

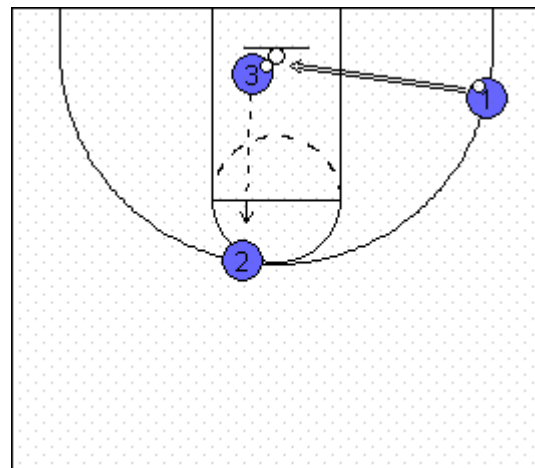
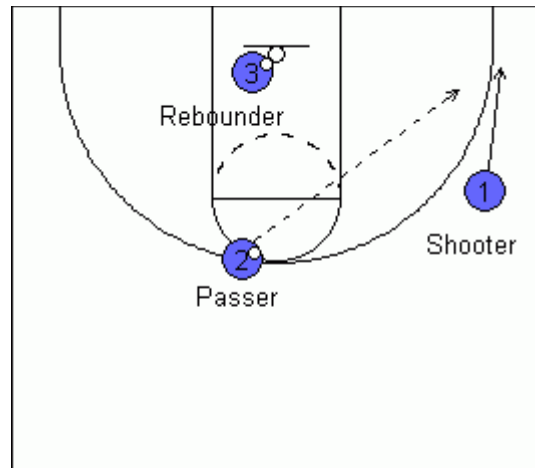
Two Ball Shooting Drill

Drill Purpose:

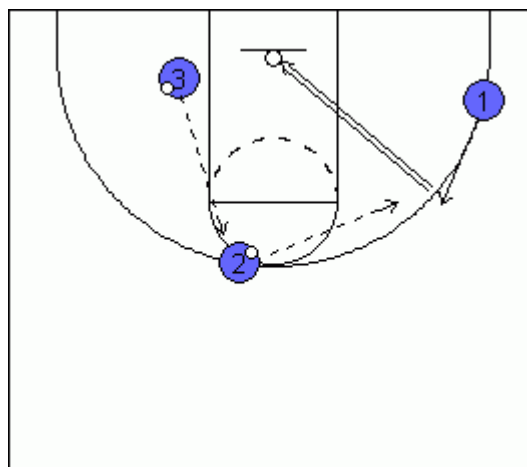
This drill allows the shooter to get a high number of shots in a short amount of time from different spots.

Instructions

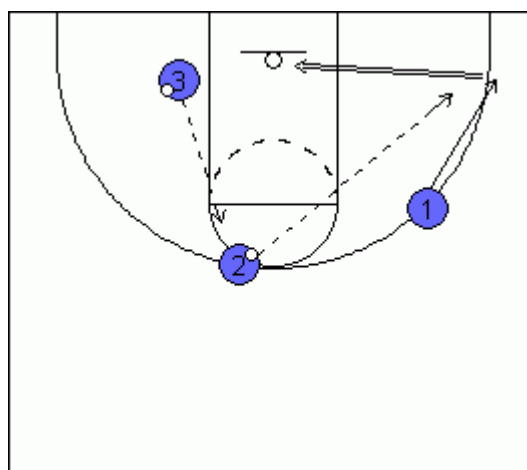
1. You need 3 players: a rebounder (Player 3), passer (Player 2), and shooter (Player 1).
2. Player 2 and the Player 3 start out with the basketballs.
3. Player 1 makes a cut to another spot on the floor and Player 2 throws a pass leading Player 1 to the spot.
4. Player 1 shoots the ball on the catch.
5. After Player 2 passed the ball to Player 1, Player 3 passes the ball to Player 2.
6. Player 3 rebounds the shot.



7. Player 1 cuts to back to a new spot and Player 2 passes him the ball.
8. Player 1 shoots the ball.
9. Player 3 passes the ball to Player 2 and goes to rebound the shot.



10. This pattern continues for a set amount of time or until a certain number of shots have been taken or made.



Teaching Tips & Points of Emphasis:

- Keep your hips low, so you can catch the ball and go straight up into your shot.
- Move at GAME SPEED. If you do NOT shoot at full speed, you'll never shoot the ball well during the game, because your brain/body is not accustomed the speed.
- Good Passes. Every pass should hit the shooter in the hands and lead them into their shot.
- Go to different spots on the floor.
 - Elbow to Elbow
 - Wing to Wing
- Change positions of the passer.
- Offensive Patterns. You can perform this drill with certain patterns and cuts. For example, from the wing, you could fade to the corner. From the corner, do v-cut and pop up to the wing for a shot.