

FDBA Domestic Coaches Drill Book: Shooting

Name: Dragons Shooting

Drill No: C17

Description:

Three line at the FT line with a ball in each line. Each player shoots, grabs his own shot and passes back to the same line before he move to the back of a different line.

Shoot for 2 minutes and try to beat the score each training you run the drill.

This is a great drill early in training to set the tone or as the last drill to promote team play and achieve a shared goal.

Adults 60+
U18 50+

Variations:

Move the lines to the 3pt line.

Points of Emphasis:

1. Great communication
2. Be ready before the catch: knees bent, hands set
3. Don't sacrifice form for speed

