

Basketball Drill

Drill Number: 13 **Name:** Horseshoe Shooting
Type: Shooting, passing / receiving

Description:

Players form two lines on baseline at either side of the key. The first player in one line has a ball, the second player in the other line has a ball. The coach stands on the middle of the free-throw line.

Player 2 (front of line without ball) makes a v-cut around the coach, calling for the ball from player 1. Player 1 passes the ball to player 2 who shoots the basket and rebounds the ball. After taking the rebound players pass to the front player in the opposite line (opposite to where they came from). They then join the end of this line.

After passing the ball, the player cuts around the coach as described above and the drill continues.

Variations:

1. Take a dribble after receiving the ball and shoot off the dribble.
2. Make a hard drive to the basket rather than the shot.
3. Add a shot fake before the shot.

Points of Emphasis:

1. Correct footwork on the cut and good hard change of direction.
2. Receive the ball in the triple threat position ready to shoot.
3. Correct shooting form.
4. Communicate - call for the ball.

