

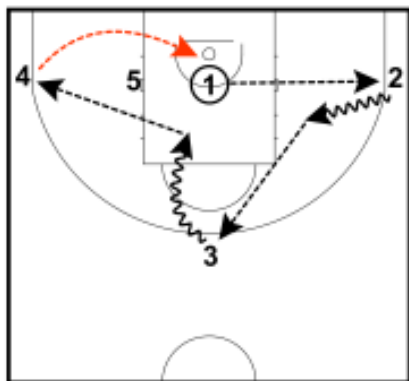


DRILL OF THE WEEK

“CYCLE SHOOTING DRILL”

DRILL PURPOSE

This drill is designed to create a competitive environment to shoot under pressure and at game pace. It also incorporates dribbling and passing on the move.



INSTRUCTIONS:

1. Player 1 passes to Player 2
2. Player 2 takes two hard dribbles and kicks to Player 3
3. Player 3 takes two hard dribbles and kicks to Player 4
4. Player 4 catches and shoots the corner jump shot
5. Player 5 rebounds
6. After passing, each player replaces the player they passed the ball to, or in the case of the shooter, they become the rebounder.

SCORING:

Corner three pointer = 3 points

Rebound put back before the ball hits the floor = 2 points

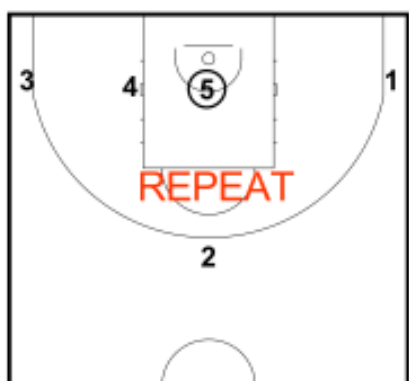
25 Point Game Goal:

- Pro (:40 seconds)

- College (:50 seconds)

- High School (1:00 minute)

Adjust time accordingly to reach 50 points



ALTERNATIVES:

1. For junior players, bring the corner jump shot in closer
2. Repeat both sides of floor
3. Add shots off the dribble