

COMPETITIVE SHOOTING

SHOOTING ON THE MOVE

4 SHOT SERIES

+1 FOR MAKE / -2 FOR MISS

TAKE ALL 4 SHOTS IN A ROW = 1 REP

1) DRIFT TO CORNER

2) LIFT OUT OF CORNER

3) CORNER SIDE STEP

4) WING SIDE STEP

COMPLETE 5 ROUNDS - 20 SHOTS TOTAL

BEGINNER = 0 - 5

INTERMEDIATE = 5 - 10

ADVANCED = 10 - 15

Closeout Shooting

- Player 1 starts with the ball

right outside paint in front of offense

- Player 2 is ready to shoot behind 3 pt arc

- On the pass - player 1 closes out and tries to contest player 2s shot

- Player 2 needs to decide whether to catch & shoot or use a dribble move depending on distance of defender

1 dribble max for offense to create a shot attempt

*Each Player gets 5 shots from 3 spots on the floor (15 total)

+2 for makes, +1 for a blocked shot

Player with most points at end of 3 rounds wins

*Emphasis on being able to shoot with a defender closing out and reps shot fakes/side steps when necessary