

## Klein Oak Basketball Shooting 4/8/20

1. **Form shooting** – 10 one handed swishes 2 ft from basket, 10 two handed ten ft away
2. **Power Dribble Power Layups** – 10 each side. Start 3 ft outside the block with shoulders square to the baseline, in triple threat with ball in strong stance to side of chin, ball transfer hard overhead (or across eyebrows) straight into a power dribble hop step at the basket, land strong and balanced on two feet and go up strong to basket  
*EMPHASIS:* keep shoulders square to basket and go up strong with two hands, protecting ball with off-hand until you have reached up high; **BIG** hop step at basket shoulders driving through defender!
3. **Quick Jumpers** – 10 each way – Start in middle of free throw line and alternate which way you go. Spin ball out directly to right or left to the elbow, inside pivot step into catch. Goal is to get off jumper as quickly as possible once you catch.  
*EMPHASIS:* on catch be low ready to explode up, guide/slide ball into shooting pocket as catching so once you catch you can immediately go into shot; **DON'T BE IN A HURRY BUT BE QUICK AND DO ALL WORK BEFORE CATCH**
4. **Ball Fake Quick Jumpers** – 10 each way – start in middle of FT line as before but a couple feet behind line, in stance, shot fake and take quick dribble to the side and shoot  
*EMPHASIS:* stay low on shot fake with eyes locked on rim, pop eyebrows with the ball and go immediately into slide dribble to side
5. **Around the world (mid -range)** – after a make, move to the next spot, go until you make 5 shots in a row, each miss starts you back at the start; if you finish quickly see how many in a row you can get
6. **Around the world (Three)** – same as mid-range
7. **Free throws**
  - a. Must make 15
  - b. Each miss is a sprint down the driveway and back

\*Drills should be done with little to no rest in-between. Keep your heart rate up to simulate game type shots. As soon as you get your rebound you are sprinting to the next spot