

FDBA Domestic Coaches Drill Book: Shooting

Name: Sabers Shooting

Drill No: C18

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 4 minutes and try to make 60 shots:

- 20 from the FT
- 20 from a step behind
- 20 from the 3pt line

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.

Variations:

Adjust the distances according to age group.

Points of Emphasis:

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

