



DRILL OF THE WEEK

“IVERSON SHOOTING DRILL”

DRILL PURPOSE

This drill combines ball handling and shooting with the emphasis on players developing their ability to stay low. Named after Allen Iverson because of his ability to stay low to the floor yet explode to the rim.



INSTRUCTIONS

1. Each player needs a basketball and then lines up on the baseline
2. Player 1 dribbles with the right hand whilst dragging their fingers on their left hand along the floor
3. Player 1 dribbles up over the third marker of the key then turns and dribbles to the charge zone for a short pull up jump shot
4. Once shot goes up, Player 2 repeats the drill whilst Player 1 will start a line on the other side of the keyway

POINTS OF EMPHASIS

Continually tell your players to...

1. Maintain touch with the floor
2. Maintain leverage to elevate on the shot

VARIATION

1. Perform drill from both sides of the floor
2. Make the players dribble higher on the keyway (like the elbow) or from different angles
3. Change the finish on the shot; lay-ups, floaters etc
4. Put in made basket and time targets to make the drill competitive