



SHOOTING



2 on 1 Shooting drill

This drill works on shooting as well as the player's ability to find the open man. For this drill, 2 players are on offense while 1 player is on defense. Starting at half court, the two offensive players must dribble the ball up the court, pass to the open player and shoot at the basket. The offense is awarded a point if they score. The defender is awarded a point if they steal the ball, get the rebound off a missed shot, or prevent the offense from scoring for a certain period of time (usually 20-30 seconds).

BASKETBALL DRILLS & SKILLS

