

FDBA Domestic Coaches Drill Book: Shooting

Name: Dale Waters Shooting Drill

Drill No: C15

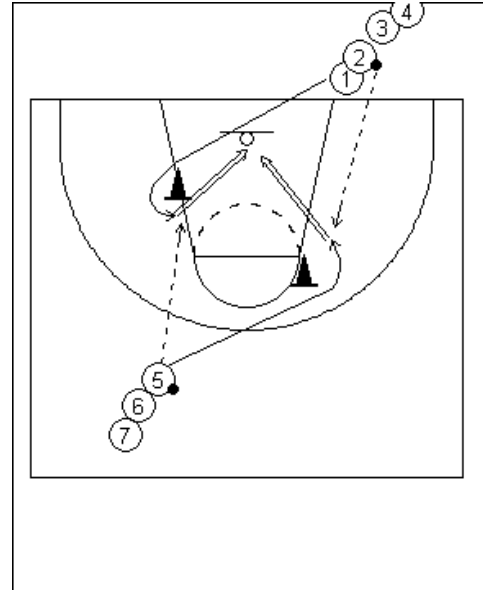
Description:

Player 1 curls around the cone and catches a pass from 5 for the shot. After shooting he pass the ball back to player 6 in the line he received the pass from. He will then follow his pass and change lines.

After passing 5 will run around the opposite cone to receive a pass for the shot from player 2.

5 will rebound and pass back to the line he received the pass from and change lines.

The drill continues in the same pattern with players passing to a shooter then cutting for a shot.



Variations:

Add different cuts off the cone: back cut, straight, flare.

Points of Emphasis:

1. Hands ready, knees bent before you catch
2. Catch and shoot on the inside foot.
3. Be balanced.
4. Shoot in one motion through the set point.