



Shooting Activities: 3 Players 2 Ball Shooting

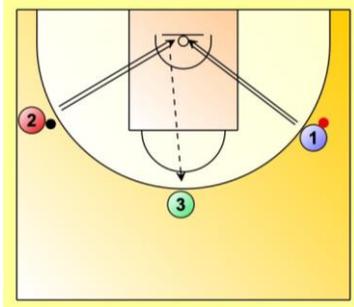


FIGURE 1

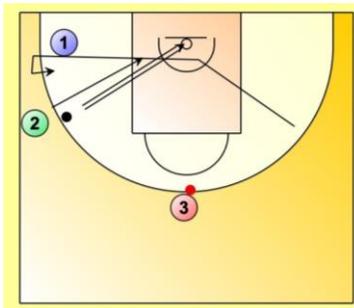


FIGURE 2

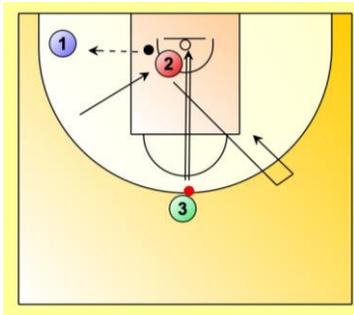


FIGURE 3

OBJECTIVE: To receive a pass then shoot from a random location.

Setup: 3 players per group, with 2 balls (or 4 players 3 balls, 2 players 1 ball, etc.).
(Figure 1)

Instructions:

1. Player 1 shoots, retrieves their rebound and passes to open player 3, then gets open in a new spot. (Figure 1)
2. Player 2 shoots/rebounds, looks for player 1 and passes to them, then gets open. (Figure 2)
3. Player 3 shoots and rebounds, looks for player 2, passes to them and gets open. (Figure 3)
4. Continue with the rule: get your own rebound and pass to the open player.
5. Play until a goal is reached.

Activity Rules / Games Approach:

- Players must move to a different location (angle and distance) after each time they rebound and pass.
- Shooters must get their own rebound.
- Play to set score (e.g. 25) or to a time limit against other groups in the gym.

Coaches Key Points:

- Players should call the name of the player they are passing to.
- Players should call the name of the player who is passing to them.
- When preparing to shoot, players should set up with shooting shoulder/wheel slightly closer to the hoop.
- Players should use Quiet Eye Principle (aim for 1 second, hold aim until ball goes in).
- Pass ball to the receiver's 'shot pocket'.

Variations/Loading:

- Play to a time limit or target score either individually or as a group.
- Require a fake shot before each pass and a fake pass before each shot.
- Use markers as eligible shooting spots.
- Adjust the target for each group (e.g. group 1 target is 20 makes, group 2 is 25, etc.) based on skill levels or which group won the previous round.

Mental:

- Players should maintain narrow external focus on target (aiming spot).
- Players should exhale before each shot.