



## Shooting Activities: 7 from 7

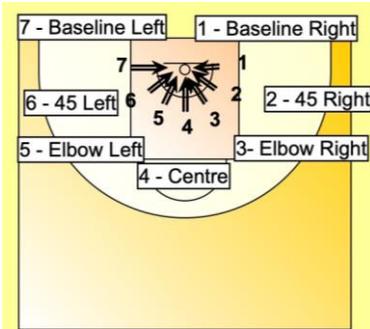


FIGURE 1

**OBJECTIVE:** To score from a variety of locations while working on shooting form.

**Setup:** One ball per player.

**Instructions:**

1. Start at Baseline Right and shoot until a basket is made from that location.
2. Move to the next location (45 Right) and shoot until a basket is made.
3. Continue to make a basket at each location (Elbow Right, Centre, Elbow Left, 45 Left, Baseline Left) for a total of 7 baskets from 7 locations. (Figure 1)
4. Then repeat the activity by scoring two baskets before moving locations.

**Activity Rules / Games Approach:**

- Must score from the designated spot prior to moving to the next spot.

**Coaches Key Points:**

- Players should set up with shooting shoulder/wheel slightly closer to hoop.
- Players should use forward roll to add power.
- Players should keep hand under ball when shooting.
- Players should follow through with fingers pointing along the arc of the ball.
- Players should use Quiet Eye Principle (aim for 1 second, hold aim until ball hits).

**Variations/Loading:**

- Require a nothing but net (NBN) or back rim and down (BRAD) for the basket to count.
- Require a technical component for the basket to count (e.g. follow through held up until ball goes in).
- Require 2 baskets in a row to move to new spot.
- Adjust range of shot to load or unload for an individual.
- Require a basket be made with eyes closed to move on (only if safe).

**Mental:**

- Use Quiet Eye Principle (aim for 1 second, hold aim until ball hits).
- Exhale before shooting.
- Take a shadow shot before each shot.