

FDBA Domestic Coaches Drill Book: Shooting

Name: 3 Shot 21

Drill No: C9

Description:

First team to 21 or pre-determined number.
Each player get 3 shots.

- 1st shot is a 1 dribble pull up.
- 2nd shot is a lay-up at other end
- 3rd shot is a pull up banker outside key or a 3pt shot at the start hoop.

Once the first 1 dribble pull up has been rebounded the next players can start.

Note: for young kids the 1 dribble pull up should be substituted with a set shot and the 3pt shot should be disallowed.

Variations:

Points of Emphasis:

1. Correct shooting technique - esp. follow through.
- 2.

Diagram A.

