



FORM SHOOTING - BEEF

SET-UP:

Everyone has a basketball each, you can create 3 lines around the smile

EXPLANATION:

1. Athletes are to shoot form shots at hoop, once they make 3 shots, they can move to next spot.

TEACHING POINTS:

BEEF

1. Balance

- **Stance:** Stand with your feet shoulder-width apart to maintain good balance.
- **Weight Distribution:** Distribute your weight evenly on both feet.
- **Knees Bent:** Keep your knees slightly bent for better stability and power.

2. Eyes

- **Target Focus:** Keep your eyes focused on the target (usually the back of the rim or a specific spot on the hoop).
- **Consistent Point:** Choose a consistent point to aim at every time you shoot. This helps with accuracy and consistency.

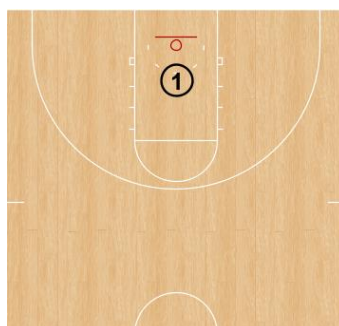
3. Elbow

- **Alignment:** Ensure your shooting elbow is directly under the basketball, forming an L shape.
- **Straight Path:** Your elbow should follow a straight path toward the basket, helping to guide the ball.

4. Follow-through

- **Wrist Snap:** After releasing the ball, snap your wrist to create backspin.
- **Hold Position:** Hold your follow-through position until the ball reaches the basket. Your shooting hand should be like you're reaching into a cookie jar, and your fingers should be pointing down.

IMAGE OF DRILL:





SPIN SHOOTING

SET-UP:

Everyone has basketball and finds a spot around the 3-point line

EXPLANATION:

1. Players to spin the basketball towards the hoop, going into correct foot work and shot.
2. Spin the ball twice with the below footwork
 - a. Right Handers – Left -> Right -> Shoot
 - b. Left Handers – Right -> Left -> Shoot
3. Have athletes go for a specific time, encouraging great technique over longer shots or quicker repetitions.

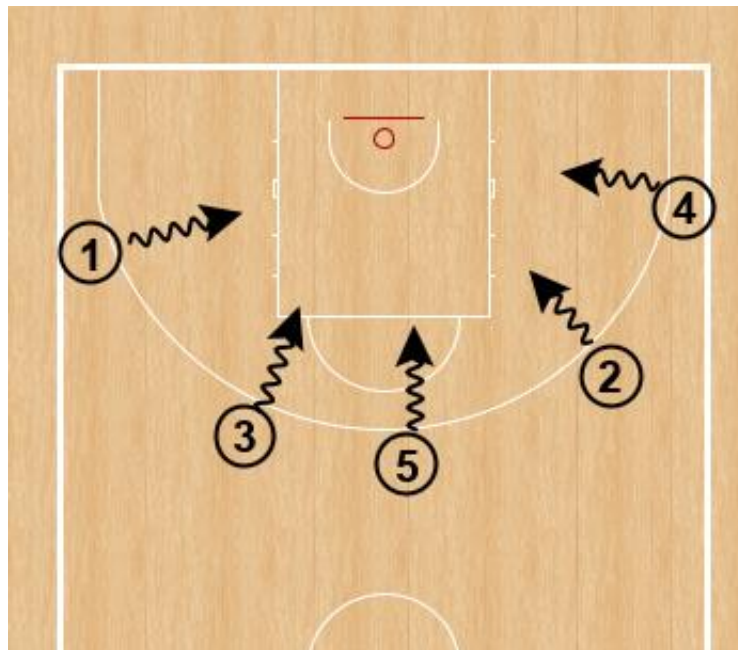
TEACHING POINTS:

Continue to focus on the BEEF technique from Form Shooting, but focusing on out footwork also

VARIATIONS:

Have athletes start on baseline / Key line and them to spin ball to block and use inside foot pivoting to shoot.

IMAGE OF DRILL:





PARTNER DECISION SHOOTING

SET-UP

Partner Up, 1 basketball between each duo

EXPLANATION

1. Athlete under the hoop with a ball
2. Shooter at point on 3-point line (you can go closer if athletes can't make distance)
3. Once pass has been made, the passer can make a few "arm calls" to help with decision making of the athletes.

ARM CALLS

Both Hands Down = Shoot

Both Hands Up = Dribble to Lay-Up

Left or Right Hand Up = Dribble towards that hand up for Dribble Pull Up Shot

Clap = One or Two dribbles into a Floater

TEACHING POINTS

Ensure athletes have correct footwork going into the shot attempts / dribble pull ups

You may want to start with just the first two decisions prior to incorporating the latter ones.

COMPETITIVE:

First individual to get 5 points

Image of Drill:

