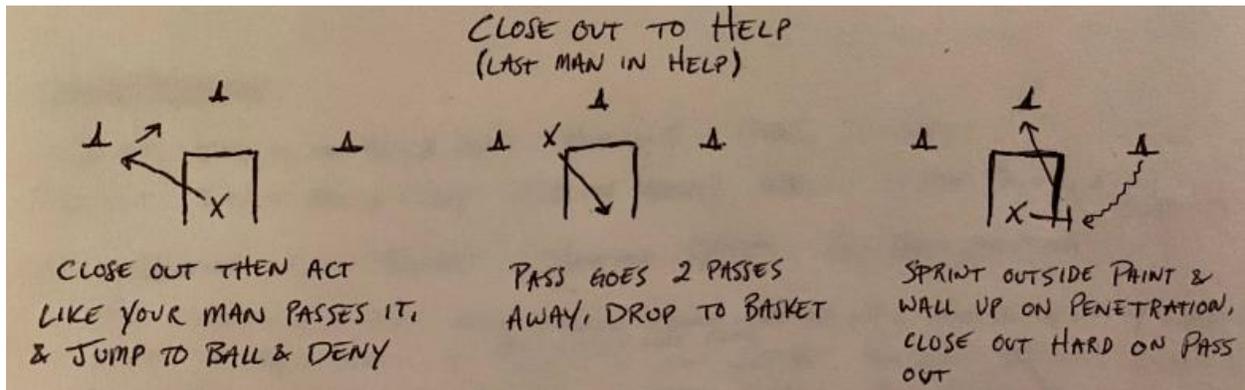


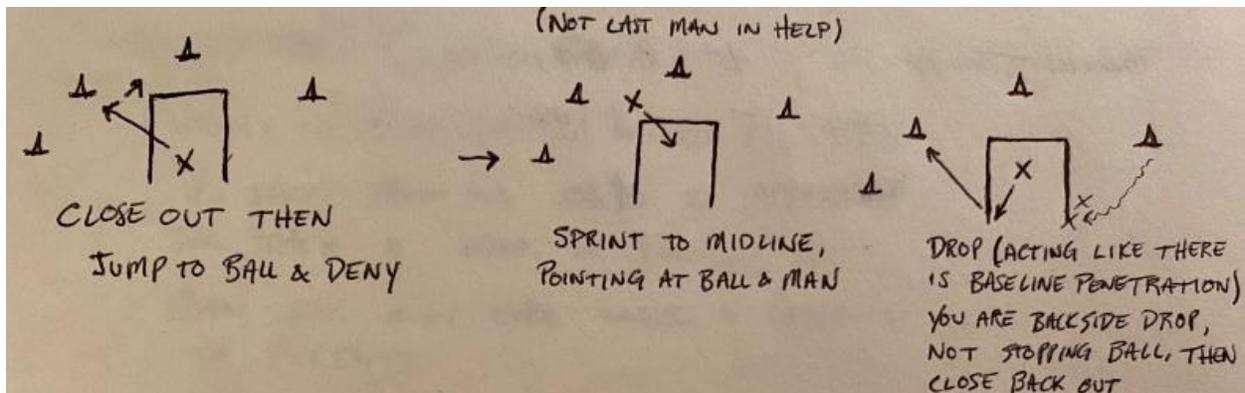
## Klein Oak Basketball Shooting Drills

**Warm Up Drills:** Choose at least 2 to start your workout

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. **Mikan Layups:** 2 sets of 20 makes - Google if you don't know
4. **Nike Skills Academy Ball Handling:** watch video  
<https://www.youtube.com/watch?v=x4cZ5xJd3t8>
5. **Close out, Deny, Wall Up** – 2 times through (defensive warm up)



6. **Close out, Deny, Drop** – 2 times through



7. **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

8. **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.
9. **Quick Jumpers:** 10 makes each direction, 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**

**Finishing Drills:** Pick at least 2. Do at least 10 makes each direction or side

1. **Power Dribble Power Layups:** 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, 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!
2. **Baseline Quick Finish Layups:** start in low wing, spin ball, catch in stance, rip baseline then extend and reach for quick one foot layup off the GLASS!
3. **Ball Spin Square Up Rips:** back totally to basket at 3 pt line, spin ball in front, catch down in a stance, **REVERSE** pivot and as soon as square with basket, hard rip to basket, one or two dribble max  
*EMPHASIS:* **BIG** first step, direct drive with strong hand, crossover step with weak, must keep permanent pivot foot (left foot stays on ground with right handed player)
4. **Ball Spin Rips:** start at the 3 point line above each elbow, spin ball and catch in triple threat, on the catch immediately rip down the lane line for a quick finish layup  
*EMPHASIS:* Big explosive first step, violent rip of the ball below or across the knees, first dribble out past your defender, quick high finish
5. **Shot Fake Rips:** start at 3 pt line, catch in triple threat, shot fake and rip to basket, finish with a game finish  
*EMPHASIS:* Eyes on rim on shot fake, eyes sell it, keep butt down and legs still until first step, explode past defense
6. **Ball Screen Deny Lay Ups:** 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) penetrating baseline into finish

*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

7. **Ball Screen Split Finishes:** 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

**Jump Shots:** Get at least 40 makes from these. Do at least 10 makes each direction or side

1. **One Dribble Pull Ups:** This is all about your first step! Start in one of the 4 out spots (high wing or low wing), catch in triple threat, attack one dribble hard past defense into an inside pivot jumper

*EMPHASIS:* going to strong hand first step needs to be direct drive step, weak hand needs to be crossover step, cover ground with first step, get to 15ft at least!

2. **Curl Jumpers:** 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

3. **Star Jumpers:** 5 shots each set – start on 15 ft corner jumper, shoot and run after rebound, shoot a shot at middle of free throw line, then opposite corner, then opposite wing, then opposite wing, all at 15 feet making a star pattern

4. **Ball Spin Square Up Jumpers:** start back to basket at 15 ft, ball spin and as you catch should be forward pivoting (like an inside pivot), as shooting hip and shoulder get in line with basket get into your shot

*EMPHASIS:* on the turn make sure your elbow is in line with basket, use FOREST shooting method from Pro Shot Shooting

5. **Dribble Fake, Shot Fake, 1 Dribble Pull Ups:** 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. **Circle Reverse Dribble Hand Offs:** use a chair with the ball on it facing three point line, about 15 ft (free throw line distance) from basket, slide down to corner from wing like the ball penetrated, then as if the ball was stopped on penetration and can't pass to you in corner, circle back to the ball into a dribble hand off, grab ball off the chair into a one dribble jumper

*EMPHASIS:* Get all the way to corner then SPRINT back to the ball

7. **Transition Pull up:** 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

8. **Ball Screen Jumpers:** 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

9. **Ball Screen Split Finishes:** 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

10. **Ball Screen Deny Pull Ups:** 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

**Three Point Drills:** Get at least 50 makes from these. Do multiple sets if drill is a set, or at least 10 makes each side if stationary

1. **Stationary 3's:** pick one of the 5 spots, shoot stationary set shots game speed, make 5 to 10 shots before moving to next
2. **5 Spot 3's:** make 2 shots in a row from each of the 5 spots, cannot move to the next spot until you make two in a row at current spot, go around the 5 spots and back to spot you started from

*EMPHASIS:* catch low in a stance ready, must shoot game speed and balanced

3. **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
4. **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 at that spot, 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

5. **One Bounce Threes:** start in one of our offensive spots, shot fake with eyes on rim, as defender jumps go straight into a slide/hop dribble to the side, set feet and shoot

*EMPHASIS:* do not float sideways on shot, go straight up and down, on dribble let ball slide straight into shooting pocket, and make sure to get shooting shoulder and elbow in line with the basket – if you are dribbling more than an escape dribble on a three then 99% of the time its probably a bad shot

6. **Top Shot:** use our 5 spots, you have 2 min at each spot, or up to 5 min at each spot if you do not have a rebounder (don't have to use all 5 min), make as many in a row at each spot as possible in the time, then move to the next spot and do the same, after the fifth spot add up your highest made in a row at each spot and that is your score