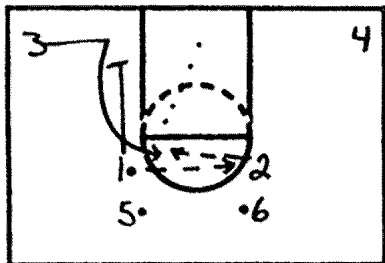
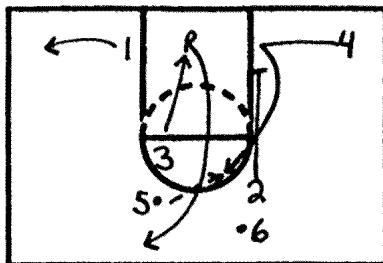


TEAM SHOOTING DRILLS

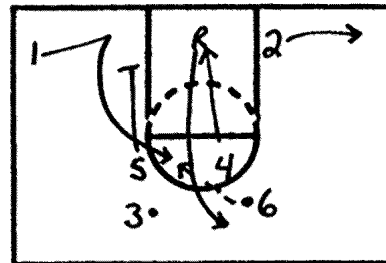
Diagrammed below are three shooting drills which can be used for the entire team.



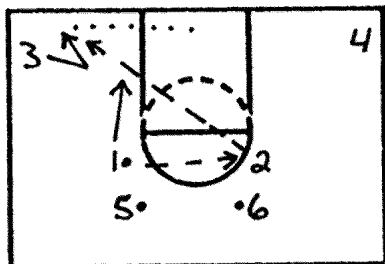
"Downscreen" - #1 passes to #2 and downscreens for #3. #3 comes in then cuts off #1's downscreen. #2 passes to #3 for shot.



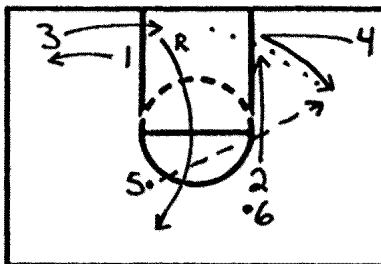
#3 rebounds shot and returns to line. #2 downscreens for #4. #4 comes in then cuts off #2's downscreen. #5 passes to #4 for shot. #1 steps to corner.



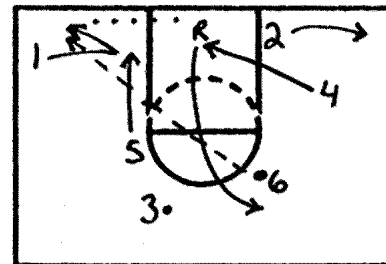
#4 rebounds shot and returns to line. #5 downscreens for #1. #1 comes in then cuts off #5's downscreen. #6 passes to #1 for shot. #2 steps to corner. The drill continues.



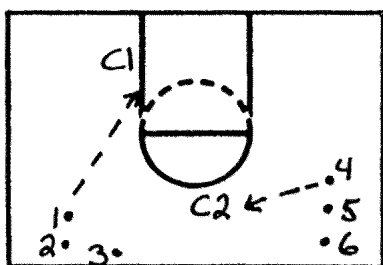
"Step Back Jumper" - #1 passes to #2 and goes to the block. #3 starts in then steps back. #2 skips ball over to #3 for shot.



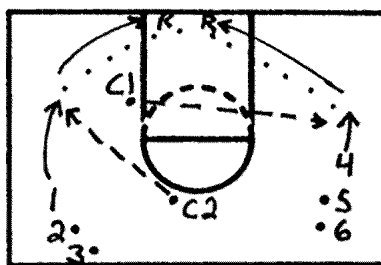
#3 rebounds shot and returns to line. #2 goes to the block. #4 starts in then steps back. #5 skips ball over to #4. #4 takes shot.



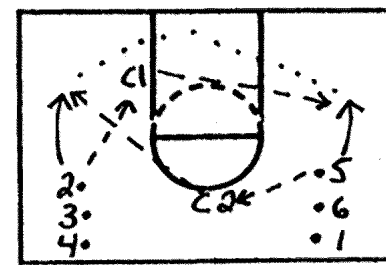
#4 rebounds shot and returns to line. #5 goes to the block. #1 starts in then steps back. #6 skips ball over to #1. #1 takes shot. The drill continues.



"Spot Up Jumpers" - Each player has a ball and works with a partner. At the same time, #1 passes to #C1 and #4 passes to #C2.



#1 curls down. #C2 passes to #1 for shot. #4 spots up and #C1 passes out to #4 for shot. Each player rebounds shot and changes lines.



#2 passes to #C1 and curls down. #5 passes to #C2 and spots up. #C1 passes to #5 for shot and #C1 passes to #2 for shot. Each rebounds and the drill continues.