



Shooting Games: 3 Up

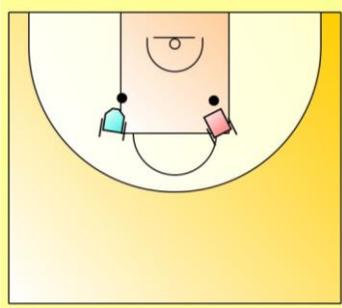


FIGURE 1

OBJECTIVE: To score under a time pressure and load.

Setup: Pair or group players up by ability and choose a shot location. (Figure 1)

Instructions:

1. Players shoot and retrieve their own rebound.
2. If 1 on 1, players can shoot as soon as they get back to the spot. If a group, players can shoot when they get to the spot and are next in line.
3. Every made basket counts as one point for the scoring team and minus one point for the missing team.
4. Continue shooting until one player or one team has 3 more points than the other.
5. Loser chooses next shooting spot unless prescribed by coach.

Activity Rules:

- Made basket = 1 point and -1 point for the other team

Variations/Loading:

- 1 on 1 - play to 'wins" (i.e. 3).
- Groups - 1 ball per group with passes.
- Can add pressure by making it 2 up or prolong the game by making it 4 up.
- Use a variety of shot locations over time.
- Require final 2 baskets be consecutive.

Coaches Key Points:

- Player's shooting shoulder/wheel is slightly closer to the hoop.
- Players should place hand under ball with fingers spread when shooting.
- Players should use Quiet Eye Principle (aim for 1 second, hold aim until ball goes in).
- Players should follow through with fingers along ball arc and hold until ball goes in.
- As soon as the player in front shoots or shooting spot is open, move into position.

Mental:

- Players should exhale before each shot.
- Fix gaze on target 1 second before shot and hold gaze until ball goes in.