



Shooting Games: 3 5 7 9

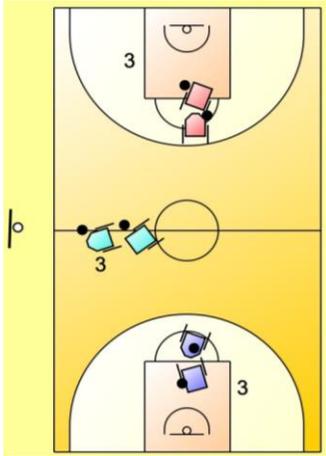


FIGURE 1

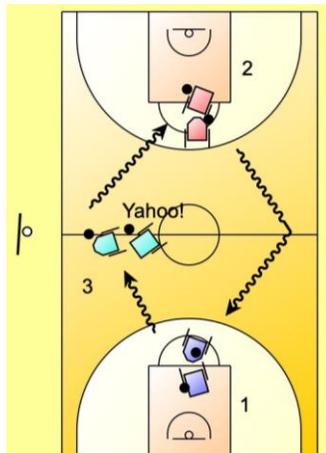


FIGURE 2

OBJECTIVE: To load shooting with a time and accuracy pressure.

Setup: Divide players into groups of 2 to 4 with one ball per person. (Figure 1)

Instructions:

1. Coach chooses a location on the court from which to shoot.
2. On 'go', the first person in line shoots, then the second etc..
3. The first group to make 3 baskets yells "YAHOO!" (Figure 2)
4. Then all groups rotate one hoop clockwise (or switch hoops). Start shooting as soon as they arrive at the new hoop. (Figure 2)
5. The group that scored 3 is going for 5, all other groups remain at 3.
6. Start at 0 for each new shooting location. Each win adds 2 to their previous target (3, 5, 7, 9). First group to score 9 are the winners.

Activity Rules / Games Approach:

- Must shoot in order.
- Must use correct shooting form.

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 Quite Eye Principle (aim for 1 second, hold aim until ball goes in).

Variations/Loading:

- Use one ball per group to emphasize passing/receiving.
- Do round 2 as bank shots or from a different location.
- Do round 3 as layups of a specific type.

Mental:

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