooter) goes to a spot on the floor that they are comfortable shooting from. This spot must be a spot they could shoot from in a game.
- *3 will start at the free throw line.

Running the Drill

- *The shooter (2) calls for the ball.
- *1 passes the ball to 2. Give them a pass in the target area so 2 can work on a quicker release. 2 will also have their feet set upon catching the ball.
- *2 shoots the ball.
- *1 will now run to a spot on the floor where they are comfortable shooting from.
- *3 goes in to rebound 2's shot.



- 3 got 2's rebound. 1 has to call for the ball to let 3 know where they are. 3 passes to 1.
- *1 shoots. Then runs to free throw line.
- *After making the pass to 1, 3 will sprint to a game shot spot of theirs.
- *2 comes in to rebound.

*Continue the drill for a period of 5-7 minutes. If the players are working hard they could get a total of 20 shots each, and they will be shooting while getting fatigued.

Drill Variations

- *Add a shot fake and one or two hard dribbles before taking a jumpshot.