



Shooting Activities: Side to Side Shooting

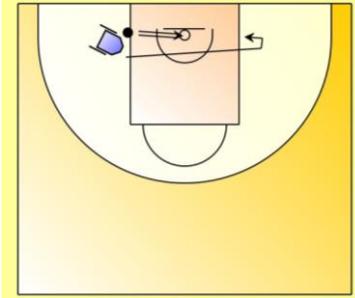


FIGURE 1

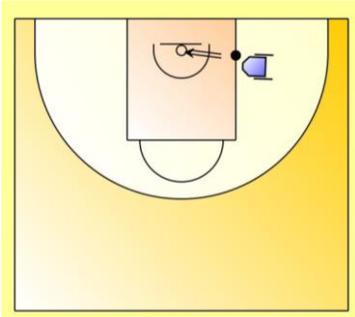


FIGURE 2

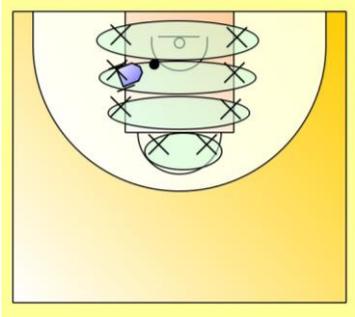


FIGURE 3

OBJECTIVE: To improve players' ability to shoot from a variety of angles.

Setup: One ball per player.

Instructions:

1. Player starts at baseline left (BL) and takes a shot. (Figure 1)
2. Make or miss, player rebounds and goes to baseline right (BR) to shoot. (Figure 1)
3. Continue moving side to side, back and forth until 5 baskets are made.
4. Then move to 45-degree angle on both sides until 5 baskets are made.
5. Then elbow right and left until 5 baskets are made.
6. Then centre right and left until 5 baskets are made. Total is 20.

Activity Rules / Games Approach:

- Make or miss, the player rebounds and switches sides.
- Set target at 5 for each 'row' or a higher target for more experienced players.
- Multiple players can share a hoop.

Coaches Key Points:

- Players set up with shooting wheel and shoulder slightly closer to hoop.
- Players can use a small roll to add momentum/power to the shot.
- Players should place hand under ball.
- Players should use Quiet Eye Principle (aim for 1 second, hold aim until ball goes in).

Variations/Loading:

- Vary the target number to fit individual abilities.
- Require nothing but net (NBN) swishes or back rim and down (BRAD) shots.
- Use less rows (e.g. baseline and 45 only) or add rows (add 30- and 60-degree angles)
- Require a dribble move or fake prior to each shot.

Mental:

- Player should narrow external focus.
- Players should exhale before each shot.