

Sauk Prairie 10,000 Shot Club



Shooting Programs

*"I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results."
Michael Jordan*

Shooting Program: Post Moves

Rotate through the following Post Moves:



- Mikan Drill
- Reverse Mikan Drill
- Roll & Retrieve, Power Lay-up Drill
- Drop Step to the baseline
- Drop Step to the lane and jump hook
- Up and Under Mover
- Turn and Shoot Move
- Step Hop Drill
- Cut to short corner, receive pass from wing and shoot
- Cut to short corner, receive pass from wing, shot-fake, dribble-baseline for lay-up
- From opposite block, cut to elbow, receive pass from wing, turn and shoot
- From opposite block, cut to elbow, receive pass from wing, shot-fake, dribble for lay-up
- Power Shot Drill (If with a group of 3)

Between each shooting drill, shoot **5** free throws before you move onto the next shooting drill. Shoot 20 free throws when you are finished with your workout. **Keep track of your makes.**

Mikan Drill:

From under the basket, make a layup with the right hand, rebound the ball under the net with the left hand and make a layup with the left hand. Rebound with the right hand and make a layup with the right hand. Continue to repeat this, alternating hands. **Run this drill for 30 seconds to a minute.**

Reverse Mikan Drill:

The reverse Mikan drill employs the same techniques as above, but the player is facing the opposite direction. With her back to the baseline, the player shoots reverse layups. **Run this drill for 30 seconds to a minute.**

Roll and Retrieve, Power Lay-up Drill:

In this drill, the player has the ball at the right elbow and rolls it on the floor toward the right low block. She runs after the ball, retrieves it, squares up to the basket, makes a pump fake, and makes the power lay-up, or bank-shot off the glass. **Make 10 shots on one side and then repeat the drill on the left side.**

Drop Step Right or Left:

The shooter starts under the basket. She sprints out, jump stops, and retrieves the ball lying on the left block. She makes a head-shoulder fake toward the lane, and then executes the drop step move by extending the outside (right) leg toward the baseline and pivoting. She makes a one-bounce power-dribble adjustment and powers the ball up off the glass using the left hand. She then sprints back under the basket, V-cuts out to the right block, jump stops, retrieves the ball on the right block and does the baseline drop-step move on the right block. **Continue back and forth from block to block for one to two minutes.** If this drill is done with a partner, the partner rebounds and places the ball on the blocks for the shooter. If this drill is done individually, the shooter should use a self toss.

Jump Hook to the Lane Drill:

The same set-up and procedure as the drop step drill above are used in this drill. This time, instead of making the baseline drop step move, the player fakes the baseline drop step, and drops his/her inside leg toward the lane and hoop, and does the one-handed jump hook move, extending the shooting arm high and keeping his/her body between the ball and the defender.

Up and Under Move Drill:

The same set-up and procedure are used in this drill. This time, make the up and under move.

Turn and Shoot Drill:

Use the same set-up used in the Drop Step Drill. This time the shooter, sprints out from under the basket, jump stops, retrieves the ball, makes a head-shoulder fake toward the lane, pivots on the outside foot and shoots the short bank-shot off the glass. She then sprints back under the hoop, V-cuts out to the right block and repeats the move on the right side (jump stop, retrieve ball, fake to the lane, pivot on the left foot, and bank it in).

Continue back and forth from block to block for one to two minutes.

Step Hop Drill:

Now work on the step-hop move from the high-post. Catch the pass, make a short drop step to the lane along with a one-bounce power-dribble, followed by a long jump landing with a two-footed jump-stop, and then go right up with the shot. Work on both the left and right sides. **Make 10 shots from each side.**

Short Corner Shots:

The shooter should start at the low block, pop out to the short corner, receive the pass from the wing and shoot the jump-shot. **Do this on both sides for one to two minutes.** Then do the same drill, except this time the shooter makes a shot fake and a quick baseline dribble move for the lay-up or reverse lay-up.

Power Shot Drill: (Must complete this drill with two other partners)

This drill will simulate contact when going up for the shot. Players should learn to "finish" even when under pressure.

In this drill, the ball is placed on the floor, in the lane near the basket, between two defenders. Players #2 and #3 extend their arms high over their heads and keep them there at all times. The shooter runs in and picks up the ball and puts it under her chin with elbows out in a strong position. She then tries to power the shot up between the arms of the defenders. The defenders may "body up" and bump the shooter, and may actually hit his/her shooting arm, but may not jump or attempt to block the shot. After a few attempts, rotate players.

“A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals.”

Larry Bird

Shooting Program: Perimeter Breakdown Shooting Drills

Rotate through the following Perimeter Shooting Drills:



- Dribble-Baseline
- Dribble-Baseline, Back-Dribble Out
- In the Seam
- Corner, In the Seam
- Wing, V-cut, Lay-up
- Wing, V-Cut, Jump Shot
- Open-Court Moves Shooting
- Full Court Pull-Ups
- One Dribble Pull-Ups (If with a group of 3)

Between each shooting drill, shoot **5** free throws before you move onto the next shooting drill. Shoot 20 free throws when you are finished with your workout. **Keep track of your makes.**

With each of the following drills, use both sides of the court and start in triple-treat position, make a jab-step fake or shot fake, and then execute the dribble and shot as indicated in each description below.

Dribble – Baseline:

The shooter in this drill begins on the right wing. This drill is a simple dribble down to the baseline and shoot the mid-range jump shot. The shooter gets her own rebound and goes to the left side and repeats the shot from that side. **Continue alternating sides for one to two minutes or until 10 shots have been made from each side.**

Dribble-Baseline, Back-Dribble Out:

The shooter starts at the right wing and will dribble down to the baseline, then back-dribble out, crossover dribble and dribble into the seam and shoot the jump-shot. This drill is important because sometimes, in a game, players will dribble down to the baseline, stop the dribble, get trapped and lose the ball. This drill teaches you to back-dribble out of the baseline and then still find the open shot in the seam. The shooter gets her own rebound and goes to the left side and repeats the shots from that side. **Continue alternating sides for one to two minutes or until 10 shots have been made from each side.**

In the Seam:

The shooter begins on the right wing and completes a dribble move into the seam (attack the middle) for the pull-up jump shot. The shooter gets her own rebound and goes to the left side and repeats the shot from that side. **Continue alternating sides for one to two minutes or until 10 shots have been made from each side.**

Corner, In the Seam:

The shooter starts in the corner. Dribble into the seam between the corner and the wing for a mid-range jump shot. The shooter gets her own rebound and goes to the left side and repeats the shot from that side. **Continue alternating sides for one to two minutes or until 10 shots have been made from each side.**

Wing, V-Cut, Lay-up:

The shooter starts on the right wing. This drill can be completed with a self toss or with a partner. If done with a partner, the partner (passer) should make passes from the top of a key. The shooter makes a V-cut, catches the pass in triple-threat position, makes a shot-fake or hard rip and dribble-drives for a lay-up. **Make 10 from the right side and then move over to the left side.**

Wing, V-Cut, Jump Shot:

This drill is run the same way as the drill above. The shooter makes a V-cut, catches the pass in triple-threat position, makes a shot fake and then a one or two-dribble adjust into either the seam or toward the baseline for the mid-range jump –shot. **Make 10 from the right side and then move over to the left side.**

Open-Court Moves Shooting:

Start at half court and combine open-court offensive moves with pull-up jump shots. Work from each side and also directly down the middle of the court. Set-up a chair as a defensive player and attack the chair, make a change of direction move, extend with the next dribble and hit the pull-up jump shot. Use a hesitation dribble, hard crossover, in-n-out, between-the-legs, and behind-the-back, as well as double moves like a hesitation crossover or an in-n-out crossover. Finish with a jump shot, step-back shot, or the pro hop. Follow the shot and return to half court. **Shoot for three minutes or set goal of 30 makes (10 each from the right wing, left wing and middle of the court).**

Full Court Pull-Ups:

Dribble the length of the floor and pull-up for jump shots at various angles within the shooter's range. Concentrate on going straight up into the shot and not fading or leaning in the air. Vary each shot, adding hesitations, fakes, step backs, etc., to make the shot more game-like. **Run this drill for two minutes or set a goal of 10 – 15 makes.**

1 on 1 Dribble Pull-ups: (Must complete this drill with two other partners.)

Player 1 shoots, Player 2 passes and Player 3 is a token (three-quarter speed) defender. P2 makes the skip pass to P1, and P3 closes-out to defend the initial move (the defender stops on the dribble to allow work on shooting; otherwise, play one-on-one). P1 makes a shot fake (ball to eyes) and extends away from the defender with one dribble and pulls up quickly for the jump shot. Initially the defense should close-out to force a certain direction; a couple of shots to the baseline and a couple of more to the middle. Eventually, the defender should close-out without forcing to a certain direction and the offensive player should read the defense when making the move. After practicing quick pull-ups, work on step-back shots and the pro hop attacking the basket.

***"Some people want it to happen, some wish it would happen, others make it happen."
Michael Jordan***

Shooting Program: 2 Person Shooting Drills



- Catch and Shoot
- Catch, Shot Fake and Short Jumper
- Catch, Fake and Drive for Lay-up
- Anything Goes
- Elbow to Elbow
- Elbow to Baseline
- Partner Shooting
- Seven Spot Series
- 5 Spot Shooting – 2 & 3 Point Field Goals
- 3 Point Drill

Between each shooting drill, shoot 5 free throws before you move onto the next shooting drill. Shoot 20 free throws when you are finished with your workout. **Keep track of your makes.**

Catch and Shoot

Player 1 makes a good chest pass to Player 2. P1 follows the pass and closes-out on P2, but does not try to block the shot or simply fly by the shooter. P2 takes the shot (no dribbling) and follows it for the rebound. Now P2 passes back out P1 and closes out on P1, who is now the shooter. After both players have shot from one position on the court, they move onto another spot and work their way around the perimeter and then back around again.

Catch, Shot Fake and Short Jumper

Follow the same procedure as the drill above, but this time the shooter should receive the pass, make a shot fake or jab step, move around the defender using no more than one or two dribbles, and then shoot the jump shot. The shooter can move in either direction.

Catch, Fake and Drive for the Lay-up

Again, the same procedure is used. This time the receiver makes a shot fake and explodes through the defender (rub off her shoulder) for the drive to the hoop and lay-up.

Anything Goes!

Same procedure as above, but now the shooter has all of the above options and the defender plays all out defense.

Elbow to Elbow

Player 1 is the rebounder for Player 2. P2 starts at the left elbow, fakes left and cuts the right elbow. P1 passes to P2 so that the pass arrives at the right elbow the same time P2 does. P2 plants the inside foot, squares up and takes the shot. P1 rebounds the shot and passes back to P2 for the shot now at the left elbow. P2 continues moving back and forth from elbow to elbow until 10 shots are made. The players switch roles and P1 is the shooter until 10 shots are made. You can repeat this for as many sets as you want for each player.

Variation to the Elbow Shooting Drill: The shooter can catch the ball, make a shot fake, cross-over dribble to the middle of the paint (between the free throw line and the circle hash marks) for the short jumper.

Elbow to Baseline

Same procedure as Elbow to Elbow except now the shooter works elbow to baseline. Make 10 shots from the right side of the court and 10 shots from the left side of the court. You can repeat this for as many sets as you want for each player.

Partner Shooting

This drill will help shooting, spotting up, and will emphasize that shooters should follow their shots. One player starts on the right wing (P1) and the other starts opposite on the left wing (P2). P1 on the right wing shoots, follows the shot, rebounds and passes out to P2 on the left wing. P1 then spots up at another place on the perimeter. P2 takes the shot, follows it, rebounds, and passes to P1, who is now spotted up in a different location. This rotation continues, with the players moving around to all the locations that they will normally shoot from in a game...corners, top of the key, etc. For a variation, do the same drill but instead of spot stationary shooting, have the shooter fake the shot, dribble adjust, and then take the jumper.

Seven-Spot Series

Place seven objects around the perimeter in the player's shooting range, near the baselines, the forty-five degree angles, the elbows, and the top of the key. Start under the basket and pass the ball to the passer. The shooter curls around the first object, catching the ball and squaring to the basket. Shoot and rebound the ball, pass it back to the passer and sprint to the next object. On the second time through, pump fake and use one dribble to separate away from the chair for a pull-up jump shot. Again, grab the ball, pass to the coach, and work through all seven chairs.

5 Spot Shooting – 2 Point Field Goals

The shooter shoots from the baselines, wings and top of the key. Shoot five shots from each spot and move onto the next spot. A variation to this drill would be to shoot for a minute from each spot.

5 Spot Shooting – 3 Point Field Goals

The same procedure as above is followed except the shooter shoots 3 point field goals instead of 2 point field goals.

3 Point Drill

The shooter starts under the basket and passes the ball to the passer at the top of the key and sprints to the wing, as if using a screen. The shooter catches and shoots behind the three-point line. The shooter retrieves the rebound and passes to the passer and repeats the drill on the other side of the floor. Make ten and switch. You can repeat this for as many sets as you want for each player.

Variations: Run baseline to baseline and shoot 3 pointers from the corners. Move the passer to the wing and shoot 3 pointers from the top of the key.

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

Derek Jeter

Shooting Program: Make it Rain Workout (Advanced)



- 3 Point Spot Shooting
- Shot - Fakes
- Fast Break 3's
- Screen Shooting

Between each shooting drill, shoot **5** free throws before you move onto the next shooting drill. Shoot 20 free throws when you are finished with your workout. **Keep track of your makes.**

The “Make it Rain” workout is for the high school athlete who wants to improve their 3 point shooting ability. While this is a 3 point shooting workout, it could easily be adjusted to a 2 point shooting workout.

3 Point Spot Shooting:

Choose 10 spots from around the arc. Left corner, left wing, left elbow, top of the key, right elbow, right wing, right corner and then pick 3 spots to do again. Shoot 20 shots per spot = 200 shots (3 pointers) – keep track of makes.

Shot – Fakes:

Shot fake from the left wing, shot fake from the top of the key, shot fake from the right wing. Take one dribble and then pull-up and shoot. Shoot 20 shots per spot = 60 shots (3 pointers) – keep track of makes.

Fast Break 3's

Full court, full speed 3 point shooting. Shoot 10 going down the right side, shoot 10 going down the middle (stopping at the top of the key) and shoot 10 going down the left side. Shoot 10 shots per spot = 30 shots – keep track of makes.

Screen Shooting

Shoot 3 point shots coming off of down screens, ball screens, and flare screens. Shoot 20 shots for each screen from both the left and right wing = 120 shots – keep track of makes.

“You always have to give 100%, because if you don’t someone, somewhere will give 100% and they will beat you when you meet.”

Ed McCauley

Shooting Program: Shooting for Beginning Basketball Players



- Mikan Drill
- Lay-ups – Right & Left Handed
- Roll and Retrieve, Power Lay-ups
- Slide Shooting
- Two Chair Drill
- “15”
- 4 Spot Shooting

Between each shooting drill, shoot **5** free throws before you move onto the next shooting drill. Shoot 10 free throws when you are finished with your workout. **Keep track of your makes.**

Mikan Drill:

From under the basket, make a layup with the right hand, rebound the ball under the net with the left hand and make a layup with the left hand. Rebound with the right hand and make a layup with the right hand. Continue to repeat this, alternating hands. **Run this drill for 30 seconds to a minute.**

Lay-ups – Right and Left Handed

Begin on either wing in Triple-Threat position, rip the ball and go strong to the basket for a lay-up. Make 10 lay-ups on the right side and 10 lay-ups on the left side.

Roll and Retrieve, Power Lay-up Drill:

In this drill, the player has the ball at the right elbow and rolls it on the floor toward the right low block. She runs after the ball, retrieves it, squares up to the basket, makes a pump fake, and makes the power lay-up, or bank-shot off the glass. **Make 10 shots on one side and then repeat the drill on the left side.**

Three Swishes

Start directly in front of the rim. Use proper form and shoot the ball. You must swish three in a row to take a step back. A made basket keeps the player at his current spot. A miss results in one step forward. Work back to the free-throw line.

Slide Shooting

One player rebounds and the other shoots. Shooter begins at one elbow and slides to the other elbow, slowly, with hands ready. Shooter catches the ball on a one-count and immediately shoots. After finishing the release, the shooter returns to a stance and slides to the other elbow, where she receives the pass and shoots. Make ten shots and rotate.

Two Chair Drill

Take two chairs and put them roughly ten feet from each other in two spots where the player is likely to get shots. Take two basketballs and put one in each chair, which face away from the hoop. Start in front of one chair and slide to the other chair, pick up the ball and shoot. Retrieve the ball and return it to the chair. Slide to the next chair and repeat.

“15”

A player starts in the center of the lane and must make three straight shots. After three straight, she moves to the first hash mark, then the second, then the third, and finally to the free throw line. After making three from the free throw line – the shooter should work their way back down to the third hash mark, second, first and finally finish back in the center of the lane.

OU Shooting

The shooter goes for one minute or for a set number of makes. The shooter shoots and rebounds her own shot. After grabbing the rebound, she takes two dribbles away from the basket, squares, and shoots again.

4 Spot Shooting

One passer and one shooter. The shooter chooses four shots from four spots within their shooting range. The shooter moves quickly from spot to spot after the shot. The shooter shoots at all four spots, then starts back around. The shooter will go until she shoots 16 shots (four times around the arc) – keep track of makes. Shoot as many sets as the shooter would like. For a variation, do the same drill but instead of spot stationary shooting, have the shooter fake the shot, dribble adjust, and then shoot a lay-up or work on pulling up for a jump shot.

“Good, better, best. Never let it rest. Until your good is better and your better is best.”

Tim Duncan