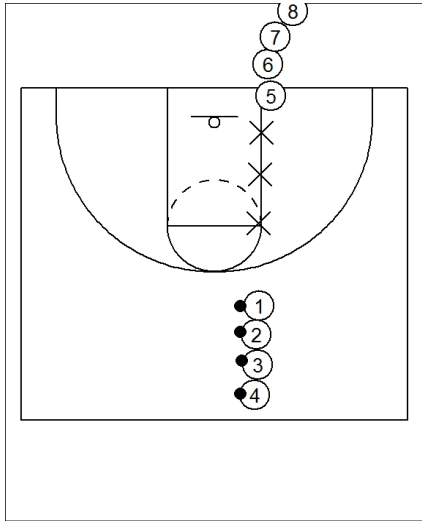




Lane line shooting



SHOOTING: LANE LINE SHOOTING

Skills Covered

- *Shooting form
- *Shooting footwork
 - inside foot pivots
 - squaring the entire body up for the shot
- *Passing
- *Catching
- *Triple threat

Alignment

- *Passing line is on the lane-line extended beyond the three point line.
- *Shooting line starts with the first shooter just in bounds while the rest are out of bounds.
- *The X's in the diagram signify the three different spots that players will shoot

from.

Running the Drill

- *Player 5 will cut hard to the first X, receive a pass from 1. 5 will then pivot on their inside foot, which will be their right foot on this side, and take the shot. Shooters get their own rebound. 1 and 5 switch lines.
- *Repeat with 2 and 6, and so on.
- This is a continuous drill. When each player has taken 2 or 3 shots (coach designates) from the first X, then the shots move up the lane-line to the next X. Repeat.
- *Players finally shoot from the X at the elbow. When the shots are coming from this spot the passing line must move a step or two back, closer to the halfcourt line.
- *Do the same drill from the other lane-line. When they are on this side their left foot will now be their pivot foot.

Important

- *It is important that the passers are ready to make their pass before the shooter starts to cut. If the pass is late then the shooter is waiting for the pass too long. We want our shooters to step into the pass they are catching, and into their pivot. This makes it more gamelike.