

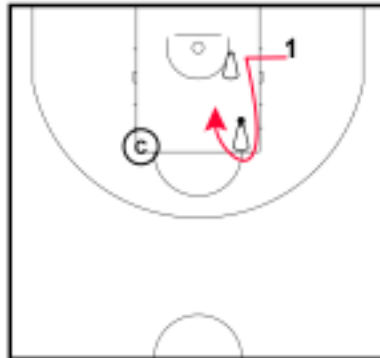


# DRILL OF THE WEEK

## "CHAIR FLEX SHOOTING DRILL"

### DRILL PURPOSE

This flex drill isolates and simulates the "screen the screener" action, which occurs after the flex screen. The drill improves players' footwork and ability to knock down shots coming off the screen at high volume and intensity.



### INSTRUCTIONS:

1. Place a chair just inside the mid post and one at the elbow (with a ball placed on it)
2. Coach has a ball, ready to place on the chair at the elbow
3. Player 1 steps in as if to make a flex cut baseline (touching the chair)
4. Player 1 then redirects high as if to come off a down screen, picks the ball up off the chair and forward pivots into a jump shot
5. Coach will place ball on the chair before setting off to rebounds shot
6. Player jogs to starting spot and repeats

### POINTS OF EMPHASIS:

1. Players are focusing on their catching and shooting skills off the screen
2. Good footwork is important to get the shot off quickly and hit a high percentage
3. Players should cut hard and move at game speed.

### VARIATIONS:

1. Perform this drill for a time period counting makes
2. Perform this drill until a made basket target is reached
3. Switch sides and or angles of the chairs

### NOTE:

No matter what offense you run, it's very important that you break down your offense into drills like this in order to get game-like shots.