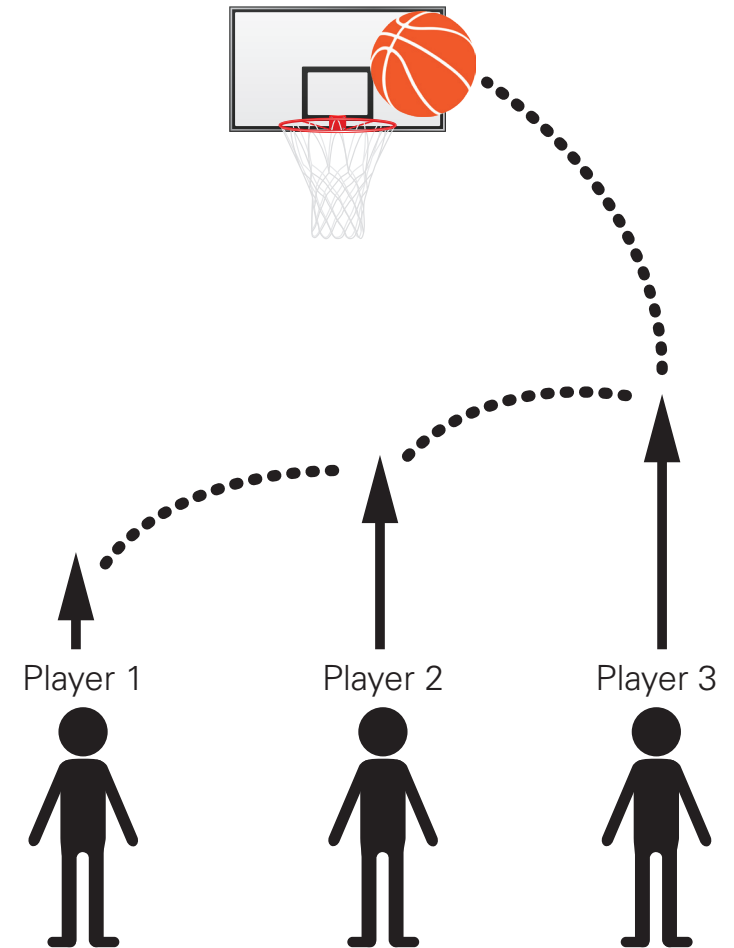


3 LANE RUSH DRILL

GROUP OF 3

- 3 players rush toward the basket.
- While rushing, they pass to each other.
- All players must receive a pass before a shot can be taken.
- Make sure all teammates have a chance to practice the rush drill.

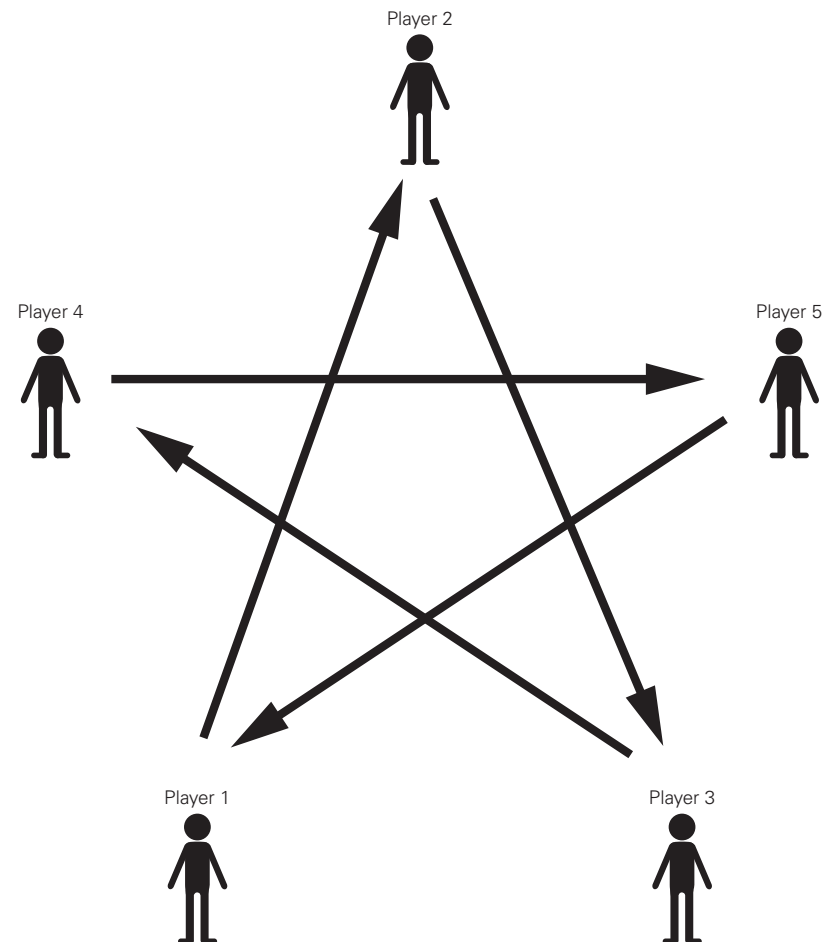


CIRCLE STAR DRILL

GROUP ACTIVITY

Player #1 passes to Player #2
Player #2 passes to Player #3
Player #3 passes to Player #4
Player #4 passes to Player #5
Player #5 passes to Player #1

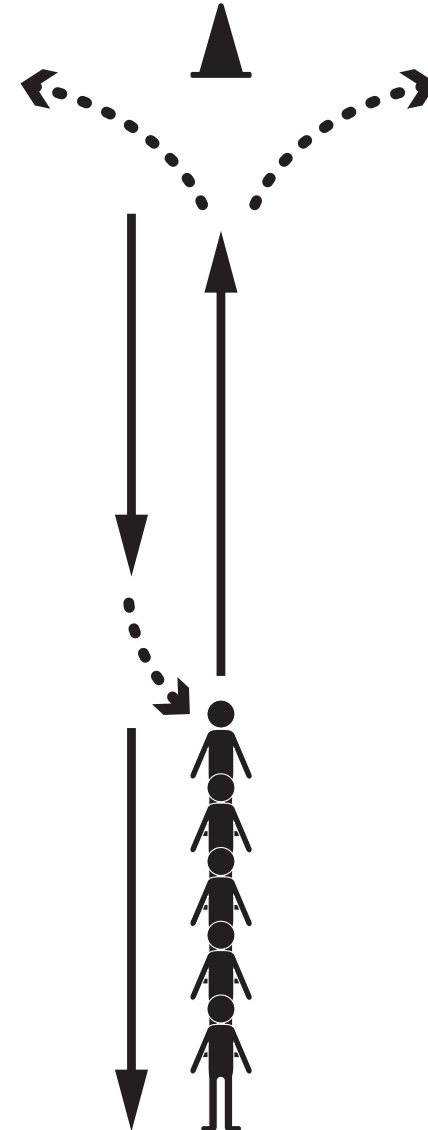
Challenge: Each time players complete the star of passes, all players take 1 step back to make the star larger.



FILE DRILL

GROUP ACTIVITY

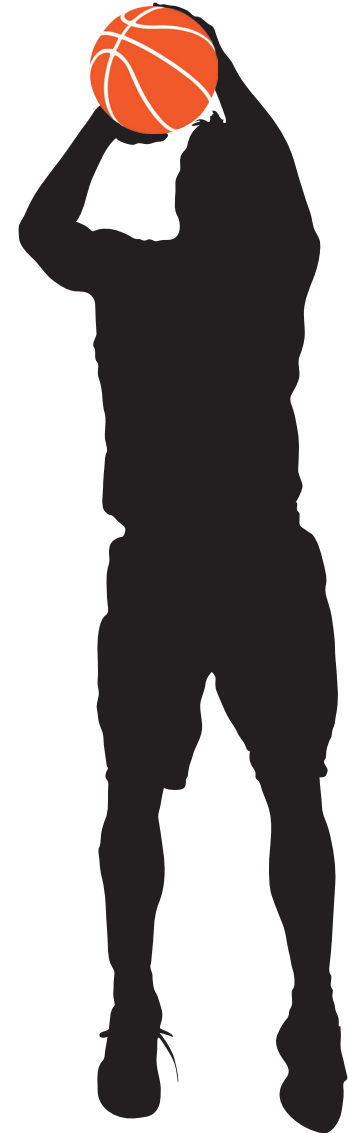
- The first player dribbles the ball to the cone.
- The player pivots to the right and to the left, then passes the ball to the next person in line.
- The first player runs to the end of the line as other players continue the drill.



JUMP SHOT

INDIVIDUAL ACTIVITY

- Shooting form is the same as the Set Shot.
- Shoot the ball when you are at the highest point of your jump.
- Keep your legs and back straight while you are in the air.



LAY-UP SHOT

INDIVIDUAL ACTIVITY

- **Begin with both hands carrying the ball.**
- **Shift the ball to one hand for the final push.**
- **Lay the ball against the backboard with minimal spin.**



SET SHOT

INDIVIDUAL ACTIVITY



- Rest the ball on the fingertips of your shooting hand.
- Place your other hand on the side of the ball to use as a guide.
- Extend shooting arm to shoot the ball toward the goal, keeping elbows in and close to your body. Push off with your legs while shooting.
- Follow through by snapping your shooting wrist down (goose neck).



SLIDE CIRCLE

GROUP ACTIVITY

- Begin with 1 player in the center of the circle, and all others in a circle around him/her.
- Players in the circle use a defensive slide to move around the circle.
- The center player passes the ball back and forth with all players in the circle as they slide.
- Rotate the center player after passing the ball around the circle two times.

