

FDBA Domestic Coaches Drill Book: Shooting

Name: 4 Shot Shooting

Drill No: C13

Description:

1 cuts to elbow and flares to the corner to receive skip pass from 2

2 “V”s toward baseline and comes back hard to receive ball from 3, for the shot

3 “V”s toward baseline and comes back hard to receive ball from 4, for the shot

4 cuts to the elbow and slides down the lane to post up, receives the ball from 5

Drill continues

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

