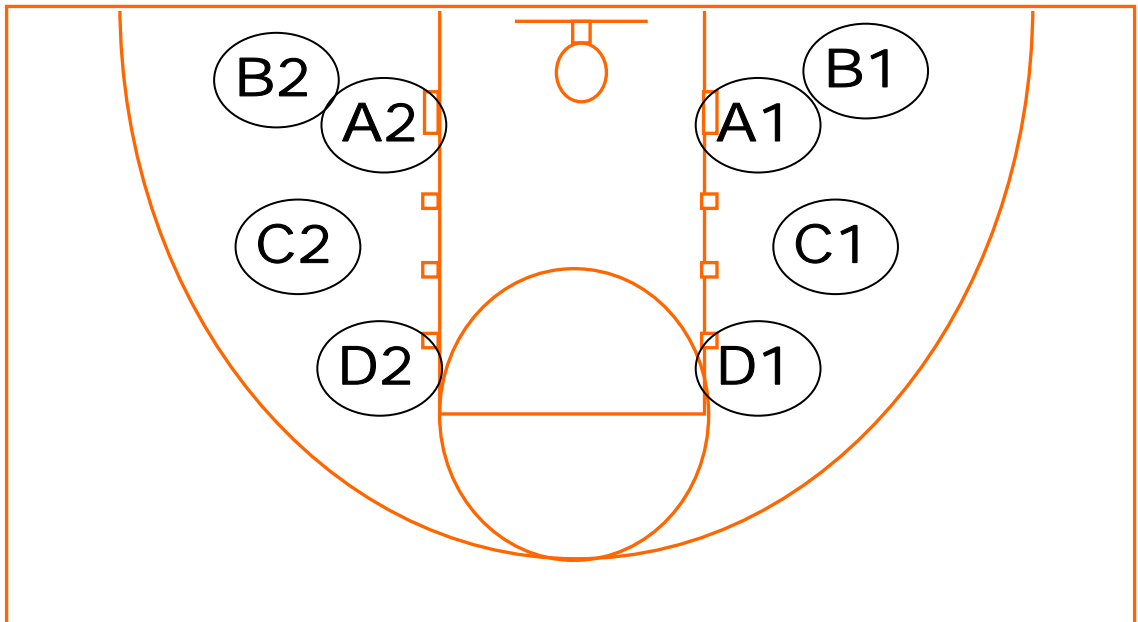


Station Shooting

"One Minute Shooting Drill"

This drill is basically set up with players pairing up at a basket with 1 basketball. The coach should have a stopwatch and a whistle.

1. Players are lined up at spot **A1** at their basket: One player will shoot first X1, one player will rebound first X2.
2. On the coach's whistle, the first player X1 starts shooting over and over until the coach blows the whistle again. Make sure that X2 retrieves the rebounds quickly, and makes strong passes to X1.
3. The players switch, X2 now shooting at spot **A1** and X1 is now the rebounder.
4. After X2 shoots, the players move to **A2**, then **B1**, **B2**, etc. Coaches must ensure that the players are using the correct shooting form! Always promote practicing good habits!



Option:

A more advanced way to run this drill is to have player X1 shoot from A1 to A2 or B1 to C1, etc. EX: X1 takes their first shot from B1, quickly moves to C1 shoots, then back to B1, and so on...

Game Shots / Game Spots / Game Speed
(Game shots at game spots at game speed)