

# Two-Player Screening and Shooting Drill

Coach Kay Yow

## Purpose

To teach players the techniques of reading and using screens to cut high for a shot, to curl close for a layup, or to fake using the screen and cut backdoor.

## Organization

The entire team with a passer and one ball.

## Procedure

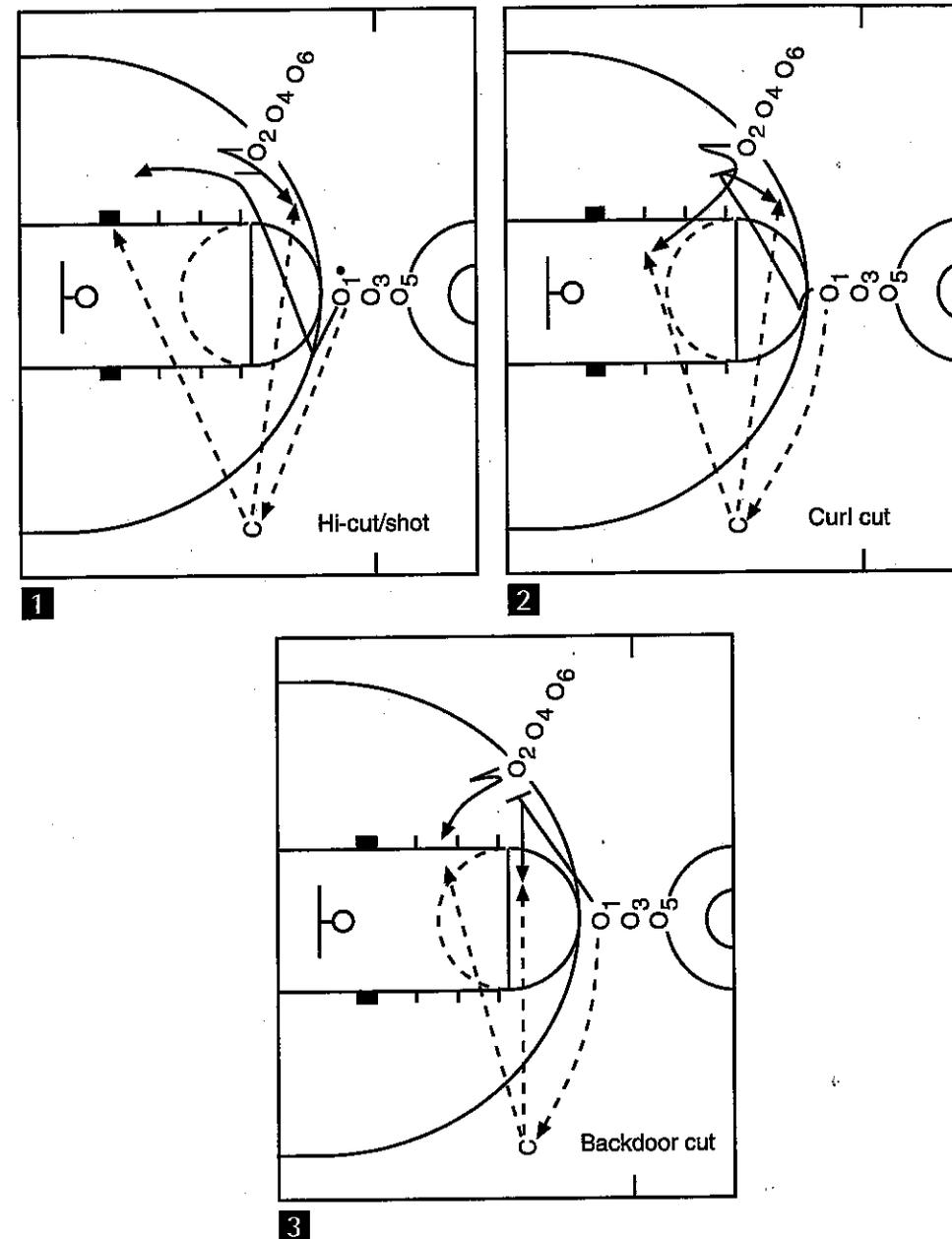
1. Split players into two lines, one line at the top of the key with the other line on either wing. A passer/coach should position herself or himself on the wing opposite the line of players.
2. The first player in the middle line starts with the ball; she passes to the coach, steps toward the pass, and then screens away for the first player on the wing (see diagram 1).
3. While the second pass is being made, the wing player steps toward the baseline (setting up her defender) and cuts off the screen for a jump shot. The screener rolls to the basket for the rebound.
4. The drill continues with the next two players in line.
5. The next series has the same alignment. This time the player using the screen cuts to the basket for a layup. The screener steps back away from the cutter. The coach can hit either the cutter to the basket or the screener stepping out (see diagram 2).
6. The last series in the set has the player using the screen to fake up as if cutting by the screen but then cutting to the basket on a backdoor cut. The screener reads that cut and steps to the ball (see diagram 3). The coach can hit either player.

## Coaching Points

- Remind players using the screen to set their defenders up by stepping away from the screen first.
- Always accelerate at the point of the screen. Cut shoulder to shoulder on the curl cut.
- Screeners should position themselves in a balanced stance and keep their knees flexed, especially as they move to roll.

## Variations

- Run the drill to both sides of the floor.
- Add defense on both lines.



# Baylor Shooting Drill

Coach Sonja Hogg

## Purpose

To teach players how to follow their shots.

## Organization

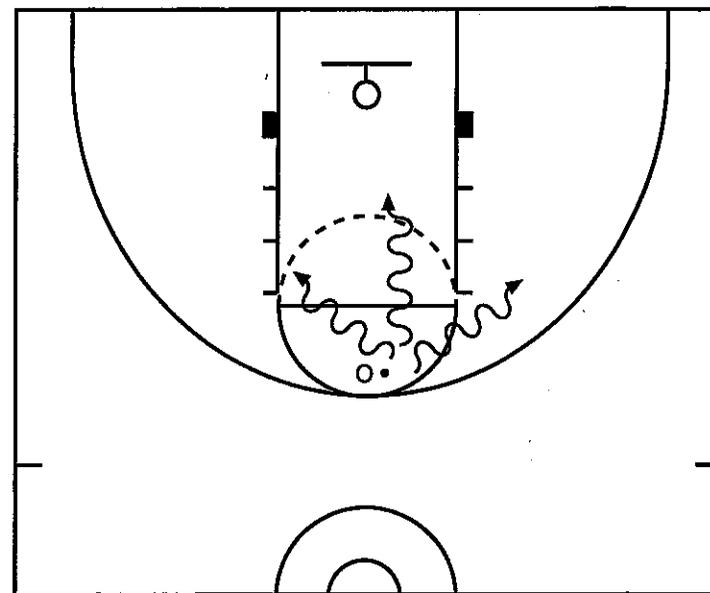
One player, one ball, and one basket.

## Procedure

1. Make five shots from three spots on the floor. The player picks the spots.
2. Toss and catch, turning on the inside pivot foot.
3. Players can catch and shoot or add moves (e.g., jab and go, fake shot and drive, etc.)
4. Make all five shots from the same spot before moving to the next spot.
5. Follow the shot whether the shot is made or missed. If it's missed, follow and finish until a basket is made.
6. The initial shot only counts toward the five makes.

## Coaching Points

- Whether a shot is made or missed, try to follow by not letting the ball hit the floor.
- Go hard at game tempo until all 15 shots are made.
- Put time on the clock to see who can make their 15 first or under a certain time.



# Depth Shooting

Coach Sonja Hogg

## Purpose

To develop depth perception, movement of the ball, and improved range on shots.

## Organization

Two players, one ball, and one basket.

## Procedure

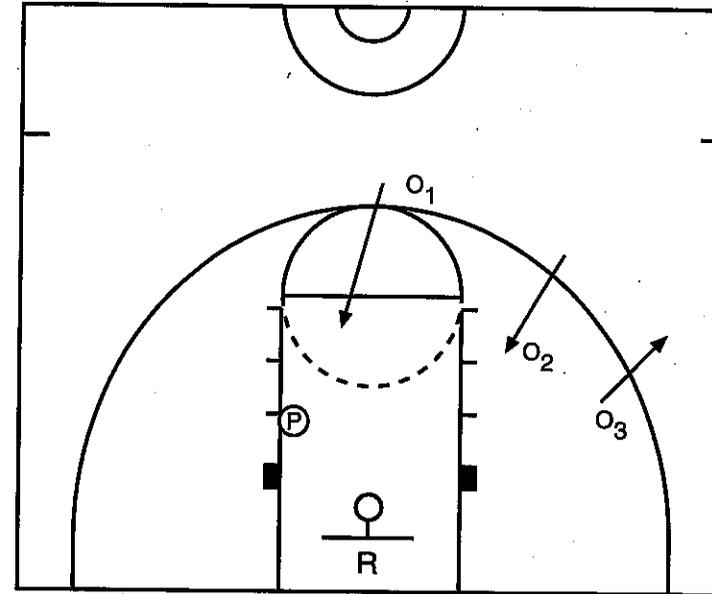
1. All shooting is catch and shoot.
2. Start inside the three-point line, then move outside it.
3. One player shoots until she makes 13 shots. The other player rebounds.
4. The players can shoot anywhere inside or outside the three-point line.
5. Use the whole floor, performing an around-the-world movement.
6. For post players, have them work inside then outside the lane.

## Coaching Points

- Keep the feet moving at all times so players are ready to go quickly into the shot.
- Don't lose focus when adjusting range.

## Variation

Add one or two dribbles off the pass.





# Olympic Shooting

Coach Tara VanDerveer

## Purpose

To practice two varieties of game shots off the move.

## Organization

Three players with two balls; shoot for 30 to 45 seconds and keep score. This drill can be competitive among groups.

## Procedure

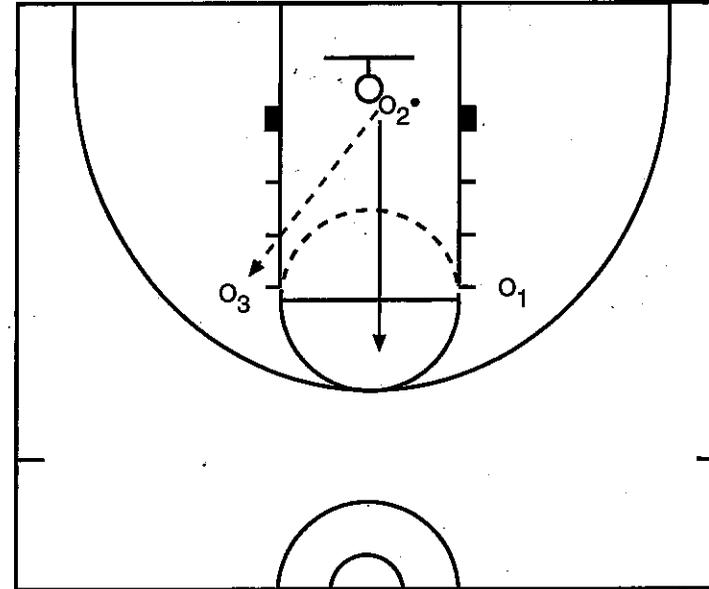
1. Start with one shooter on the perimeter with a ball.
2. One player starts under the basket with a ball.
3. A third player spots up ready to receive the ball from the player under the basket.
4. *Rules:* The shooter gets her own rebound and passes to an open player; after passing, the player spots up for a shot; relocate on every shot.

## Coaching Points

- Be within your shooting range but shoot from different spots.
- Be ready to shoot.
- Give a target and make sharp passes.

## Variation

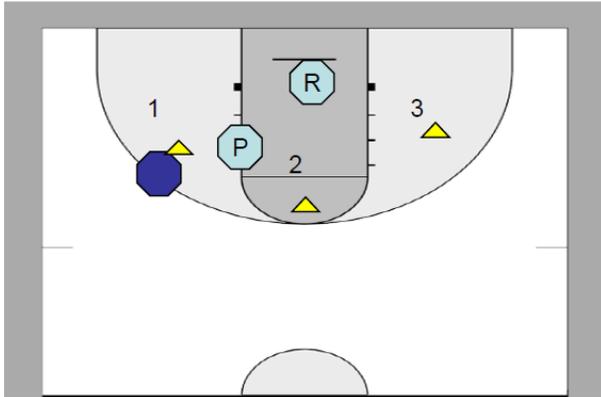
The shooter may take three-pointers, pull-ups, or a combination of shots.



# East Carolina University

## Angle Step Through Shooting

### Angle Step Through Shooting



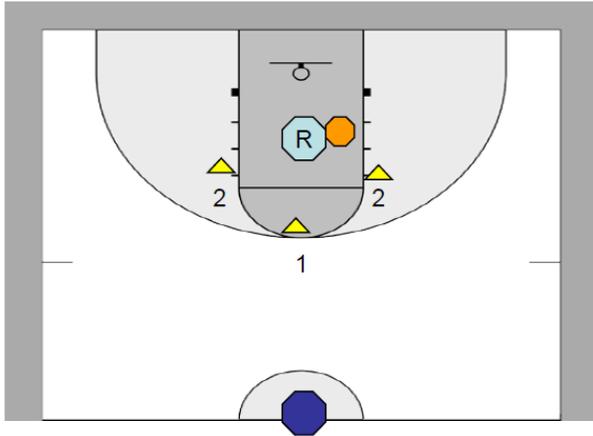
1. Partner (P) will stand to the side of player holding the ball one step in front of the player and below her waist. Partner stands on right side for right handed shooter; left side for left handed shooter.
2. Player will step through the ball and take the shot
3. Shoot low to high and over emphasize shooters lift
4. Player shoots 10 from each spot

**Total Shots Taken = 30**

# East Carolina University

## Endurance Shooting

### Endurance Shooting



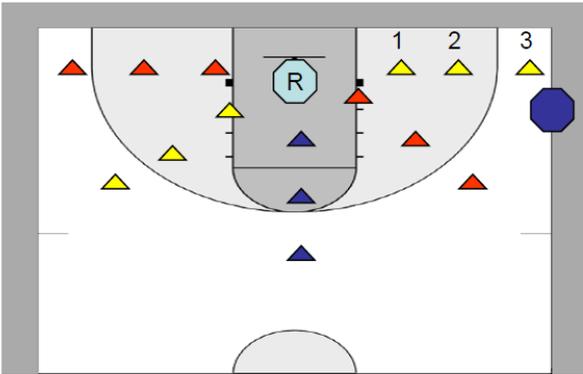
1. Player starts at half court; Partner rebounds
2. DRILL:
  1. Sprint to 3 point line (1), 4 shots  
\*\*Sprint back to half court after each 3pt shot
  2. Curl elbow (2) to elbow (2); 4 shots
  3. Sprint to half court
  4. Sprint to 3 point line (1); 4 shots

**Total Shots Taken = 12**

# East Carolina University

## In-Out Shooting

### In-Out Shooting



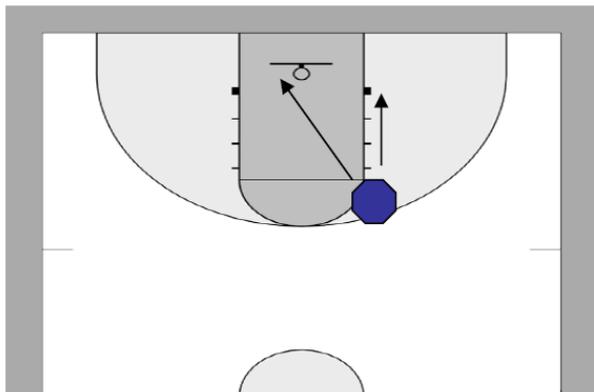
1. 5 spots on floor
2. Player will shoot 5 shots at each spot; mix up banks and swishes.
  1. In (1)
  2. Out (2)
  3. In (1)
  4. Out (2)
  5. Out; a three pointer (3)
3. Rebounder will grab ball and pass back to shooter
4. Shooter steps into their shot on balance every time

**Total Shots Taken = 25**

# East Carolina University

## X-It-Out

### X-It-Out



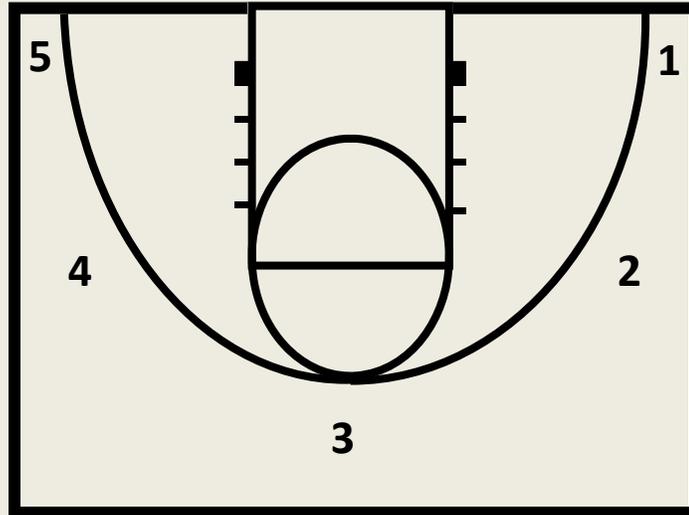
1. Start in triple threat at the elbow
2. Player will go down the lane then across the lane (dribble right, step right; dribble left, step left)
  1. Lay-up (R), Lay-up (L)
  2. Power Lay-Up (R), Power Lay-up (L)
  3. Jumper (R), Jumper (L)
  4. Step Through (R), Step Through (L)
3. Do from the right and left elbow

**Total Shots Taken = 16**



## GREEN LIGHT SHOOTING

Early preparation/same shot every time



**4:00 Shooting Drill. Shooter will use our usual 5 spots for each attempt.**

**1st trip around (1 thru 5 spots): shooter must make 3 shots at spot 1 before moving to Spot 2. Shooter progresses to each of the 5 spots after making 3 shoots.**

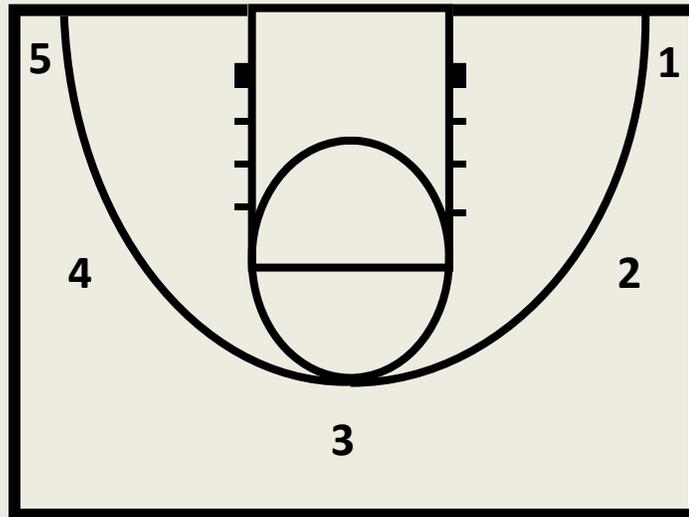
**2nd trip (back around spots 5 thru 1): Shooter must make 2 shots in a row at each spot before moving to the next.**

**FINISH: Shooter moves around the five spots make or miss until she makes 5 consecutive 3's... \*\* must move make or miss.**

**We record total time to complete. If the 4:00 time limit expires, we record the total number of made shots.**

**W****PROVE IT**

Early preparation/same shot every time



**Shooter must make 8 shots at spot 1. When she has made the 8th shot, she must then make 3 in a row to “prove it”.**

**Repeat at each of the 5 spots.**

**Record total time it takes to PROVE IT at all 5 spots.**

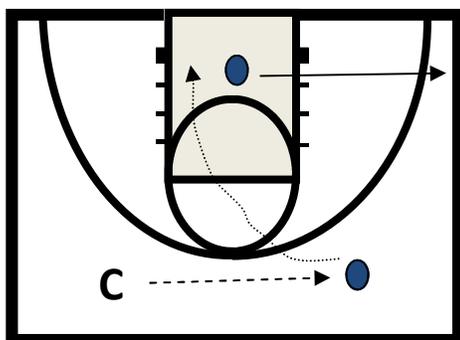
# W STAY POSITIVE SHOOTING

Use this drill with individual shooters. Break down your offense in this drill. Each spot the shooter must make a game speed move for lay-up/midrange jumper and also make a 3 point shot. If they make both shots they are a +1. If they miss one shot, they are 0. If they miss both shots, they are -1. Keep a running total. The shooter stays on until they get to +5 or end the drill when they get to -5. So the goal is to STAY POSITIVE. (good visual image drill)

As a coach, you must be the judge of the individuals GAME SHOTS, GAME SPOTS, and GAME SPEED. If it doesn't meet that players standard, count that particular shot as a "MISS"...

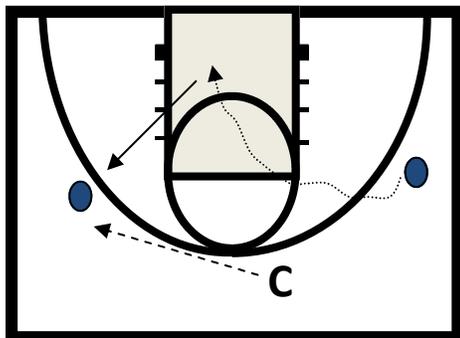
Once the player gets to +5 for that section, they make 5 FT's. Change the cuts, screens, shots and go again. Goal is always to STAY POSITIVE.

Will give you a few examples here... keep in mind these are from OUR actions. You MUST adapt them to YOUR actions. This is just an idea of how to score and keep a drill competitive more than trying to copy the drill action for action. We have about 25 different ones for variety.



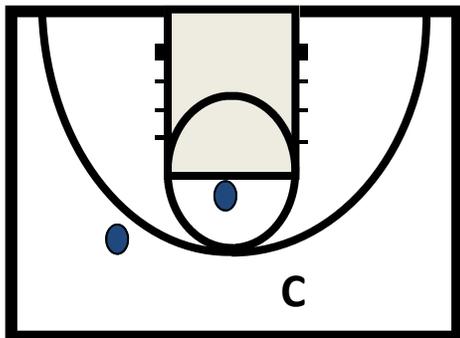
Coach passes to the shooter. Shooter attacks the basket off the rip to score. This can be a lay-up, a floater, or mid-range jumper. After completing that shot, the shooter simulates cutting to corner off a baseline block screen for a 3-pointer.

+5 or -5, then make 5 FTS.



Player starts with ball on wing. Simulates using a ball screen and drives it to score. After the shot, shooter cuts to the wing for a 3 point shot.

+5 or -5, then make 5 FTS.



Shooter starts at the nail. Cuts to the arc simulating a flare screen for a 3 point shot. From the spot where shot is taken, shooter receives another pass from coach. Shooter rips it through a drives it to finish. \*\* Be careful when you do the shorter shot 2nd in the sequence that you don't allow them to take a NON-game type shot in effort to not be -1 if they have missed the 3 pointer.