

FDBA Domestic Coaches Drill Book: Shooting

Name: 3 Shot Shooting

Drill No: C12

Description:

3 cuts to opposite block – for post move – receives ball from 1

After pass to the post, 1 “V’s” toward baseline and comes back hard to receive ball from 2, for the shot

2 will now “V” cut to opposite elbow, to receive ball from 6

Upon pass, 6 will cut to opposite block for continuation

Drill continues

Rotate to the next line by passing the ball back to the line it came from and follow pass.

Variations:

Points of Emphasis:

1. Catch the Ball in the Air at all positions
2. Cut with purpose

Drill has the ability to get many shots up from different game like positions.

Coaches can use specific instruction in regards to preferred pass, the post move desired and fakes/moves on the perimeter

Diagram A.

