



Shooting

Skills and Drills

Shooting fundamentals

Fundamentals of shooting https://www.youtube.com/watch?v=t7ciq_x4138

BEEF <https://www.usab.com/basketball/media/videos/2014/12/beef.aspx>

Perfect shot no basket <https://www.youtube.com/watch?v=ihKEQGn3KNo>

Form shooting 1 <https://www.youtube.com/watch?v=E4O2JeAYg5Q&t=16s>

Form shooting 2 <https://www.youtube.com/watch?v=MxO-5-bJmoM>

Form shooting 3 <https://www.youtube.com/watch?v=SpjsZAOkq1s>

Introducing the guide hand <https://www.youtube.com/watch?v=jTp4ijpLivs>

Shooting drills

Shooting line drill <https://www.youtube.com/watch?v=PbJ4QU3E4Fo>

Team line shooting <https://www.usab.com/basketball/media/videos/2014/12/team-shooting.aspx>

Block to block shooting drill <https://www.youtube.com/watch?v=qVOHQWKjb9k>

Catch, turn and shoot drill <https://www.youtube.com/watch?v=O5b5HaxCE3U>

Reverse the ball drill <https://www.youtube.com/watch?v=lbnUUaYWGfC>

Post Pass Shooting Drill <https://www.youtube.com/watch?v=mDLAI96CjCo>

Star passing drill (This drill can be varied to be used for lay ups, pull up shots, shots off the dribble & shots off the catch). The size of the "Star" should be expanded for older teams.

<https://www.youtube.com/watch?v=BbEJ26PoN34>

Pop outs 1 <https://www.youtube.com/watch?v=px6g9M-sexl>

Pop outs 2 <https://www.usab.com/basketball/media/videos/2014/12/rainbow-shooting-1.aspx>

All purpose, 2-line shooting drill – This drill can be adapted for use at almost any spot from close in out to the three-point line. It can be used with or without v-cuts.

<https://www.youtube.com/watch?v=yjC8PLcajPM>

Shooting competitive drills and games

Shoot for a cone game <https://www.youtube.com/watch?v=90uldSUI2Lo>

On the block finishing <https://www.youtube.com/watch?v=4O54lN9teZU>

Elbows finishing drill <https://www.youtube.com/watch?v=42xpPJO7xCo&t=103s>

Knock out https://www.youtube.com/watch?v=C_0ccXOz2QI

Shooting off the catch

Stepping into your shot 1 <https://www.youtube.com/watch?v=4PRQjKCX3-w>

Stepping into your shot 2 <https://jr.nba.com/video/be-ready-to-shoot-off-the-catch/>

Partner step in drill <https://youtu.be/agCZTsxYI9g>

Shooting off the dribble

Fundamentals of the shot fake <https://www.youtube.com/watch?v=Uv323KLwytA>

Shot fake/dribble pull up drill <https://www.youtube.com/watch?v=Auzwv0cDHlc>

Shooting off the dribble <https://www.youtube.com/watch?v=ULrFiFFC78Y>

Jump stop shooting drill <https://www.youtube.com/watch?v=AueLd1-H1V8>

Square up shooting

Squaring up <https://www.usab.com/basketball/media/videos/2014/12/squaring-up.aspx>

Squaring up practice <https://www.usab.com/basketball/media/videos/2014/12/squaring-up-practice.aspx>

1 step form shooting <https://www.youtube.com/watch?v=lzm5lpoOGbM>

Spin step in drill <https://www.youtube.com/watch?v=gJnAfOCARnc&t=70s>

Inside pivot jump shot drill <https://www.youtube.com/watch?v=bZPnVcZeidU>

All purpose, 2-line shooting drill (with or without v cut)

<https://www.youtube.com/watch?v=yjC8PLcajPM>

Pop outs <https://www.usab.com/basketball/media/videos/2014/12/rainbow-shooting-1.aspx>