

Push and Pull-Up Shooting Drill

Coach Marian Washington

Purpose

To work on transition shooting.

Organization

Groups of three start from the baseline; full-court drill. The drill begins with three players passing side-center-side up the floor.

Procedure

1. Pass as the first shooter pulls up from the wing (any spot) for a two-point shot.
2. The shooter gets her own rebound and outlets up the middle of the floor to the opposite wing player.
3. The third player fills the opposite lane (to balance the floor).
4. Shots are taken in this pattern: two-point shot, three-point shot, and one layup.
5. Repeat the pattern of shooting for a designated amount of time (one to two minutes).
6. The team waiting must yell out the score.

Coaching Points

- Good strong passes.
- Focus on sprinting, conditioning, and pushing the ball up the floor.
- Good shooting form; following the shot.

Variations

- Add a clock (one minute) and competitive groups of three. You can assign a goal of 24 points.
- Use short floors and run two teams of three at the same time.
- Reward perfect shooting (no misses) (e.g., no push-ups before getting a drink).

