

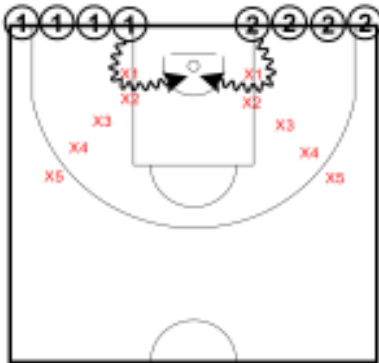


# DRILL OF THE WEEK

## “HAWKS TEAM SHOOTING DRILL”

### DRILL PURPOSE

This drill is used by Wollongong Hawks NBL Head Coach Gordie McLeod as a team warm-up. It is designed to get your team a large number of varying shots off in a short time span.



### INSTRUCTIONS

1. Each player must possess a basketball
2. Line up half of your team on each side of the basket at the baseline as per diagram
3. The first player in line dribble around Cone X1 and performs a hook shot and then joins the end of the line on the other side of the basket
4. The next player in line follows and so on
5. Once team has completed made basket target - they will then perform a runner going around Cone X1
6. Once team has completed made basket target - they will then perform a pull up jump shot at the Cone X1
7. Once team has completed made basket target - they will start to repeat drill this time around Cone X2 and so forth

### POINTS OF EMPHASIS

1. On the hook shot, ensure players have their chin over their inside shoulder and stay side on to the basket
2. The runners must be taken outside the key way and always finish with your fingers pointing to the ceiling after the release
3. On the jump shots next to the cones, lead into the jump shot with a hard bounce and correct footwork

### VARIATIONS

1. For junior teams give your team a made shot target of ten of each shot from each position in 12 minutes
2. For an elite level team a made shot target of twenty from each position in 10 minutes