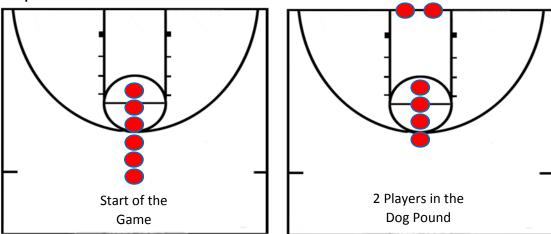


Drill: "Dog Pound"

Set up:



## **Directions:**

- The coach determines the shooting spot on the floor and players make a line behind that spot
- The shooter will shoot once from the spot, if they miss it they enter the dog pound (area behind the backboard)
- If the shooter makes the shot. All players in the dog pound can return to the line.
- If the dog pound fills up and there are no more players to shoot, the coach will determine something for all the dogs to do in order to get out of the dog pound ie. Push-ups, Jumping Jacks, sing a silly song
- Variation: Shooter stays in as long as it is straight, if they miss to the side they must go to the dog pound