

FDBA Domestic Coaches Drill Book: Shooting

Name: Corner Block Wing (CBW) Shooting Drill Drill No: C16

Description:

Player 1 shoots from the corner then runs to the block for a shot of the backboard, backpedals to the wing for a shot, then slides back to the corner for a spot up shot. That is one rotation.

Variations:

Players can shoot for a set amount of time or rotate shooter after one rotation.

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.

