

## FDBA Domestic Coaches Drill Book: Shooting

Name: 5 Minute Conditioning Shooting

Drill No: C19

### Description:

Partner up with one ball between two.  
 Player 2 starts at halfway and runs in for a mid range shot off a pass from 1.  
 2 will rebound their own shot, pass to 1 then sprint to half court before coming back for another shot.  
 Continue for one minute then swap.

Drill runs for 5 minutes in the following sequence:

1 minute each  
 45 seconds each  
 30 seconds each  
 15 seconds each

= 5 Minutes!

### Variations:

Add in layups, 1 dribble jump shots or 3pt shots.

### Points of Emphasis:

1. Sprint!
2. Be ready before the catch: knees bent, hands set
3. Passer/receiver communication

