

## FDBA Domestic Coaches Drill Book: Shooting

Name: Spot Shooting

Drill No: C10

### Description:

This is a basic shooting drill that is used to get up a lot of shots with little waiting time for the children. Each player takes a shot when they are ready, gets the ball after the shot and gives the ball to the next player in line and then joins the back of the line.

### Variations:

Make it competitive - first line to five baskets  
 Move the line out to the 3pt line so they dribble in, jump stop and shoot.  
 Have the players catch a pass from the coach or a designated passer before shooting.  
 Move the lines to the 3pt line and have the players dribble in for a lay-up.

### Points of Emphasis:

1. Start in set point - ball below eyes.
2. Shoot with an "all out" shooting action - fully extend arms and legs and shoot on the way up.
3. Hold follow through until ball hits the ground.
4. Shoot up and in the hoop, not at the hoop.

Diagram A.

