

SHOT DEVELOPMENT DRILLS

VIDEO TIME STAMPS

Start	End	
0:00	0:30	Use AFTER form shooting workout. BEST done with a partner. Vary drills used and number of sets as time and need dictates.
0:40	1:10	15 Ft. Tempo Dribble: One dribble - 1-2 step into jump shot - Sets are 10 makes
1:12	2:00	Elbow 1-2 Step-Ins: Start at top of key come forward to elbow - Always retreat to top of key and come forward to opposite elbow HARD - Sets are 10 Makes
1:05	3:10	Chair Drills: Shooter starts on baseline - Execute Curl, Pop and Fade - Sets are 5 makes - Make sure shooter goes both directions
3:12	4:05	From ½ Court Dribble Drives: Start at ½ court - Hard dribble to 3 pt. line - Execute Crossover to Middle, Hesitation to Baseline and Stutter Step same direction and Crossover - Sets are 5 makes - Again do both sides
4:10	5:07	Magic Drill: Wing to wing and ½ court to top of key 3 pt. shots - Sets are 6 Makes
5:10	6:45	7 Spot Around the World: From seven spots around arc must make 1 3 pt. shot, one lift fake pull up jumper going right and one lift fake pull up jumper going left

WATCH VIDEO

