

## FDBA Domestic Coaches Drill Book: Shooting

Name: Lefty Drill (Weak Hand)

Drill No: C14

### Description:

Players to make an onside (fake crossover) dribble at the cone, extending to the basket with only one dribble after the onside move at the cone.

The coach will rebound & the shooter will pop out to the base-line-three point junction.

On the catch working off your inside pivot foot raise & go making another onside dribble into a jump shot, elbow or extended in range (coach may add rush/high hands for added pressure).

O1 will rebound & dribble with their outside hand to the sideline/mid court line, staying inside of their court & back to the start line.

### Variations:

### Points of Emphasis:

1. Pound dribble low & hard
2. Eyes up at rim

