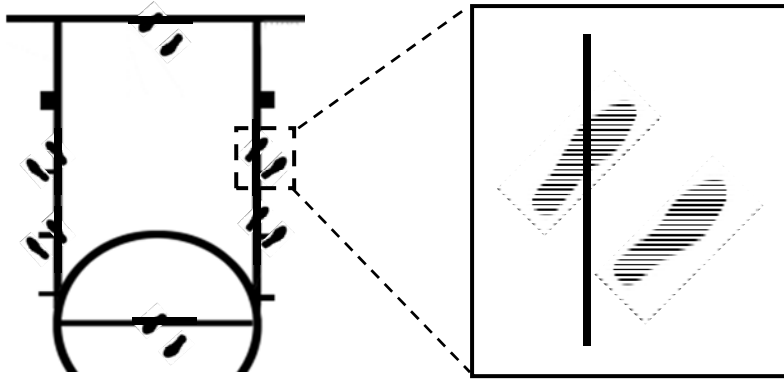


## Drill: "Shooting on a line"

Set up:



### Directions:

- Using lines on the gym floor set up each shooter on a line
- Shooters go through shooting mechanics on the coach's call trying to land the ball on the same line they are standing on.
  - "U"- Bounce and catch in triple threat
  - "C" position- half way point in shot
  - "Cookie"- Full extension of toes, knees, hip, shoulder, elbow, and wrist
- Once shooters advance you can have them shoot for an amount of time or number of perfect shots.
- Eventually take away the "C" position to produce a one motion shot as shooters progress