

FDBA Domestic Coaches Drill Book: Shooting

Name: Around the World

Drill No: C2

Description:

Players shoot one shot at a time at each spot until they make the basket, then progress around the spots on the keyhole.

First person to get around the world wins.

Variations:

Change the distance.

Let the waiting player try put off the shooter by shouting etc.

Make it swishes only count.

Points of Emphasis:

1. Start in set point - ball below eyes.
2. Shoot with an "all out" shooting action - fully extend arms and legs and shoot on the way up.
3. Hold follow through until ball hits the ground.
4. Shoot up and in the hoop, not at the hoop.

Diagram A.

