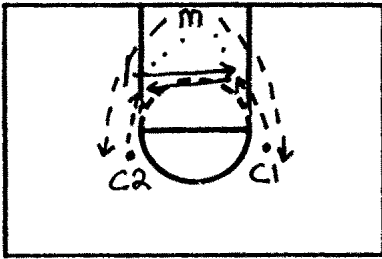
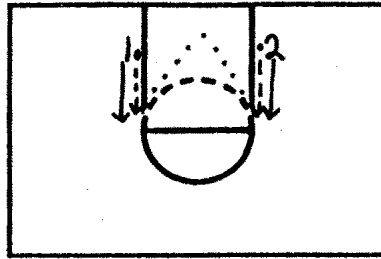


BIG-MAN SHOOTING DRILLS

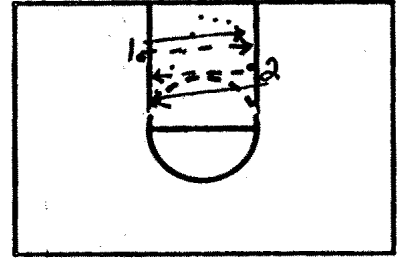
The shooting drills below are ideal for teaching big-man moves around the basket. Emphasis is on moving to the ball, jump stopping with balance, pivoting and scoring.



#1 moves across the lane and receives a pass from #C1. #1 catches, pivots and scores. #M rebounds and passes back to #C1. #1 then moves back across lane and receives pass from #C2. #1 scores and crosses lane again. #M rebounds and passes back to #C2.



#1 and #2 flip the ball out underhanded and go to ball. The ball is caught with both hands while coming to a jump stop. #1 and #2 pivot, square up, and score.



#1 and #2 flip the ball across the lane underhanded and go to the ball. The ball is caught while coming to a jump stop. #1 and #2 pivot, make the desired move and score.