

FDBA Domestic Coaches Drill Book: Shooting

Name: Hotshots

Drill No: C4

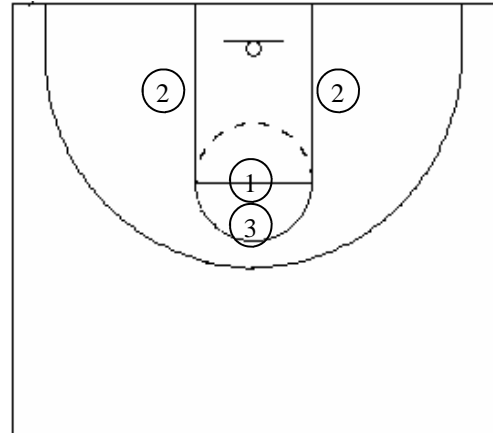
Description:

Mark four spots on the floor. The aim is to make as many shots as you can in 30 seconds.

Each spot is worth a certain amount of points for a successful shot. (Diagram A.)

One person shoots at a time with two rebounders who work hard to make sure the shooter never waits.

Diagram A.



Shot Types:

1. Foul Shot
2. Bank shot
3. Long straight shot

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.