



Shooting Games: Beat the Pro



FIGURE 1



FIGURE 2

OBJECTIVE: To score with pressure.

Instructions:

1. Shooters pick a shooting spot.
2. Shoot and get own rebound.
3. Keep score as noted below to 'Beat the Pro'. Shooter makes are pluses, and misses are minuses.
4. If the shooter wins by reaching the target, go to next level.
5. If pro wins, repeat and try to beat the pro from a bit closer.
6. If the shooter wins Level 3, then repeat all levels from further out or a more difficult spot.

Activity Rules / Games Approach:

- Level 1 – Shooter makes = +2, Pro -1
- Level 2 – Shooter makes = +1, Pro -1
- Level 3 - Shooter makes = +1, Pro -2

Target is 7 points (or 5 or 9 etc.).

- Scoring example Level 1:
 - Shooter makes (+2) = 2 points
 - Shooter misses (-1) = 1 point
 - Shooter makes (+2) = 3 points
 - Shooter misses (-1) = 2 points

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).

Variations/Loading:

- Vary the target (e.g. 5, 10 or 21).
- Vary the distance/difficulty of the shot.

Mental:

- Players should exhale before each shot.
- Use cue word when shot is made to anchor the word, then once anchored use it on a miss to re-establish the fall.