

Klein Oak Basketball Shooting 4/9/20

1. **Form shooting** – 10 one handed swishes 2 ft from basket, 10 two handed ten ft away
2. **Inside Pivot Jumpers** – 10 makes each side. Start at the elbow, spin ball down the same lane line (going toward baseline), hop into your inside pivot and shoot using the GLASS
EMPHASIS: inside pivot should hit first, so foot closest the basket lands first and the other is quickly swinging around to square you up
3. **Continuous Banks** – 10 makes each side – Start at about 12 ft at a good angle to the basket, shoot a jumper off the backboard, run after rebound dribble to opposite side and get into another bank shot jumper, go until you have made 20.
EMPHASIS: go GAME SPEED, don't float on jumper, stay straight up and down
4. **Transition Pull up** – 10 makes each way – Start well behind 3 pt line, about half court if possible, speed dribble toward elbow like in transition, at 3 pt line make a hard in-out move, get to at least 15 ft before you shoot your jumper
EMPHASIS: all about change of speed in transition, should be sprinting then on the move a hard shoulder shift and foot plant that slows you some, then explode past defender into shot, if you are making multiple moves here you are no longer in transition and probably taking a bad shot
5. **Ball Screen Deny Pull Ups** – 10 makes each side - Start on wing and act like you are coming off a ball screen to the middle, as screen comes stay in triple threat holding ball til screen gets there, do not put it on the floor early and waste your first step (best move in any players arsenal), as screen comes take a slide dribble off of it toward the middle (obviously you envision the screen) with eyes up looking at roller, then hard crossover back toward the baseline (denying the ball screen) into a 15 ft jumper
EMPHASIS: on slide dribble you are selling like you are looking at the roll to get defense to relax or sink on roll, then attack baseline
6. **Star Threes** – complete 5 sets, 25 shots, using our 5 spots, start at top of the key, shoot a three, get rebound and run to a corner and shoot, then get rebound and shoot from opposite wing, then opposite wing, then last shot from opposite corner, shooting 5 shots total each set, making a star, try to make at least 3 out of 5 each set
7. **Stationary Threes** – spot up from one spot, once you make 5 in a row from that spot find another spot, try to do at least 3 spots