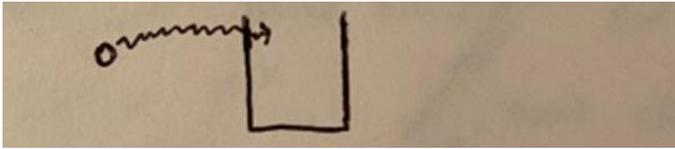


Klein Oak Basketball Shooting 4/14/20

1. **Form shooting** – 10 one handed swishes 2 ft from basket, 10 two handed ten ft away
2. **Baby Hooks** – 10 makes from each side, start about 3 ft from basket, quarter turn until shoulders perpendicular to basket, shoot extending arm straight up and over defender
EMPHASIS: make sure to push elbow up through bottom off ball like a normal shot, and make sure ball comes off you pointer and middle finger
3. **Baseline Quick Finish Layups** – 15 makes each side, start in low wing, spin ball, catch in stance, rip baseline then extend and reach for quick one foot layup off the GLASS!



4. **Curl Jumpers** – 10 makes each side, start outside elbows, spin ball back at elbow, inside pivot hop into shot like you would coming off a curl
EMPHASIS: go GAME SPEED, don't float on jumper, stay straight up and down
5. **Dribble Fake, Shot Fake, 1 Dribble Pull Ups:** 20 total – 10 makes each side. Start at 3 point line, start in stance, dribble fake is a hard rip to basket without stepping but with big shoulder fake to back off defender, then shot fake with eyes on rim, then rip to basket into pull up
EMPHASIS: violent rip on dribble fake, butt low, eyes on rim on shot fake, feet quiet; big first step out past defense (from permanent pivot foot) direct drive going strong hand, crossover step going weak hand; don't be in hurry between fakes!
6. **Ball Screen Jumpers** – 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), when screen is there attack hard off screeners hip, putting hand on screeners (your teammates) thigh as he sets it to not allow defender to get between or through screen, attack elbow hard into a jumper
EMPHASIS: practice attacking hard two dribbles straight into jumper, but also looking defense off with a hesitation after first dribble off ball screen, change speeds
7. **Ball Screen Split Finishes** – 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 attack hard off screeners hip one hard dribble but you get cut off and over played so hard crossover back attacking the basket hard finishing game speed at bucket

EMPHASIS: hard plant and change of direction on crossover and explode to bucket

8. **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
9. **Big 25** – make 5 shots from each of the 5 spots but at each spot you must go at least 5 out of 10 or you have to start over and those makes from that spot do not count, so can't move until you go 5 out of 10 from a spot

EMPHASIS: has to be game speed, catch low in stance and get it off in game speed, do your work on and before catch so can get right into shot