

Develop Your Post and Perimeter Players

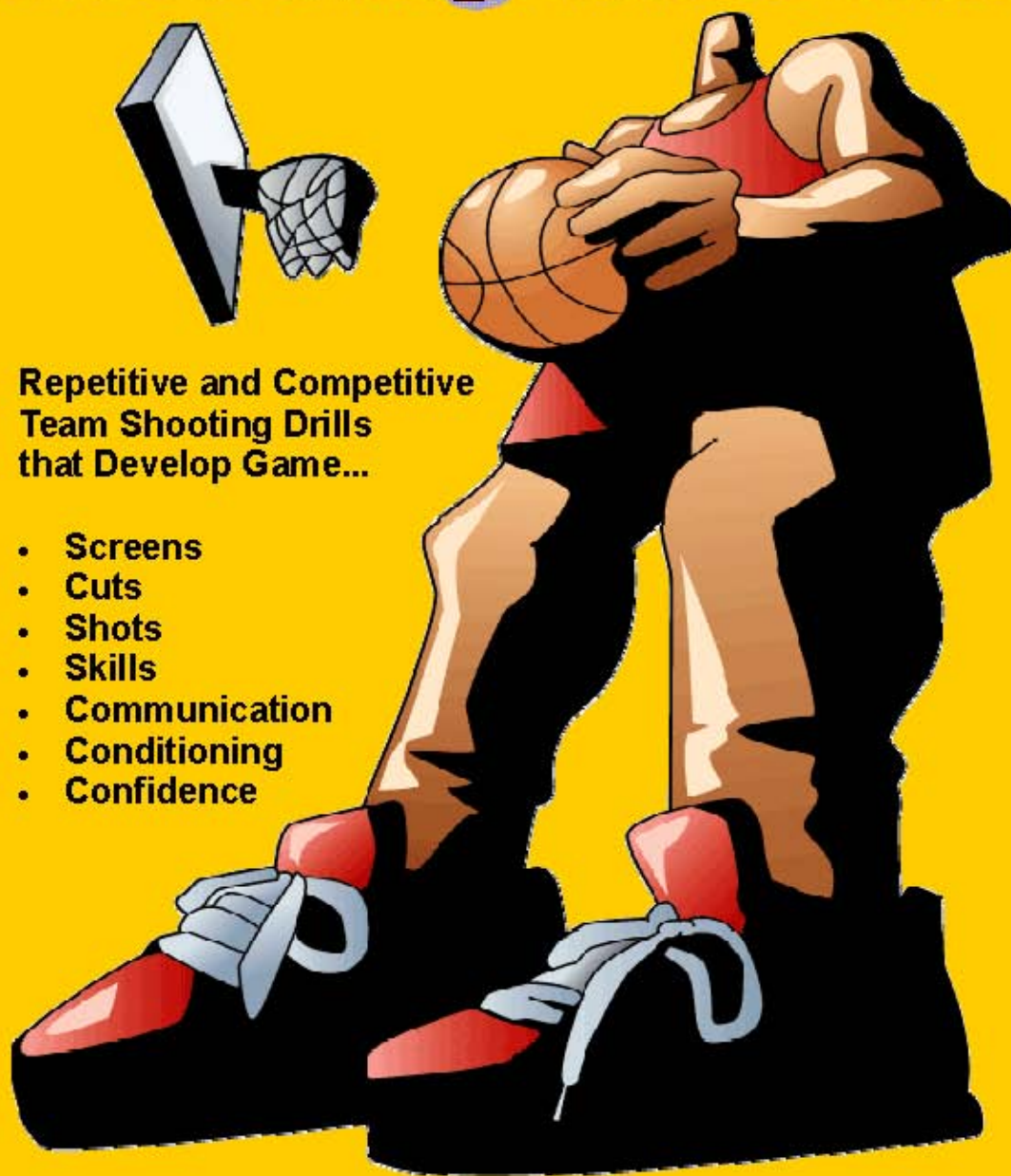
Jamie Angeli's

Shooting Machine



**Repetitive and Competitive
Team Shooting Drills
that Develop Game...**

- Screens
- Cuts
- Shots
- Skills
- Communication
- Conditioning
- Confidence



Drills for Skills vs. Man and Zone Defenses

Develop Your Post and Perimeter Players

Jamie Angeli's
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Introduction

Nothing in this profession bothers me more than to watch a practice that has players standing around wasting time with drills that don't maximize their teaching potential...and I include my own practices in this observation!

Because of this, I have developed the “***Shooting Machine***”. A series of repetitive and competitive drills that emphasize game shots and game cuts while developing communication, confidence and conditioning.

The only way your players will achieve true confidence on the court is if they perform the same game cuts and shots in practice...over and over again **in a competitive and challenging environment**.

On each of these drills it is imperative that you stress “**communication**”. Screeners should raise a fist and call out the name of the person they are screening for; passers should call the name of the person they are passing to; receivers should call for the “ball”; and teammates should consistently praise and uplift each other throughout these drills. **Important note:** You may add a coach or manager to any of these drills to help rebound or pressure passers and shooters.

It is your responsibility as the coach in practice to expose your players to all of these conditions listed above. The “*Shooting Machine*” is here to help!

At first, don't worry about the fundamentals in the drill, just make sure they have the pattern down. Then, once they have it (usually after the first 5 minutes) it's time to teach and demand! Never allow drill slippage or you can be assured there will be game slippage!

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Introduction (con't)

The making of this book has been an eye-opening experience for me as a basketball coach. To be honest, I never even filmed my practices up until this point. Wow! What I thought I was getting out of my players was nothing close to what I was getting in reality.

I have had three major revelations after making this book:

- 1) I love these drills!
- 2) I have some lazy and undisciplined players (especially in the post) that I need to challenge each night!
- 3) I owe my players and management an apology for allowing #2 to happen!

You will see what I mean if you purchased the DVD supplement to this book. The effort and fundamentals at the beginning of the drill drastically decreases by drills' end. That shows lack of discipline, conditioning and teaching. I have since addressed all three...and continue to address it each and every practice.

I have broken down the "*Shooting Machine*" to three main categories of offensive development:

Zone Offense — Transition Offense — Motion Offense

I have also taken it a step further and subcategorized the drills for your Post and Perimeter Players. We do encourage you, however, especially in the case of the Motion Offense Shooting Machine, to include both your post and perimeter players in all of these drills.

Drills for Skills vs. Man and Zone Defenses

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Zone Offense Shooting Machine

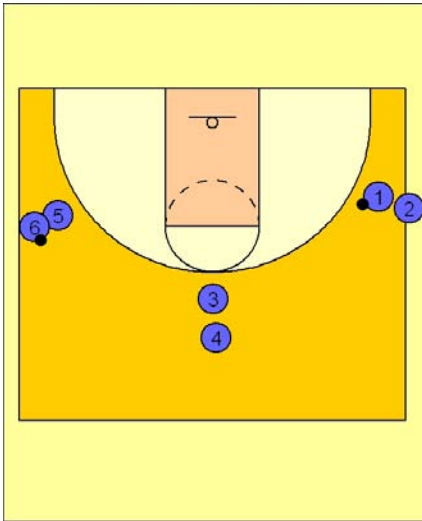


Perimeter Players

Drills for Skills vs. Man and Zone Defenses



Zone wing



Zone Shooting Machine (Drive and Kick Wing Shots)

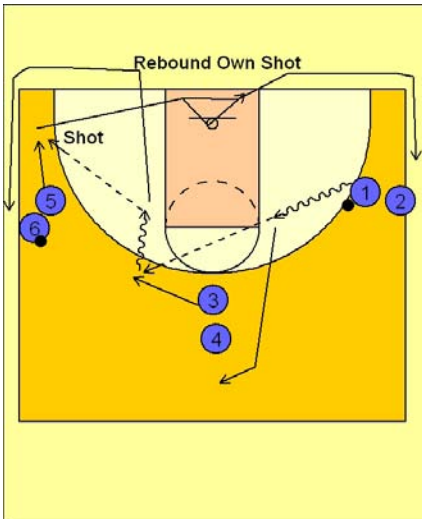
Here is the initial alignment for the Zone "Drive and Kick Wing" Shooting Machine. YOU WILL NEED AT LEAST 5 PLAYERS AND 2 BASKETBALLS TO RUN THIS DRILL.

Three lines. Ball can start on either wing. The wing it starts on should have the ball in front of the line. The center line can only have one player if you wish, however, the less players in this line, the less rest for your players. Additional players should line up in the center line. Here we see #1 ready to start the drill.

There should be a ball in the opposite wing line and it should be the second player in line holding the ball. Here we see #6 holding the ball second in line on the opposite wing.

Now...get ready to move and shoot, stressing these fundamental keys:

- game quickness (at least two quick dribbles in the gap)
- jump stops on the drive and pass (or "sit downs" as I call them)
- great passes leading to great shots!



Zone Shooting Machine (Drive and Kick Wing Shots)

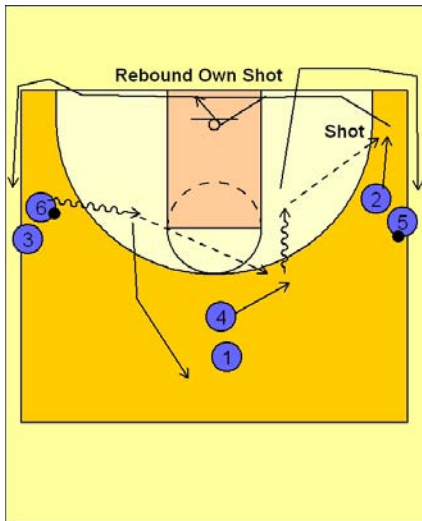
#1 starts this "machine" by driving the ball to the freethrow line area zone "gap", looking to drive and kick the ball to #3 spotting up just a shade or two off the top of the key area. This movement creates better spacing and more area for his defender to cover when he helps on the penetration from #1.

#1 passes to #3 and then #1 cuts to the end of the top line.

#3 catches, lines up his shot (eyes always on the rim), shot fakes and then drives the top zone "gap" and kicks the ball to #5 spotting up in the corner area.

#5 catches and knocks down the the three point shot. He follows his shot, gets his own rebound and then hustles to the end of the right wing line with the ball. #5 MUST HUSTLE TO GET HIS REBOUND AND GET TO THE OTHER LINE QUICKLY SO THAT HE IS READY TO START THE NEXT SESSION.

#3 cuts off the court and up the sideline to the end of the left wing line.



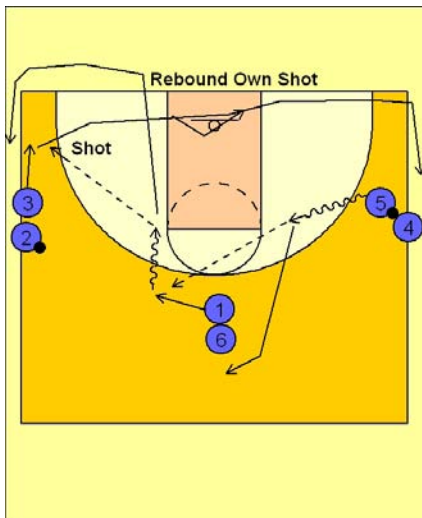
Zone Shooting Machine (Drive and Kick Wing Shots)

As soon as #5 has shot the ball on the left wing, #6 has a ball and is ready to attack in the other direction.

#6 now drives the zone "gap" and kicks to #4 spotting up on top. #6 then follows his pass and gets to the end of the line on top.

#4 lines up the shot, shot fakes and drives in the zone "gap" and kicks to #2 spotting up on the right wing. #4 comes to a good jump stop and then cuts off the floor and up the right sideline to the end of the line on the right wing.

#2 catches and takes the shot. He follows his shot, gets his rebound and hustles to the end of the opposite wing line. #2 MUST HUSTLE TO GET HIS REBOUND AND GET TO THE OTHER LINE QUICKLY SO THAT HE IS READY TO START THE NEXT SESSION.



Zone Shooting Machine (Drive and Kick Wing Shots)

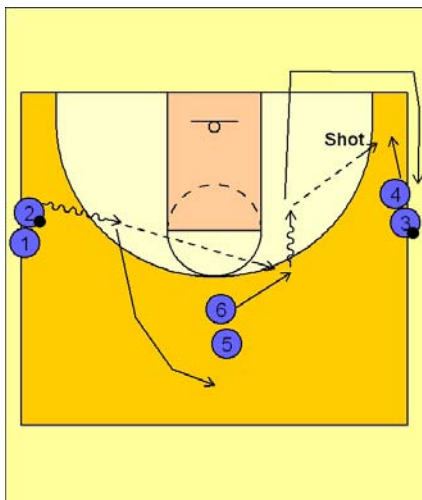
As soon as #2 shot the ball, #5 is now ready with the ball to begin in the other direction.

#5 drives the zone "gap" and kicks to #1 spotting up for the three point shot. #5 comes to a good jump stop, or "sit down" before passing to #1. #5 then hustles to the end of the line on top.

#1 catches and lines up the shot, shot fakes and drives the top zone "gap". #1 comes to a good jump stop and kicks to #3 spotting up for the shot in the corner area. #1, after jump stopping, hustles off the floor straight ahead and then hustles to the end of the right wing line.

#3 takes the shot, follows his shot and rebounds his own shot. He gets the rebound and hustles to the end of the opposite wing line on the right side of the

floor. #5 MUST HUSTLE TO GET HIS REBOUND AND GET TO THE OTHER LINE QUICKLY SO THAT HE IS READY TO START THE NEXT SESSION.



Zone Shooting Machine (Drive and Kick Wing Shots)

#2 is now ready to begin the drill in the other direction as soon as #3 has taken his shot.

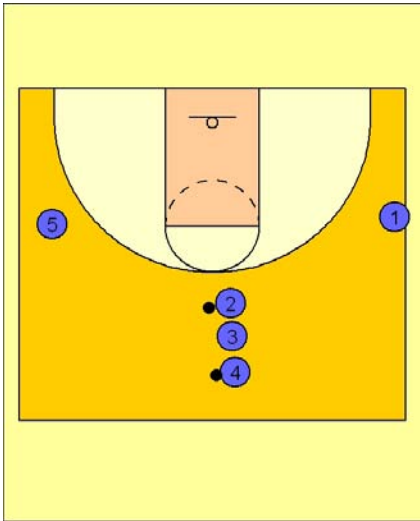
Hopefully no need to continue with the rotations. As you can see this is a fast moving drill with great fundamentals being repetitively taught along with great game zone shots.

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL before they can stop.

Your players will love this drill! They are learning great fundamentals of the game through plenty of repetitive game shots while developing the necessary conditioning and communication.



Zone top



Zone Shooting Machine (Drive and Kick Top Shots)

Here is the initial alignment for the Zone "Drive and Kick Top" Shooting Machine. YOU WILL NEED AT LEAST 5 PLAYERS AND 2 BASKETBALLS TO RUN THIS DRILL.

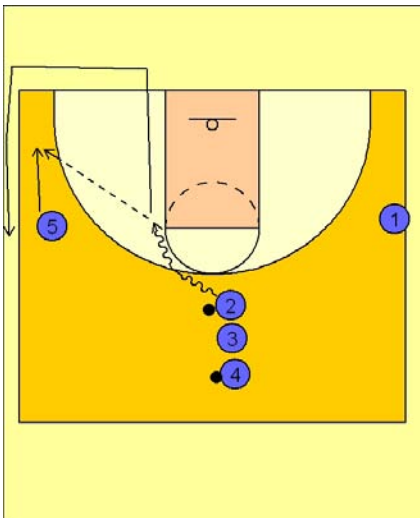
Three lines. Ball starts on the top. There MUST be three players in the top line, with the first and third player holding basketballs.

You can have one or two players on the wing, it does not matter.

Here we see #2 ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys:

- game quickness (at least two quick dribbles in the gap)
- jump stops on the drive and pass (or "sit downs" as I call them)
- great passes leading to great shots!



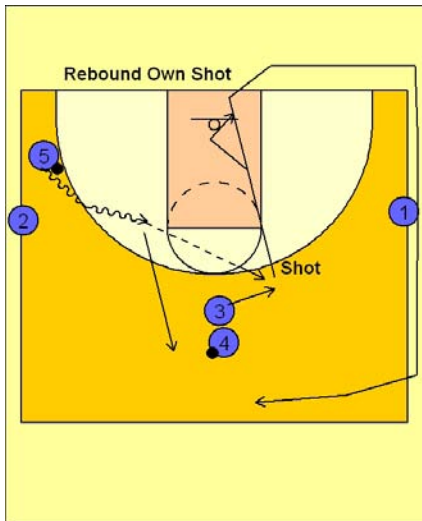
Zone Shooting Machine (Drive and Kick Top Shots)

#2 drives the top zone "gap" while #5 spots up on the left corner area.

#2 comes to a good jump stop or "sit down" after taking two hard, quick dribbles in the gap. He passes to #5 and then runs off the floor and then to the end of the line on the left wing.



Shot machines

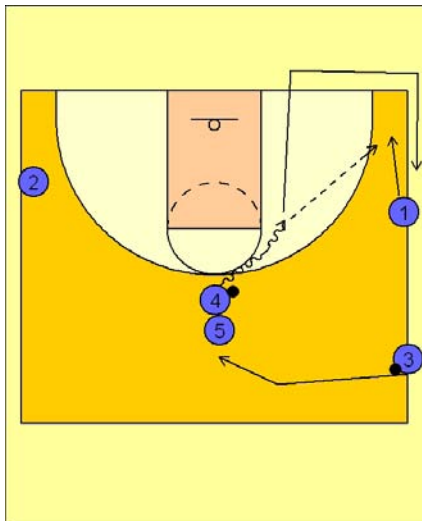


Zone Shooting Machine (Drive and Kick Top Shots)

#5 catches the ball and eyes the shot, makes a good shot fake, and then drives the ball hard and quick in the zone "gap".

As #5 drives and comes to a solid jump stop, #3 fades on top to receive the next pass from #5. #5 follows his pass and gets to the end of the line on top.

#3 catches the ball and knocks down the 3 point shot. He then follows his shot, gets his rebound and hustles off the floor and brings the ball back to the center line on top.

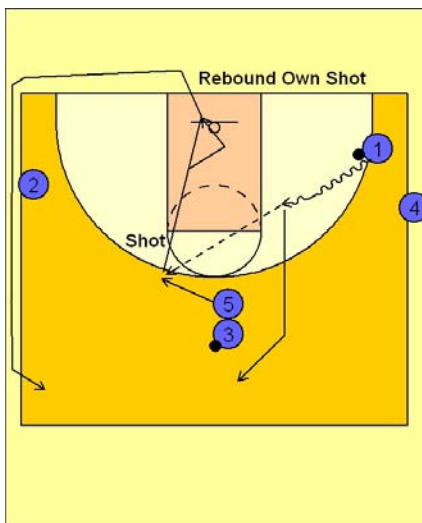


Zone Shooting Machine (Drive and Kick Top Shots)

As soon as #3 shoots the ball, #4 is ready to attack the next gap. An easy way for #4 to remember which gap to attack next is to remind him to attack the side of the floor the ball was just shot from (the player in front of him, #3, just slid over and shot the three point shot from the right side of the top of the key).

Here we see #4 driving in the right top gap area while #1 spots up in the right corner area.

#4 comes to a good jump stop and passes to #1. #4, after coming to a stop, hustles off the floor and out to the end of the right wing line.

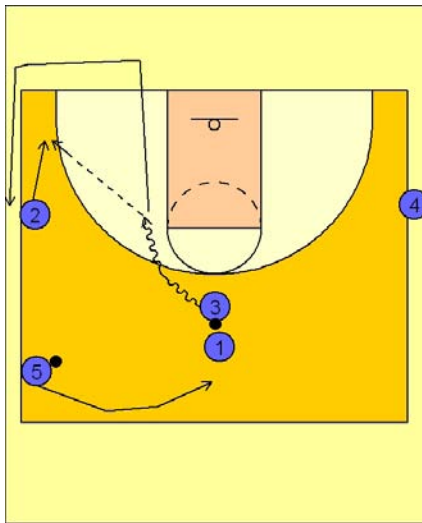


Zone Shooting Machine (Drive and Kick Top Shots)

#1 now catches and eyes the basket for the shot. He gives a good shot fake and then attacks the zone gap on the dribble.

As #1 drives, #5 spots up on top and receives the next pass from #1. #1 passes and hustles to the end of the line on top.

#5 catches the ball and knocks down the 3 point shot. He then follows his shot, gets his own rebound and hustles off the floor and returns to the top center line with the basketball.

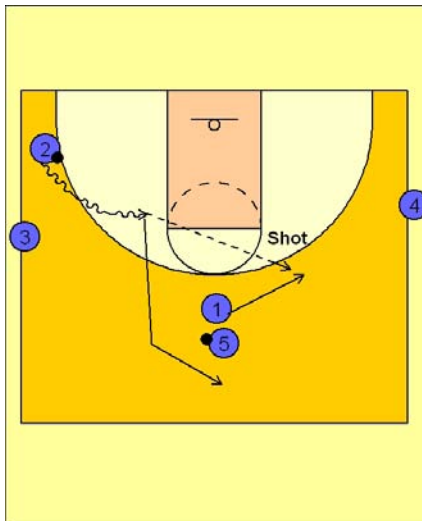


Zone Shooting Machine (Drive and Kick Top Shots)

#3 has the ball on top and is now ready to continue the "machine".

Again, an easy way for #3 to remember which gap to attack next is to remind him to attack the side of the floor the ball was just shot from (the player in front of him, #5, just slid over and shot the three point shot from the left side of the top of the key).

#3 drives the top zone gap and kicks to #2 spotting up in the left corner area. #3, after jump stopping on the pass, hustles off the floor and runs to the end of the left wing line.



Zone Shooting Machine (Drive and Kick Top Shots)

And the drill continues...

#2 eyes the shot, shot fakes, and then drives the gap hard with two quick dribbles, comes to a jump stop and then kicks to #1 spotting up for the three point shot.

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL before they can stop.

Your players will love this drill! They are learning great fundamentals of the game through plenty of repetitive game shots while developing the necessary conditioning and communication.

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Jamie Angeli's
Shooting Machine

**Zone Offense
Shooting Machine**

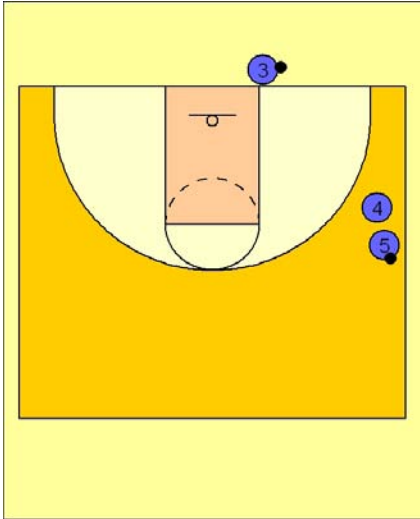


Post Players

Drills for Skills vs. Man and Zone Defenses



Zone shrt cnr, blk, hi post



Zone Shooting Machine (Short Corner, Low and High Post Shots)

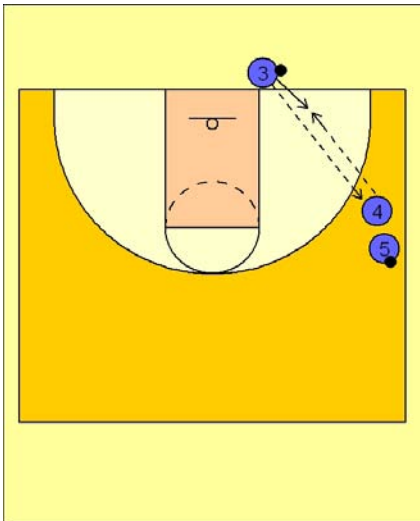
Here is the initial alignment for the Zone Post "Short Corner, Low and High Post" Shooting Machine. YOU WILL NEED 3 PLAYERS AND 2 BASKETBALLS TO RUN THIS DRILL.

Two lines. You may start on either side of the floor. The post player underneath the basket will have one ball and the second post player in the wing line will have the other basketball. Here we see #3 ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys:

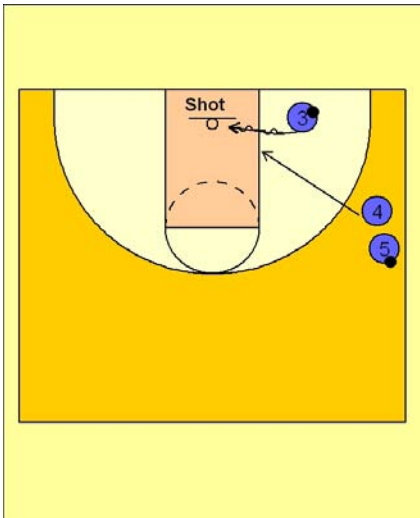
- game quickness
- proper post stance and position in low blocks
- call for the ball

- great passes leading to great shots!



Zone Shooting Machine (Short Corner, Low and High Post Shots)

Post player #3 starts the drill by passing out to post player #4 on the right wing. #3 immediately steps into the "short corner" area and receives the pass back from #4.



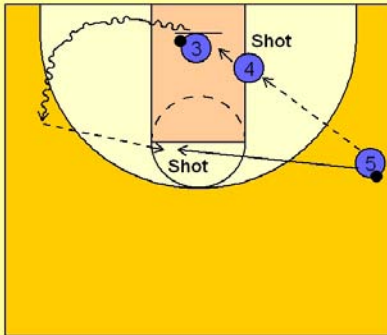
Zone Shooting Machine (Short Corner, Low and High Post Shots)

#3, with his back to the baseline, will "rip" the ball across his body with elbows out while spinning towards the basket. He will now have his back towards the freethrow line area while he executes a power dribble and power slide to the basket for the layup.

As soon as #4 passed back to #3, #4 will slide down to the low block position.



Zone Shooting Machine (Short Corner, Low and High Post Shots)



#5 is now next up and will feed #4 in the low post. #4 will catch and execute one of your (coaches choice) post moves. We have them master these moves from the low block:

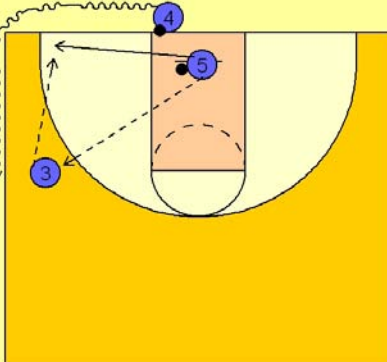
- drop step
- jump hook
- and the up and under move

#3 has already shot the ball and is dribbling up to the opposite wing area. As soon as #5 fed the post player #4 the ball, he flashes into the high post area looking for the pass from #3.

#5 catches and squares his feet and shoulders to the basket and shoots the 15

foot jump shot. #5 will immediately follow his shot.

Zone Shooting Machine (Short Corner, Low and High Post Shots)

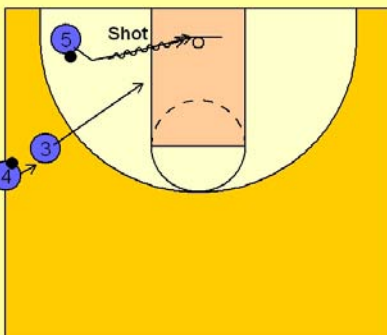


#4 is first to rebound and begins dribbling out to the left wing area.

#5 gets his ball out of the net and outlets the ball to #3 on the left wing. #5 then hustles out to the short corner area, just like in the beginning of the drill.

#3 returns the pass back to #5 in the short corner.

Zone Shooting Machine (Short Corner, Low and High Post Shots)

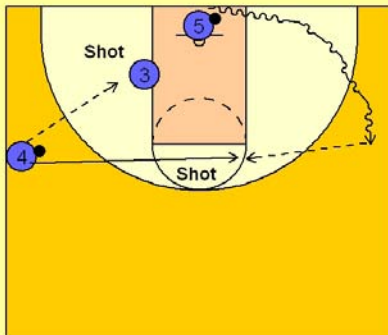


As #5 is executing his "rip through" and baseline slide to score, #3 is moving down to the low post to get good block position.

#4 is now at the wing and steps onto the court with the ball.



Zone Shooting Machine (Short Corner, Low and High Post Shots)

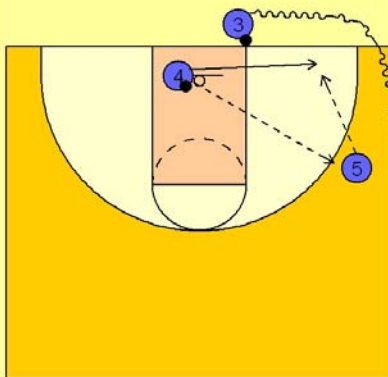


#5 has taken his shot and is dribbling out to the opposite wing area.

#4 now feeds the post player #3 on the low block.

As soon as #4 feeds the low post, he cuts to the high post area to receive a pass from #5. #4 catches, squares up and knocks down the 15 foot jump shot.

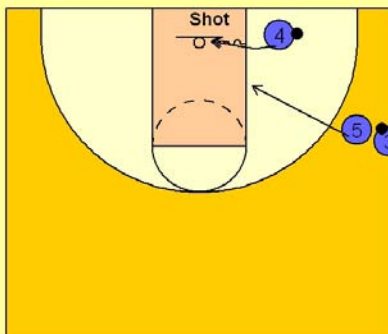
Zone Shooting Machine (Short Corner, Low and High Post Shots)



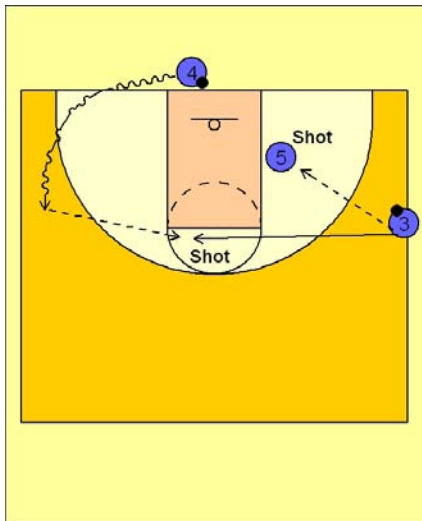
#3 scores first and is dribbling out to the right wing area, while #4 has just taken the shot from the free throw line area, followed his shot and gets his own rebound.

#5 is waiting as #4 starts the drill all over again by passing out to #5 on the right wing and then steps to the short corner area and receives the ball back from #5.

Zone Shooting Machine (Short Corner, Low and High Post Shots)



#4 executes the powerslide along the baseline while #5 moves into the low post area.



Zone Shooting Machine (Short Corner, Low and High Post Shots)

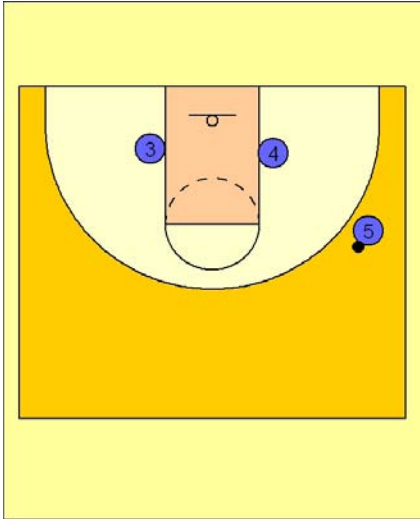
#5 catches and scores in the low post while #3 enters the ball to #5 and then cuts into the high post to receive the pass from #4 and will knock down the 15 foot jump shot.

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL before they can stop.

Your players will love this drill! They are learning great fundamentals of the game through plenty of repetitive game shots while developing the necessary conditioning and communication.



Zone x post



Zone Shooting Machine (X Post Shots)

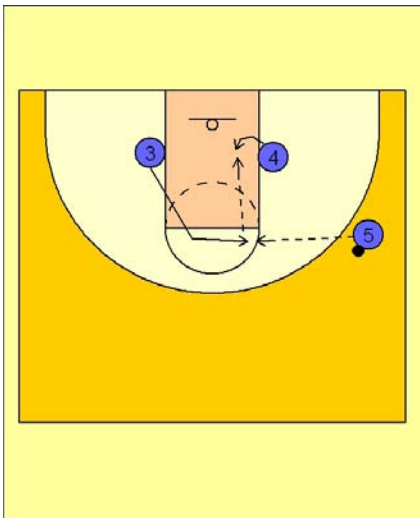
Here is the initial alignment for the Zone Post "X Post" Shooting Machine. YOU WILL NEED AT LEAST 3 PLAYERS AND 1 BASKETBALL TO RUN THIS DRILL.

Three players begin the drill. I will show you later how additional players may join the drill. You may start on either side of the floor. The post player on the wing is the only person that has a ball to begin the drill. Here we see #5 with the ball and ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys:

- game quickness
- proper post stance and position in low blocks

- call for the ball
- great passes leading to great shots!



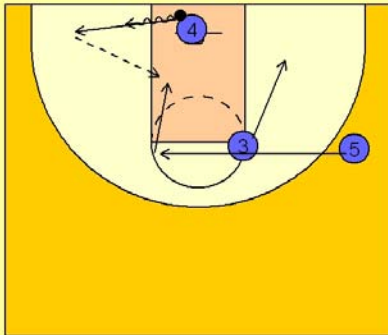
Zone Shooting Machine (X Post Shots)

#3 starts the play by flashing into the high post area. #4 is initially posting up and looking for the post entry pass from #5 on the right wing.

As #5 passes to #3 at the high post area, #4 spins and seals his imaginary defender (or real defender if you wish) and receives the high / low entry pass from #3.



Zone Shooting Machine (X Post Shots)

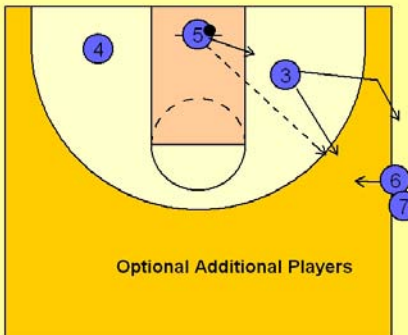


#4 scores and gets his own rebound. #3 passed inside and then cuts out to the right side of the floor.

#4 now dribbles the ball once or twice and throws the ball out to the short corner area with some backspin on the ball. He runs toward the ball he through, simulating a post catch in the short corner area. He comes to a nice low jump stop as if ready to execute the short corner power slide move. As he is throwing the ball out to the short corner area, #5 is flashing into the high post area.

As #4 comes to the jump stop, #5 "dives" to the basket and receives the pass from #4. #5 catches and scores in the lane.

Zone Shooting Machine (X Post Shots)

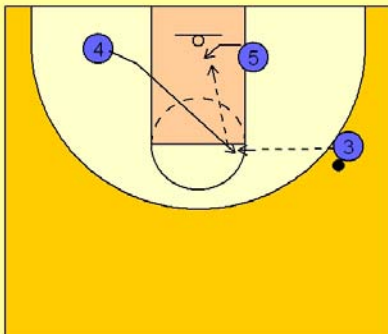


This drill can be run with the same three players or you may include others at this time.

If it is the same three players, #3 breaks out to the wing and receives a pass from #5.

If you want to add more players, #3 would go to the end of the line while a new player, #6 in this diagram, would step up and receive the pass from #5.

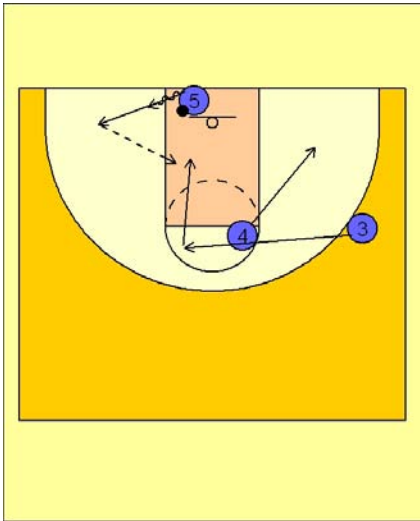
Zone Shooting Machine (X Post Shots)



We will continue as if there were only three players in the drill.

#3 has now caught the pass out from #5. The drill will now repeat itself.

#4 flashes into the high post and receives the pass from #3. As #4 catches the ball, #5 ducks in and seals in the lane looking for the high / low entry pass from #4.



Zone Shooting Machine (X Post Shots)

The drill continues as previously described.

#5 gets his own rebound, takes a dribble or two and then throws the ball up in the air with some backspin on the ball to simulate catching the ball in the short corner area.

#4 gets out of the high post while #3 now flashes to the free throw line area. As #5 executes the jump stop on the catch, #3 cuts to the basket and receives the pass from #5.

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL before they can stop.

Your players will love this drill! They are learning great fundamentals of the

game through plenty of repetitive game shots while developing the necessary conditioning and communication.

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**Transition Offense
Shooting Machine**

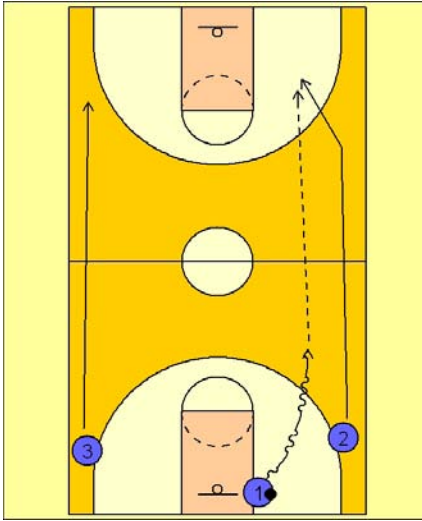


Team Drills

Drills for Skills vs. Man and Zone Defenses



3 trips



3 Trips Warm-Up

I like to use this at the beginning of practice, but can certainly be used at anytime. YOU NEED AT LEAST 6 PLAYERS AND 2 BASKETBALLS TO RUN THIS DRILL.

Now...get ready to move and shoot, stressing these fundamental keys:

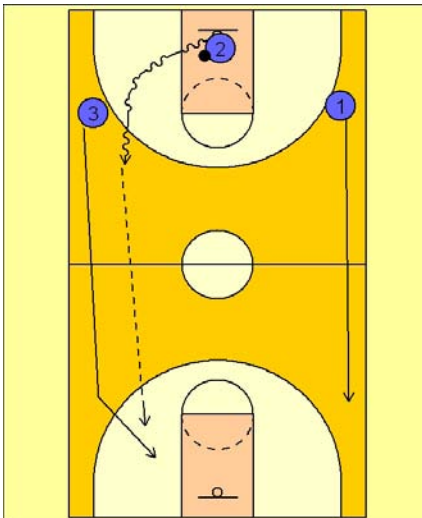
- start slow, working up to game speed
- no lazy passes
- call for the ball / call shooters name on pass
- all players providing positive feedback to each shooter.

Three players will run three lengths of the floor. I use a sideline break in my offense, so I have the person with the ball bring it up the sideline. You may

have them bring it up the middle, not a problem in this drill.

I will describe the first series in diagrams and then will give you a description with what we do with the series following this drill.

#1 pushes the ball up and passes ahead to #2 for the catch and lay-up. #3 is running the left lane.

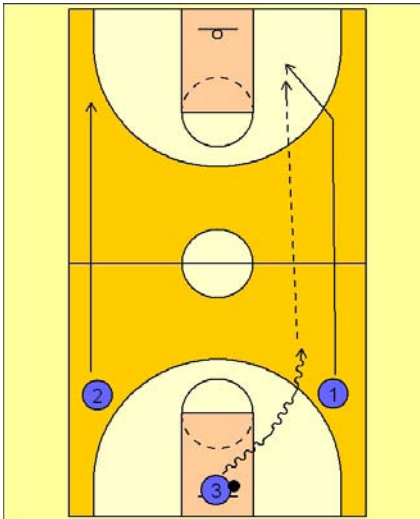


3 Trips Warm-Up

The shooter will become the next middle man on this series.

#2 now pushes the ball up the sideline and passes ahead to #3 for the lay-up.

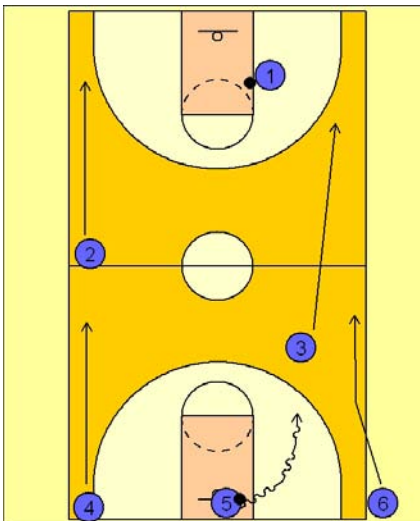
#1 runs the opposite lane.



3 Trips Warm-Up

The shooter, #3, is now the next middle man and pushes the ball up the right sideline.

#3 passes ahead to #1 for the lay-up while #2 runs the oppsite lane.

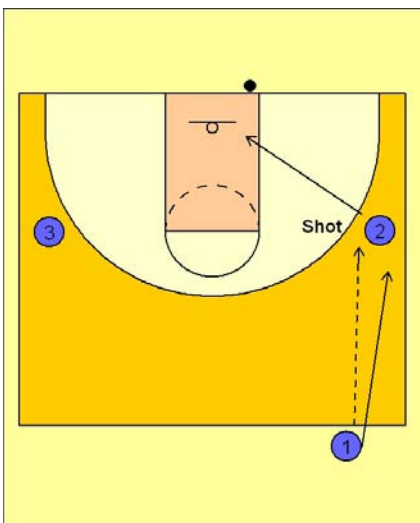


3 Trips Warm-Up

As #1, #2 and #3 are making their third and final trip, the next group is prepared to start as soon as the first group crosses half court on their third trip.

Once the team is finished, depending on time, we will repeat back going up the left side of the floor. Otherwise, we will move on to the next 3-trip series.

In the following diagrams I will only draw what we do at the conclusion of each trip.



3 Trips Warm-Up

Here are the series described:

Series 1) Catch and lay-up (already described)

Series 2) Catch and shoot the three point shot (shooter rebounds his own shot and becomes the next middle man). #2 then pushes up sideline and passes ahead to #3 for the "3" point shot and the trips continue as previously described.

If you have a post player you do not want shooting the 3 point shot, have them run to the block for the catch and post move to score.



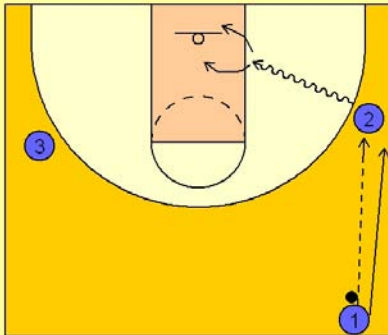
3 Trips Warm-Up

Here are the series described:

Series 3) Catch, shot-fake and drive for lay-up. I strongly encourage player to attack the block hard with the dribble, then make a quick move either to the middle or baseline at the block and then power up a TWO FOOT shot, concentrating on getting a good, low, balanced and powerful base on their shot. This will teach your players how to avoid charging fouls, by staying under control and getting a balanced, strong shot.

Shooter, #2, becomes next middle man and pushes ball up sideline to #3 and continues 3-trip series.

If you have a post player you do not want catching on the wing on the break, have them run to the block, execute a shot fake (up and under) move.

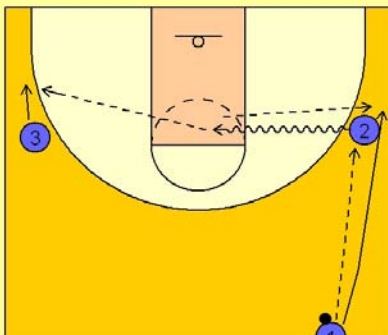


3 Trips Warm-Up

Here are the series described:

Series 4) Catch, shot-fake, drive and kick for "3". Wing man drives to middle and comes to jump stop and either kicks it out to the opposite wing or pivots and throws behind him to the wing player filling (**passer kicking out for "3" becomes next middle man on this series**). #2 passed the ball on this drill for the shot so he would be next middle man and will push the ball up the other sideline and pass ahead to #3 to continue the 3-trip series.

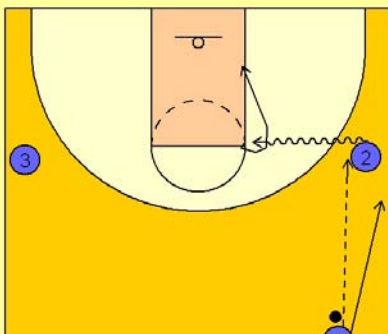
If you don't want your post players driving and kicking for three's, have them run to the low post, receive the pass from the wing and then kick the ball out to the opposite wing for the three point shot. This great inside / out action against the zone. The post would then be the next middle man since he was the passer.

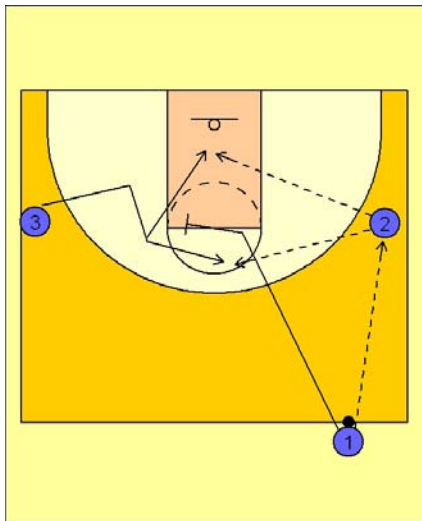


3 Trips Warm-Up

Here are the series described:

Series 5) Catch, drive to freethrow line elbow, reverse spin move, drop step lay-up. Great footwork / body balance drill.





3 Trips Warm-Up

Here are the series described:

Series 6) Wing player catches, waits for passer to screen near freethrow line area for opposite wing to set up his cut and come off the screen for the catch and shot in the middle of the floor for the jump shot or he can fake high off the screen and cut backdoor for the lay-up (shooter becomes middle man on this drill).

Variations:

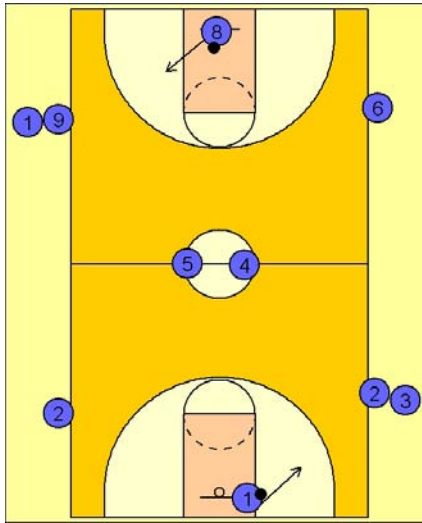
One day right side of floor; next day left side of floor, complete both in one day!

Complete all 6 series set up right side of floor. Repeat all 6 series set on left side of floor.

Our coaches use blocking dummies when players make the power moves on Series 3 and 5. We want them to understand how important it is to maintain a wide and strong stance when making moves inside. The "hit" should not create an off-balance shot. This will only usually happen when players feet are together.



Karl malone



Karl Malone

Ok, I'm a bit "old school" with the name of this drill, but gave it this name many years ago when Karl Malone played exactly like this drill. Got the rebound and would be out on the break passing and catching for dunks.

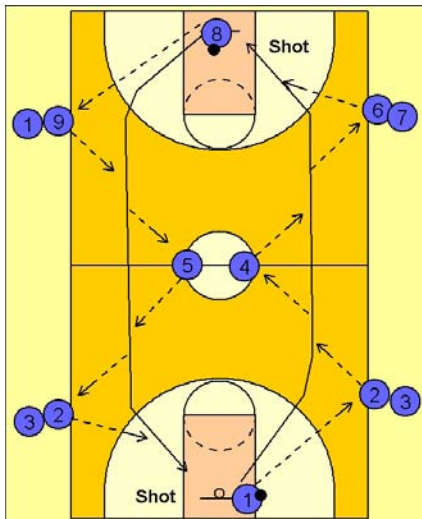
I truly think this is one of the best team drills you can implement. Great for team camaraderie - working towards one goal with skills that are within reach of all your players:

1) Catching and making passes at high speeds and 2) Finishing with a made layup.

I like to run this drill for 5 minutes (some nights right, some nights left). We will have a goal for made layups, usually set from our best score to date (use the scoreboard - they love the visual as their numbers grow toward their

goal!). Always try and raise the bar. They will usually accept your challenge of "double or nothing" if they don't make it! Which makes this more of a 10 minute drill.

This is how the court should look to begin. You need at LEAST 10 players to run this drill (I will show you an 8-man alternative at the end of this section). The line next to the basket in the direction you are going on each side must have at least two players.

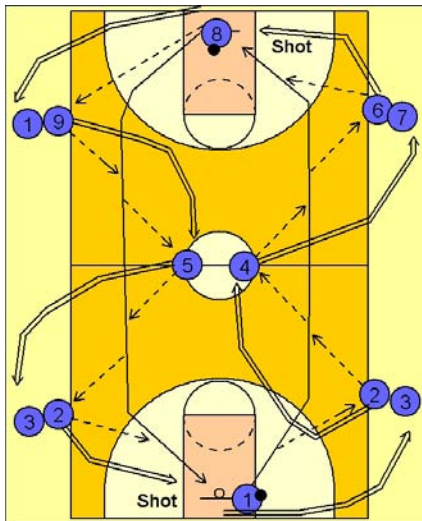


Karl Malone

Player #1 and Player #8 start together running up their respective side lanes. They must pass to the first person in each line while running down the center of their lane. They must run with their hands up so as to quickly receive and deliver the next pass.

They receive the ball back from each line as they are running and then will finish with a made layup. They DO NOT run towards the line to make the pass, rather, they must run down the center of their lane catching the ball and making the next pass. THE BALL DOES NOT TOUCH THE FLOOR!

When the playes are finished making the layups at each end of the court, they will continue running out to the end of the line, freethrow line extended on the other side. Let's look at the rotations as they run up the floor.



Karl Malone

Let's look at the right side line. As #1 passes to #2 and then gets the ball back, #2 will run behind #1 and to the center position where #4 is standing.

#4 catches the pass from #1 and passes back quickly to #1 and then runs behind #1 to the back of the line, behind #7, free throw line extended.

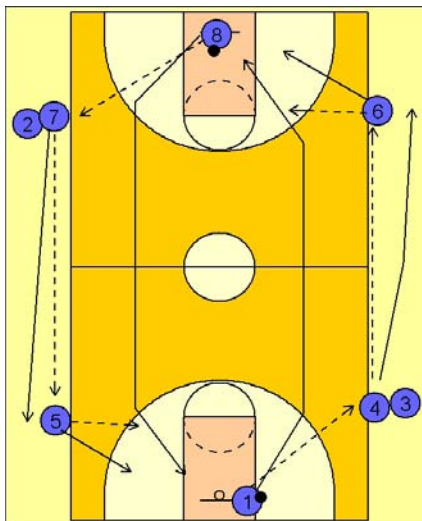
As soon as #6 passes back to #1, #1 goes in for the layup with #6 right behind him to rebound the ball out of the net.

#6 now takes the ball up the other sideline while the person who just made the trip, #1, runs behind the player waiting free throw line extended, #1 in this diagram.

This same action is taking place on the other side of the court.

When you get really good...try adding one more ball...and then another....start them both in the middle and watch this drill really take off! No room for error!

Great conditioner with (4) basketballs. You will need 13-players for (3) balls and 14-players for (4) balls. Great summer camp drill as well!



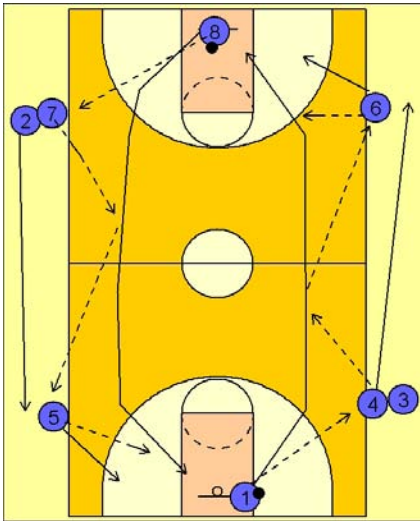
Karl Malone

If you do not have 10 players, there is an alternative. You remove the two middle men and you can run a similar drill with (8) players - no less than (8).

Again, the line closest to the ball side you are running, must have two players.

Here we see players #1 and #8 outlet the ball to the wing players (#4 and #7). They sprint up the sideline as the wing players pass ahead to the next FT line extended player.

The player running the floor then gets the ball back near the FT line for the lay-up. Same rotations apply. Pass and follow your pass to the next line. Pass to the shooter, follow him in for the rebound and begin the next trip down the floor.



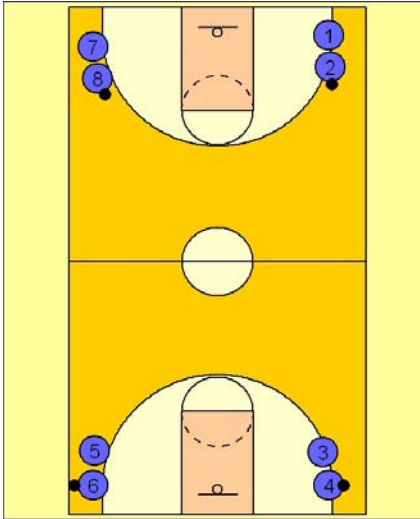
Karl Malone

One more option on the 8-man Karl Malone would be for the wing players to pass the ball back to the man running up the floor (as opposed to passing up the floor to the next receiving line).

The runner would then pass ahead to the next passing line and get the ball back for the lay-up.



100 3 pointers



100 3 Pointers

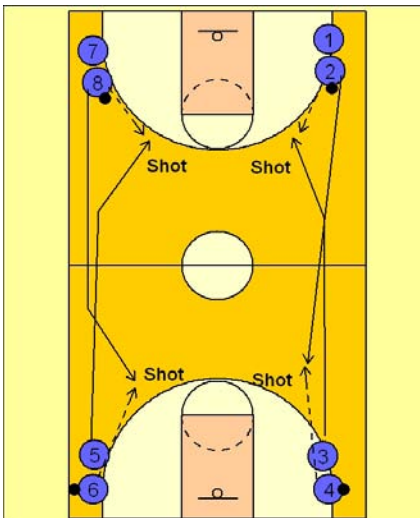
Great conditioning and shooting drill. I like to use this at the end of practice, but can certainly be used at anytime. YOU NEED AT LEAST 8 PLAYERS AND 4 BASKETBALLS TO RUN THIS DRILL.

I run this drill for five minutes. We usually start pretty low in terms of goals on made three pointers. The ultimate is over 100 3's in five minutes...hence the name of the drill. We will usually put some kind of running "punishment" if they don't make our goal.

Now...get ready to move and shoot, stressing these fundamental keys:

- game speed
- no lazy passes / all chest passes (no bounce passes)

- call for the ball / call shooters name on pass
- all players providing positive feedback to each shooter. Get the gym rocking!



100 3 Pointers

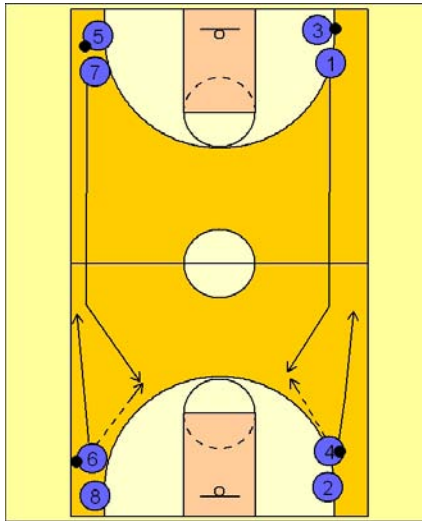
The drill starts with the two lines at the end of the court that do not have balls in front.

#3 and #5 sprint up the floor to receive the first pass and three point shot.

As #2 and #8 pass to the shooters, they now sprint up the court to be the next shooters on the other end of the court.

#6 and #4 are ready to deliver the next pass to #2 and #8 and become the next shooters in the other direction.

Players return to the end of the line on the side they just finished receiving the pass from.



100 3 Pointers

#1 and #7 are now off to the races and the drill continues with both lines running up and down the court. Great conditioning while working on your shooting, team morale and communication.

Make sure the person with the ball does not pass the ball to the shooter until the person they are passing to is in "catch and shoot" range.

You may allow your "non-three point shooters" to catch the ball inside the three point line.

You may have each side compete against each other, but I suggest for better results have the entire team shoot for one goal. Even better when you can have the clock set up with time running and the goal score on the visitors side and the home team keeping track of the baskets.

1 point per basket. Shoot for 100 in 5 minutes!

Develop Your Post and Perimeter Players

Jamie Angeli's
Shooting Machine

**Motion Offense
Shooting Machine**

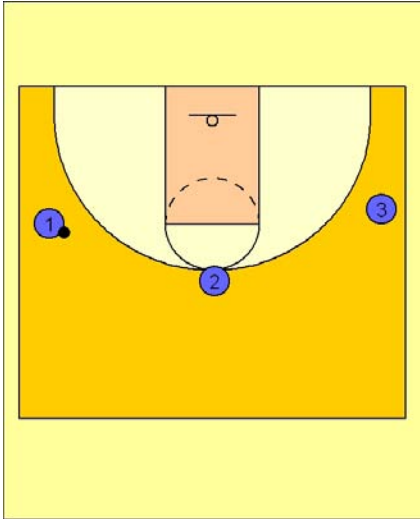


Perimeter Players

Drills for Skills vs. Man and Zone Defenses



Motion curl / down screen



Motion Shooting Machine (Perimeter Players Curl and Down Screen)

Here is the initial alignment for the Motion "Curl and Down Screen" Shooting Machine. YOU WILL NEED AT LEAST 3 PLAYERS AND 1 BASKETBALL TO RUN THIS DRILL.

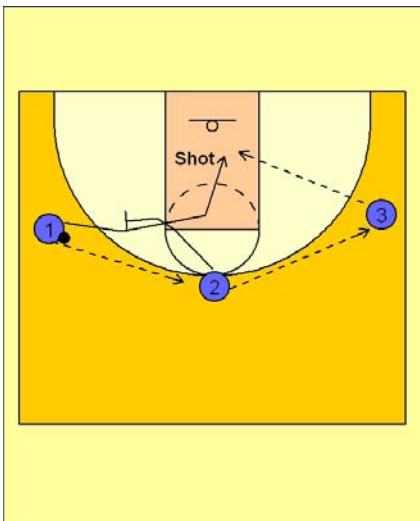
Three players, one ball. Ball starts on the wing, can be either wing.

If you want to include additional players, they will be under the basket holding a basketball. I will show you how to incorporate those players in a later diagram.

Here we see #1 ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys:

- game quickness
- hands are always up to receive the pass
- call for the basketball
- screener raise fist in the air and call person's name they are screening for
- proper screening angles
- great passes lead to great shots!



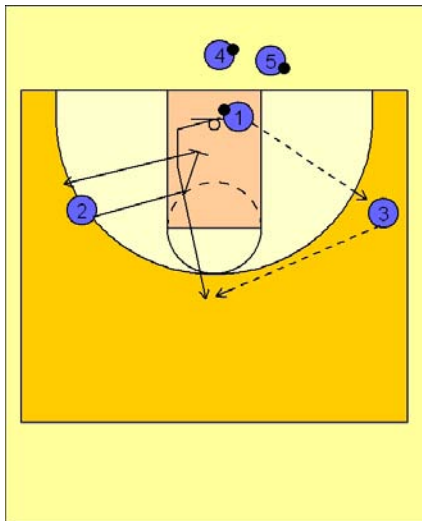
Motion Shooting Machine (Perimeter Players Curl and Down Screen)

#1 starts the drill by passing to #2 on top. #2 passes to #3 on the right wing and sets a screen for #1.

#1 sets up his defender and then "curls" around the screen from #2 and into the lane. #1 receives the pass from #3 for the layup.

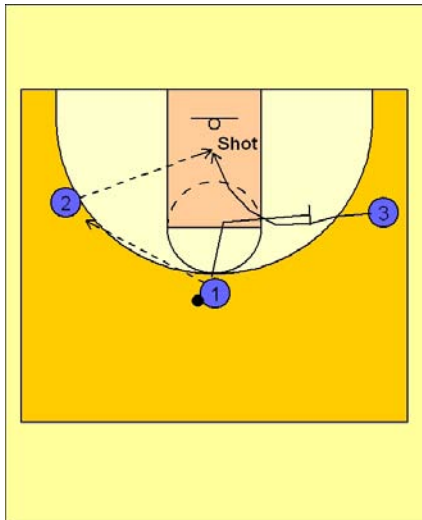


Shot machines



out to his original wing position.

#3 passes to #1 on top.



Motion Shooting Machine (Perimeter Players Curl and Down Screen)

If you want to incorporate more players in the drill, this is where the new player would step in.

#1 would make the layup and he would be finished. #4 would step in and outlet the ball to #3 and the drill would continue.

For purposes of this drill explanation, I will keep the same three players in the drill.

#1 makes the layup, gets his own rebound and outlets the ball TO THE SAME PERSON WHO PASSED TO HIM FOR THE LAYUP.

#2 screens down in the lane with the proper angle to free him for an open shot up to the top of the key area. After #2 screens down for #1, #2 breaks back

Motion Shooting Machine (Perimeter Players Curl and Down Screen)

#1 then quickly reverses the ball to #2 on the left wing and sets a screen for #3 on the right wing.

#3 sets up his defender and then "curls" around the screen set by #1.

#2 delivers the pass to #3 for the layup.



Motion Shooting Machine (Perimeter Players Curl and Down Screen)

As a reminder, if you wanted to add a new player each time, this is where they would jump in.

#3 would make the layup and he would be finished. The new man would step in and pass the ball out to the player who made the assist for the layup.

As mentioned before, I will continue as if the same three players remained in the drill.

Here we see #3 make the layup, get his own rebound, and then outlet the ball TO THE SAME PERSON WHO PASSED TO HIM FOR THE LAYUP.

#1 now sets up his angle for a down screen in the lane. #3 breaks up to the top and receives the pass from #2. #1, after down screening, breaks out to the

right wing area, from where he started.

Motion Shooting Machine (Perimeter Players Curl and Down Screen)

The drill continues with #3 reversing the ball to #1 and then sets a screen for #2 on the left wing.

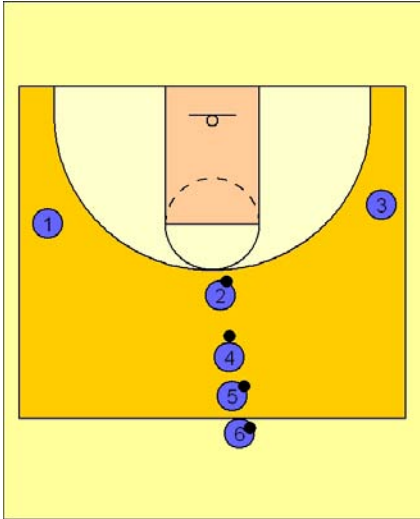
#2 sets up his defender and "curls" around the screen set by #3. #1 delivers the ball to #2 in the lane for the layup and the drill continues.

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL or SHOTS MADE IN A ROW before they can stop.

Your players will love this drill! They are learning great fundamentals of the game through plenty of repetitive game shots while developing the necessary conditioning and communication.



Motion curl / dwn scrn / shot



Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)

Here is the initial alignment for the Motion "Curl, Down Screen and Shot" Shooting Machine. YOU WILL NEED AT LEAST 4 PLAYERS AND 2 BASKETBALLS TO RUN THIS DRILL.

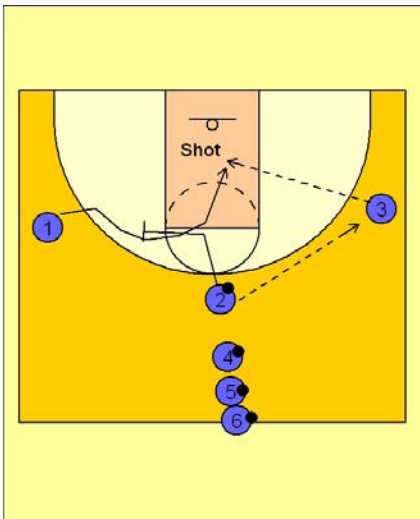
Three players start the drill. Ball starts on the top that has fourth player or additional players lined up.

Here we see #2 ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys:

- game quickness

- hands are always up to receive the pass
- call for the basketball
- screener raise fist in the air and call person's name they are screening for
- proper screening angles
- great passes lead to great shots!



Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)

#2 starts the drill by passing to #3 on the right wing.

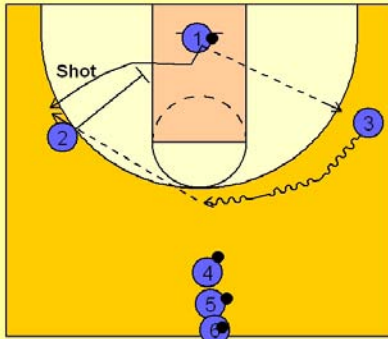
#2 sets up a good screening angle for #1 on the left wing. #1 sets up his man and "curls" off the screen from #2.

#3 delivers the pass to #1 in the lane for the layup.



Shot machines

Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)

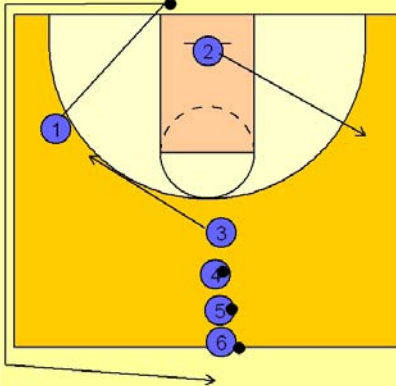


As soon as #1 makes the layup, he rebounds his own shot, takes the ball out of the basket and outlets the ball to PLAYER WHO JUST GAVE HIM THE ASSIST. #1 passes to #3.

#3 centers the ball on the dribble while #2 sets a down screen on the left low block area.

#1 sets up his defender and comes off the screen looking for the open jump shot on the left wing. #1 will take the shot.

Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)



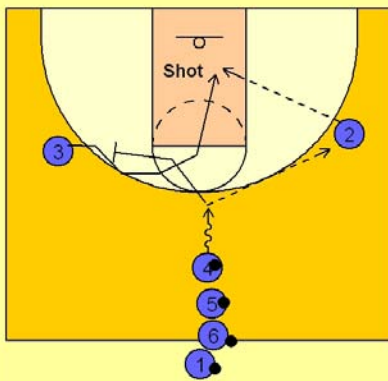
#1 will get his own rebound and get off the floor and return to the end of the line on top.

#2, after down screening, pops out to the vacant wing spot on the right side of the floor.

#3 fills the open wing vacated by the shooter #1.

The next person in line with the ball, #4, quickly steps in and is ready to start the next session.

Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)



#4 dribbles up into the drill and enters the ball to #2 on the right wing.

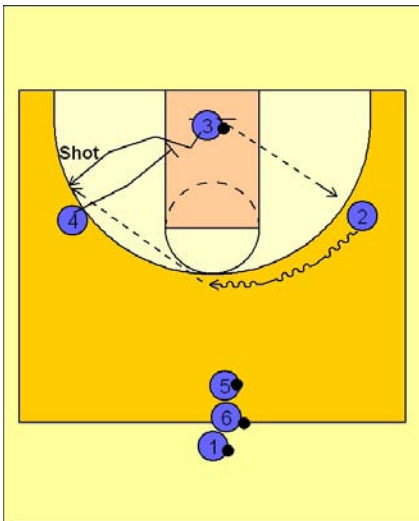
#4 then sets a screen for #3 on the left wing.

#3 sets up his defender and "curls" around the screen set by #4.

#2 delivers the pass to #3 inside for the layup.



Shot machines



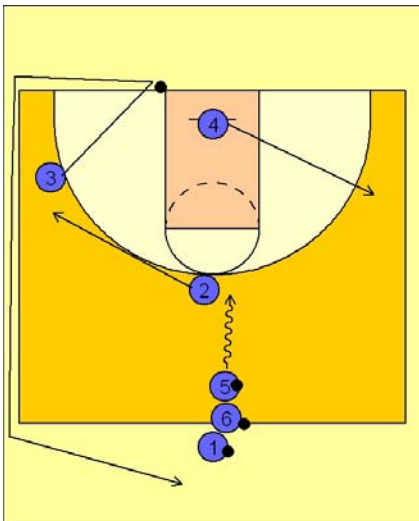
Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)

Again, #3 gets his own shot out of the net and outlets the ball TO THE PLAYER WHO GAVE HIM THE ASSIST. #3 outlets to #2 on the right wing.

#2 centers the ball on the dribble while #4 sets a down screen for #3.

#3 sets up his defender and comes off the down screen from #4, looking for the open jump shot on the left wing.

#2 makes the pass to #3 and #3 takes the shot.



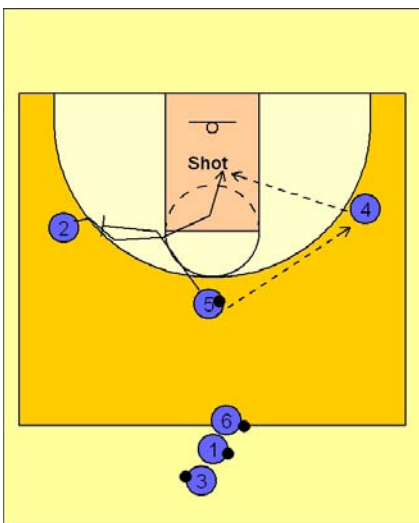
Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)

The rotations remain the same.

The shooter, #3, gets his own rebound and hustles off the floor and returns to the center line.

#4 takes the open wing on the right side while #2 replaces the shooter on the left wing.

#5 dribbles into the play and is ready to begin the next session.



Motion Shooting Machine (Perimeter Players Curl, Down Screen and Shot)

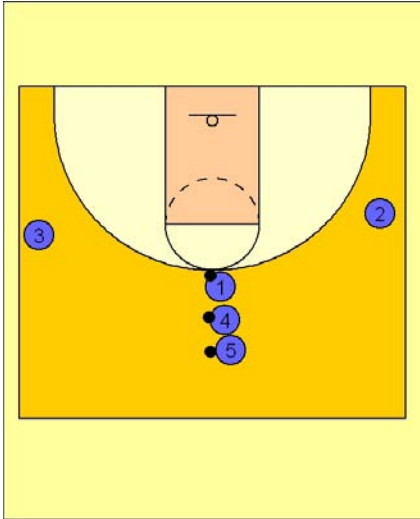
#5 passes to #4 on the right wing and sets a screen for #2 on the left wing. #2 sets up his defender and "curls" off the screen set by #5. #4 delivers the pass to #2 for the layup. And the drill continues...

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL before they can stop.

Your players will love this drill! They are learning great fundamentals of the game through plenty of repetitive game shots while developing the necessary conditioning and communication.



Motion screen away shooting



Motion Shooting Machine (Screen Away Shooting)

Here is the initial alignment for the Motion "Screen Away Shooting" Shooting Machine. YOU WILL NEED AT LEAST 5 PLAYERS AND 3 BASKETBALLS TO RUN THIS DRILL.

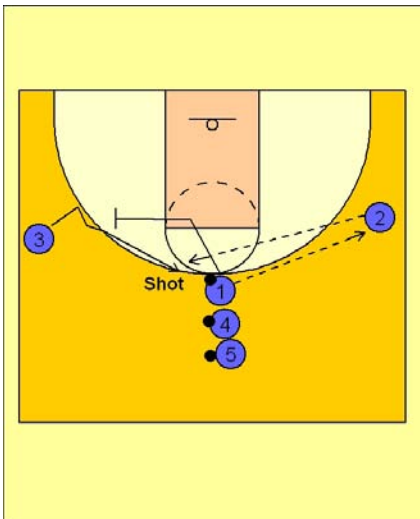
Three players start the drill, with two players waiting in the center line, with basketballs. Additional players, over the five shown, may line up in the center line.

Here we see #1 ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys:

- game quickness

- hands are always up to receive the pass
- call for the basketball
- screener raise fist in the air and call person's name they are screening for
- proper screening angles
- great passes lead to great shots!



Motion Shooting Machine (Screen Away Shooting)

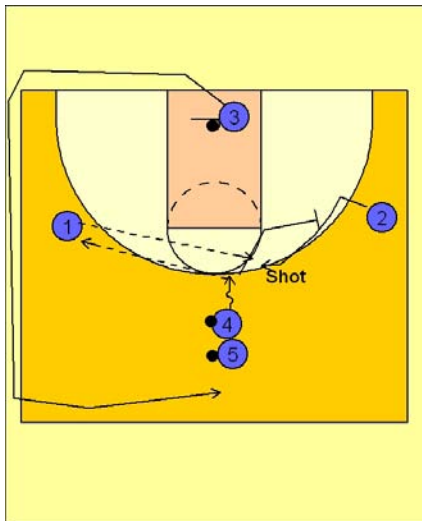
#1 starts the drill by passing to #2 on the right wing.

#1 now moves down and over and sets up the proper screening angle for #3 on the opposite wing area.

#3 sets up his man, uses the screen, and breaks to the top of the key looking to receive the pass from #2.

#3 catches and knocks down the 3 pt shot or 15 foot jump shot (coaches choice depending upon players in drill).

The shooter, #3 in this diagram, will immediately follow his shot and rebound the ball.



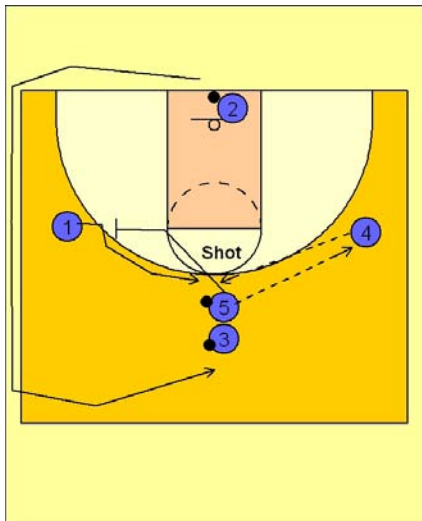
Motion Shooting Machine (Screen Away Shooting)

As soon as #3 shoots, #4 steps in and passes the ball in the opposite direction #1 used to start the last drill.

#4 passes to #1 on the left wing and screens away for #2 on the right wing.

#2 sets up his man and breaks to the top off the screen from #4 and shoots the perimeter jump shot.

#3 has already received his rebound by now and is hustling to the end of the line on top.



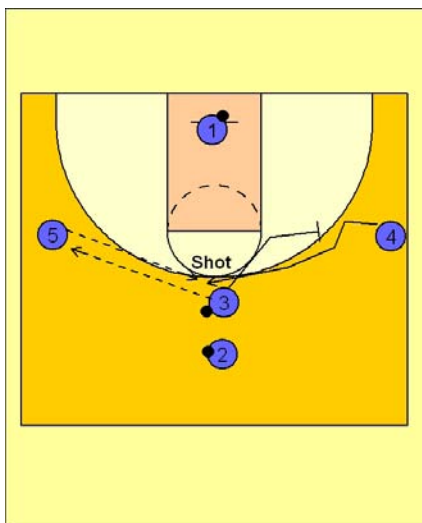
Motion Shooting Machine (Screen Away Shooting)

Immediately after #2 shoots the jump shot, #5 steps up and enters the ball in the next session, making sure to enter the ball in the opposite direction of the player before him.

#5 passes to #4 on the right wing and screens away for #1 on the left wing.

#1 sets up his man and uses the screen to get an open jump shot on top.

#1 follows his shot and rebounds the ball. As you can see in this diagram, #2 has already rebounded the ball and is headed back to the end of the line on top.



Motion Shooting Machine (Screen Away Shooting)

The drill continues now with #3 back to the front of the line. He enters the ball to the opposite side the player before him entered.

#3 passes to #5 on the left wing and screens away for #4 on the right wing. #4 takes the shot on top and the drill continues...

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL or SHOTS MADE IN A ROW before they can stop.

Your players will love this drill! They are learning great fundamentals of the game through plenty of repetitive game shots while developing the necessary conditioning and communication.

Develop Your Post and Perimeter Players

Jamie Angeli's
Shooting Machine

**Motion Offense
Shooting Machine**

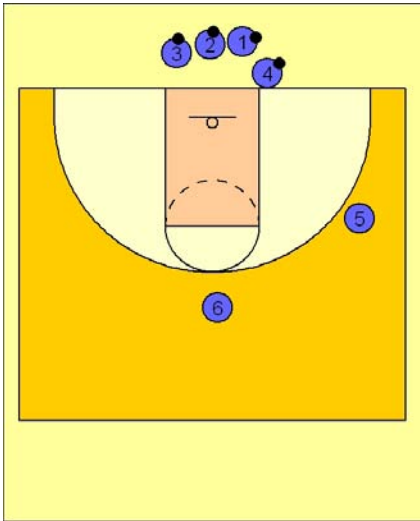


Post Players

Drills for Skills vs. Man and Zone Defenses



Mot bck scrn / dwn scrn / shot



Motion Shooting Machine (Post Players Back Screen, Down Screen and Low Post Shot)

Here is the initial alignment for the Motion "Back Screen, Down Screen and Low Post Shot" Shooting Machine. YOU WILL NEED AT LEAST 4 PLAYERS AND 2 BASKETBALLS TO RUN THIS DRILL.

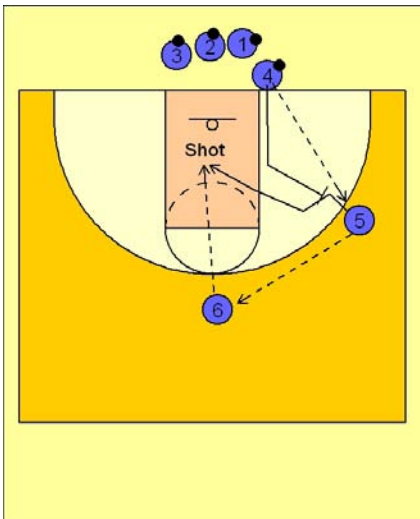
Three players start the drill. Ball starts in the low post players hands, standing out of bounds. You can run this drill on either side.

Here we see #4 ready to start the drill.

Now...get ready to move and shoot, stressing these fundamental keys:

- game quickness

- hands are always up to receive the pass
- call for the basketball
- screener raise fist in the air and call person's name they are screening for
- proper screening angles
- great passes lead to great shots!

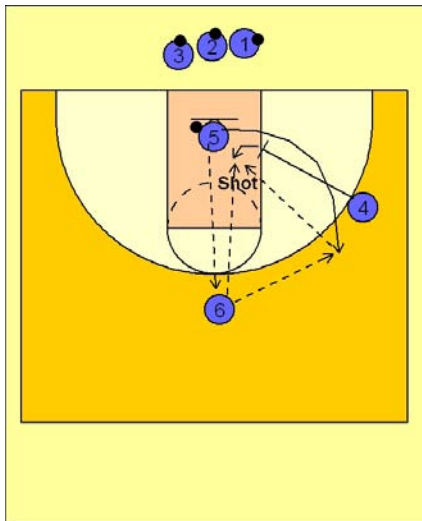


Motion Shooting Machine (Post Players Back Screen, Down Screen and Low Post Shot)

#4 starts the drill and enters the ball to #5 on the right wing. #4 steps into the low post area while #5 passes the ball on top to #6.

As soon as #5 passes the ball to #6 on top, #4 steps out and back screens for #5.

#5 cuts off the back screen and receives the pass back from #6 for the layup.



Motion Shooting Machine (Post Players Back Screen, Down Screen and Low Post Shot)

#5 then will immediately rebound his own shot and outlet the ball to #6 on top.

#4 raises his fist, calls out #5's name and moves down to set a down screen near the lane for player #5.

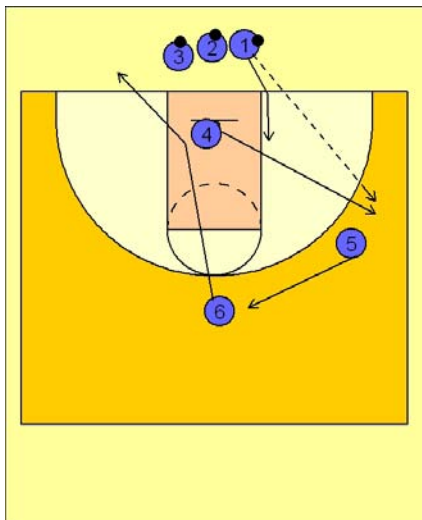
#5 moves out off the down screen and catches the ball on the wing.

#4 screens and then seals for low post position.

#4 will then receive the post entry pass from #5 on the right wing or #6 may elect to keep the ball and enter the ball on top to #4.

In either case, #4 needs to find the basketball and seal for low post position.

He will then catch and score in the post, executing one of your required post moves.



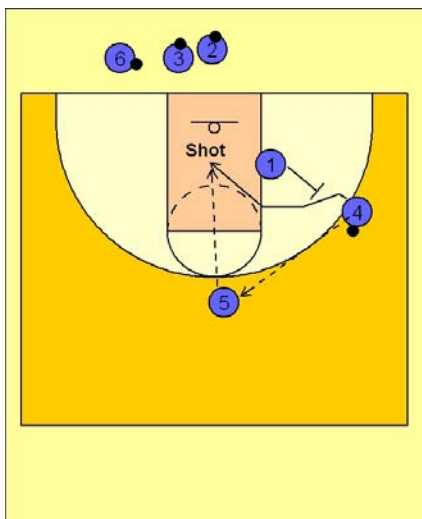
Motion Shooting Machine (Post Players Back Screen, Down Screen and Low Post Shot)

As #4 shoots, #6 follows his pass and goes in to get the ball out of the net from #4's shot and gets off the court and to the end of the line,

#5 replaces #6 on top while #4 sprints out to take the vacant right wing spot.

And the drill continues...

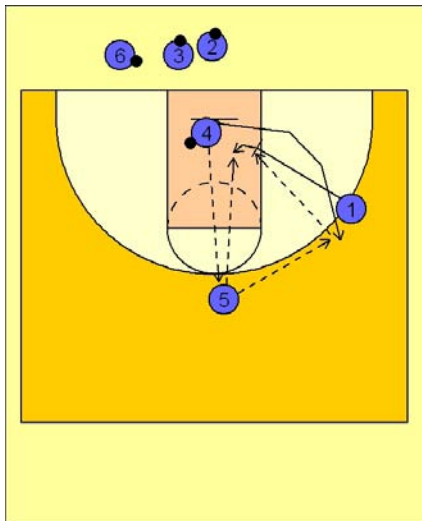
#1 outlets the ball to #4 on the right wing and steps into the low post area.



Motion Shooting Machine (Post Players Back Screen, Down Screen and Low Post Shot)

#4 reverses the ball to #5 on top and then uses the back screen from #1.

#4 sets up his man and cuts into the lane off the back screen, catches and scores inside.

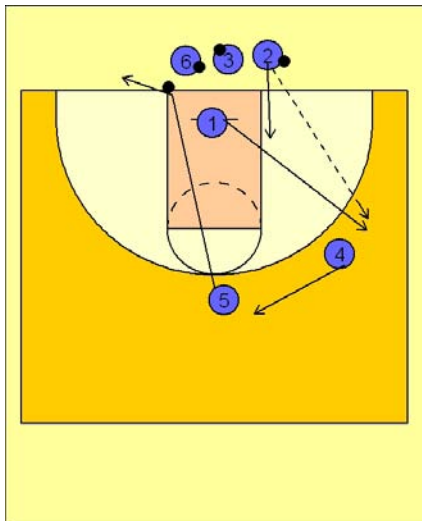


Motion Shooting Machine (Post Players Back Screen, Down Screen and Low Post Shot)

Again, the shooter #4 will rebound his own shot, outlet the ball to #5 on top and then use a down screen from #1 coming from the right wing.

#4 breaks out to receive the pass while #1 screens and seals inside for good low post position.

#1 will then receive the post entry pass from either #5 on top or #4 on the right wing.



Motion Shooting Machine (Post Players Back Screen, Down Screen and Low Post Shot)

The rotation remains the same. #5 follows the ball inside and rebounds the shot by #1 and gets to the end of the line.

#4 moves up to the vacant spot on top while #1 breaks out to the open right wing area.

The next person in line, #2 is ready to go. He outlets the ball to #1 and steps into the low post and the drill continues as diagrammed before.

Run the drill for as long as you want! Put a TIME LIMIT or perhaps a SHOT MADE GOAL before they can stop.

Your players will love this drill! They are learning great fundamentals of the

game through plenty of repetitive game shots while developing the necessary conditioning and communication.



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