

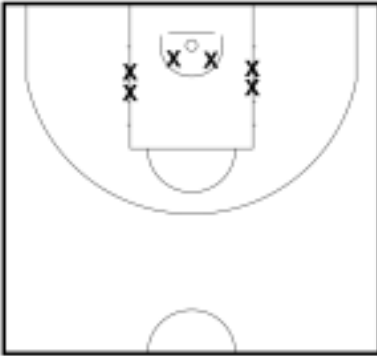


DRILL OF THE WEEK

"QUICK SIX SHOOTING DRILL"

DRILL PURPOSE

This drill is a nice warm up drill concentrating on making six close to the basket shots to help get your eye in and establish touch at the beginning of a session.



INSTRUCTIONS

1. Single player needs one ball only
2. Player must make two lay-ups (can be any kind, power lay-ups, off one leg, either hand).
3. Player must then take a turnaround jump shot from each post
4. Player must then take a jump hook from each post
5. Any missed shots must be rebounded and put back in
6. The ball can not hit the floor

POINTS OF EMPHASIS:

1. Players must take shots with game like intensity
2. Ball must stay off the floor, requires hustle on misses
3. Put backs must be powered up
4. Shots should be completed inside 20 seconds