



## Shooting Games: Pair Pot Shots

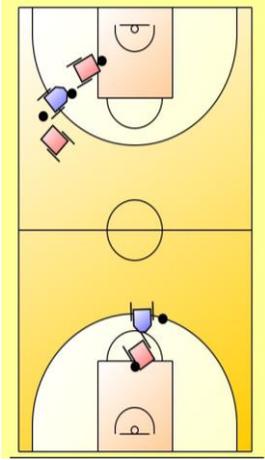


FIGURE 1

**OBJECTIVE:** To keep focus and score under time pressure conditions.

**Setup:** Pairs or groups of three.

**Instructions:**

1. Pairs (or threes) begin by shooting in order. (Figure 1)
2. Each time a basket is made, a point goes in the 'pot'.
3. When a player misses a shot, they get all the points that are in the 'pot'.
4. Players keep a cumulative score until the pot limit is reached (e.g. 10, 15 or 20).
5. Once a player reaches the pot limit, they get awarded one pot, and the shooting spot is in another location of the winning's groups choosing.
6. The winner of each round keeps their points for the next round.
7. The champion is the person with the least number of pots.

**Activity Rules / Games Approach:**

- Shoot in order one at a time to avoid unlucky rebounds.
- Pot limits are typically set to 1 or 21.

**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:**

- Play 1 on 1.
- Play in groups of 2 to 4.
- In groups use one ball per group and require passes.

**Mental:**

- Players should exhale before each shot.