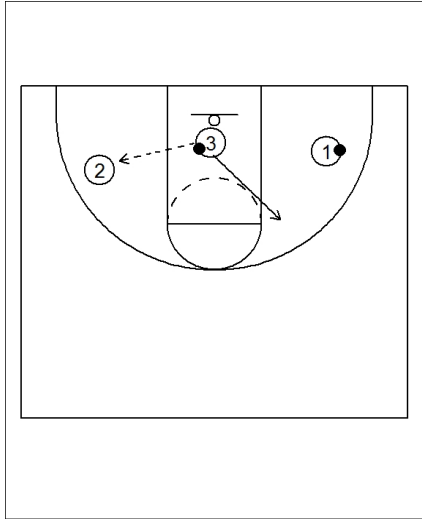




3 player 2 ball shooting



SHOOTING: 3 PLAYER 2 BALL SHOOTING

Skills Covered

- *Shooting form
- *Passing
- *Catching
- *Getting feet and hands ready to shoot before the ball gets to the shooter

Alignment

- *Three players and two basketballs needed at each basket.
- *1 and 3 start with a basketball. 1 starts from a spot on the floor that would be a game shot for them. 2 starts from a spot on the floor that would be a game shot for them. 3 starts under the basket with a ball.

Running the Drill

- *Rule for the drill: Players get their own rebound.
- *To start the drill 1 will shoot and 3 will pass to 2, then 2 will shoot.
- *After making the pass to 2, 3 will then sprint to a spot on the floor that is a game shot for them.
- *1 rebounds their shot and passes to 3. After making the pass 1 sprints to a spot to shoot from.
- *Repeat for 5-7 minutes.

This drill takes a lot of effort from the players because using two basketballs makes it fast. It is important that players hustle after their own rebound so they can pass the ball to the one open shooter immediately.

Drill Variations

- *Teams keep score of number of baskets made. Most baskets wins. Losers run.
- *Teams keep track of how many shots they make in a row. Most in a row wins. Losers run.