

FDBA Domestic Coaches Drill Book: Shooting

Name: Basketball Golf

Drill No: C3

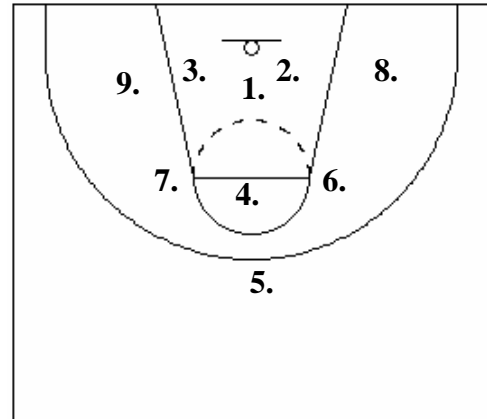
Description:

Mark nine spots (holes) on the court. (Diagram 1)
Each player shoots from the spot until they make the basket.

On a score card they must write down how many shots they took at each "hole." (Diagram 2.)

The person who takes the least amount of shots in total to make nine baskets wins.

Diagram A.



Shot Types:

1. Form shot in front of hoop
2. Right hand Lay-up
3. Left hand Lay-up
4. Ft
5. 3pt
6. Elbow shot
7. Elbow shot
8. Banker just outside key
9. Banker just outside key

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 B.

