

# **CHISHOLM TRAIL BASKETBALL SKILL WORK:**

## **SHOOTING**

### **LAYUP DRILLS:**

Mikan Drill (Make 30 Each Side)

X-Out Layups (Dribble inside out around elbows, alternate right and left, 1 minute, try to beat your best score)

Kentucky Individual (Make move at 3 point line and score at rim; Right/Left; Speed Dribble, Hesitation, In and Out, Cross-Cross, Quick Move; Include wrong foot layups, Euro step)

Rebound Series (Start at elbow, toss ball off backboard, rebound the ball and score; include shot fake, shot fake crab dribble and finish on opposite side, tip-ins)

Post Moves (spin ball and catch on block; drop step, up and under, left shoulder jump hook, right shoulder jump hook, face up shot, face up shot fake and attack; guards can do these too)

### **FORM SHOOTING:**

1 Hand Form Shooting – In close; 3 spots; 3 makes at each spot

2 Hand Form Shooting – In close, 3 spots, 3 swishes at each spot, take step back and repeat x 2

Spin and Step In – Spin ball and step in strong to shot, different spots on the floor, 20 makes

### **GAME SHOTS AT GAME SPEED SHOOTING:**

Partner Shooting – Catch and Shoot (1 Minute), Shot Fake Shot (1 Minute), Shot fake one dribble pull up (1 minute), back to catch and shoot (2 Minutes)

Gator Shooting – 5 spots (corner, wing, top, wing, corner), 3 shots at each spot (3, shot fake one dribble pull up, shot fake get to the rim)

Around The World (70 Makes Total) – Make 5 at each spot (Blocks, Mid Post, Elbows, FT Line, Corners, Wings, Slots, Top)

Star Shooting – 5 spots in order (corner, opposite wing, opposite wing, corner, top) 3 minutes

SHOOT 100 Free Throws – Keep track!