

FDBA Domestic Coaches Drill Book: Shooting

Name: Mikan Drill

Drill No: C6

Description:

Player starts beneath the rim with a ball facing the baseline.

To shoot a right handed shot, step across your body with the left leg and jump off the left foot.

To shoot a left handed shot, step across the body and jump off the right foot.

Time how many baskets made in 30 seconds

Variations:

1. Reverse (facing towards other hoop).
2. Only count swishes.

Points of Emphasis:

1. Jump off left foot if shooting with right hand and vice versa.
2. If shooting with the right hand, right leg should drive up to help propel off the ground and vice versa.
3. Try to build rhythm and momentum with little time in-between shots.

Diagram A.

