

# V-Hawk Perimeter Shooting Drills

## Combination of Catch & Shoot, Off-Dribble Shooting, and Playmaking Drills

### Ray Allen Shooting

- Ray Allen Warm-Up – Partner Shooting
  - Make 5 Shots from 5 Spots at 5 Different Distances
  - Mix in 5 Free Throws Between Each Spot on the Floor (Baseline, Wing, Top of Key)
  - 150 Made Shots
- Ray Allen Shooting – 4 Man Groups (2 Balls)
  - 1 Shooter, 1 Rebounder, 2 Passers/Screeners
  - Curl Handoffs from 10, 12, 15, Top of Key 3, Wing 3, Baseline 3
    - 1. Must Make Shot from Each Spot to Move to Next Spot
      - Mix in Handoff Shoot, 1 Dribble Pull-up, 2 Dribble Pull-up
      - Mix in Side Handoff Received
- Celtic Three Point Shooting Drill – 3 Man Groups
  - 2 Minutes on the Clock
  - Each Player Must Make 2 Shots Consecutive from 5 Spots (Around and Back) Before Time Runs Out

### Action Shooting

- 3 Man Groups – Top of Key, Left/Right Wing
  - Pass Right Wing, Receive Pass Back, Playmaking on Left Wing
    - 1. Dribble at Back-cut
    - 2. Draw and Kick
    - 3. Dribble at Handoff to Jumpshot
  - Rotate Players and Side of Basket
  - Encourage Player to Make Backdoor Pass with Correct Hand
- Playmakers
  - Lay-Up, Pull-Up, Step Back Jumper, Step Back Finish, Step Back Spin-Finish

### Screening Shooting

- Screening Series – 5 Man Groups
  - Passer Top of Key, 2 Screeners (Right/Left Block Area), 1 Defender, 1 Shooter
  - Shooter Can Use Either Side, Defender Must Contest Shot
  - Shooter Gets Max 2 Dribbles on Catch
- Ball-Screening Drill
  - Use Turn the Corner (Little to No Show)
  - Hesitation Dribble (Hard Show, Quick Recover)
  - Split Show (Over Show)

- If Working w/ Screener – Pick and Roll, Pick and Pop, Quick Slip, Follow Behind
- Figure 8 Shooting – Cones on Baseline, Wing, Top of Key
  - Start Under Basket – Come Off Cone for Square-Up Shot – Run Under Basket & Repeat on Opposite Side
  - Goal is 10 Makes – Switch Partners
  - Can Incorporate Shot Fakes, One-Dribble Pull-Ups, Plays at Rim

### **Cone Shooting**

- Step Back Shooting Series
  - Right/Left – 1 Dribble Step Back Shot
  - Right/Left – 1 Dribble Step Back Shot Fake Shot
  - Right/Left – 1 Dribble Step Back Crossover Shot
  - Right/Left – 1 Dribble Step Back Crossover Get to Rim
- Cone Shooting in 1/3 Court – 3 Man Groups
  - Left Wing, Top of Key, Right Wing
    1. Touch Cone, Receive Pass from Opposite Side, Catch and Shoot, Touch Opposite Cone, Receive Pass from Other Player, Catch and Shoot
    2. 10 Makes Each Side
    3. Mix in 1 Dribble Pull-up Shooting

### **Combination Shooting/Ball-Handling Drills – Eric Ambrose Series**

- Four ways to finish with combo dribbles
  - Four ways to finish: regular layup, jump stop (with or without head fake), jump stop-pivot-finish (with both hands, left, or right), hips across jump stop w/finish
  - For dribble combination, do every way to finish from the left and right sides.
  - Dribble combinations include:
    - Cross-over
    - Between the legs
    - Inside-out
    - Behind the back
    - Inside-out cross
  - Equals a total of 40 layups total with each move with each finish (20 Right/20 Left)
- 5 SPOT DRILLS (5 spots include areas for starting spots. It is the right and left corners, right and left free-throw line extended, and the top-of-the key spot. \*Incorporate head-fakes, jukes, etc. in each drill setting in order to make yourself more versatile and harder to guard. DO NOT GO THROUGH THE MOTIONS.
  - DRILL #1: Warm-up shots from each spot, make one (Catch in bent knees position, PAUSE, then explode up and shoot in one motion)
  - DRILL #2: Pull-ups from each spot, left and right. Must make one shot from each direction before moving on. Shoot 2 free-throws after.

- DRILL #3: 5 spots and finish at the rim. Toss the ball out to the next spot after making the layup, catch and face up, then drive. Incorporate 4 ways to finish, jukes, head-fakes, dribble combos. Shoot 2 free-throws after. Should be tired.
- DRILL #4: 5 spots. Catch and shoot drill. Start at a spot in the corner. Shoot the ball. Have a partner rebound while you SPRINT back to the mid court line. On your way back you will receive a pass on the run. Get your feet set so you can quickly get up a shot. Can only go on to the next spot until you make it from the previous spot. Shoot 2 free-throws after. Missed shots = you very tired.
- DRILL #5: With 5 spots, you will simulate square-ins. You will go “there and back” with the 5 spots, giving you a total of 10 shots for the drill. Start in a corner spot with a standing jump shot. Once you make it, get your rebound and spin the ball out in front of you to the next spot. Run towards it and as you catch it, square in to shoot. Keep doing this until you make it. Then come back around the other way (like mentioned) to work on your other foot. Stay low and work on quickly attacking the ball in order to turn on your way up so you are square to the basket as you release the ball.
- 30 Point Game
  - A good game to simulate live play. Just you and the ball and a half of a basketball court. The harder you work the more benefit you get out of it. Object is to score “30” points in the least amount of shots. You can shoot wherever you desire, but you have to shoot a 2-pointer, then a 3-pointer, then a 2-pointer, etc. With alternating shots, use your imagination. Use pull-ups, finish (if you missing a lot go get a lay-up), Pull-up threes, step backs. Also incorporate above “4 ways to finish”, and dribble combinations using head-fakes, jabs, etc. 2-pointers are worth **1 POINT**, 3 pointers are worth **2 POINTS**. After, you should be tired, so shoot 2 free throws.
- Object skill work
  - You can use chairs as defenders or the toss back as a taller defender. These objects simulate real game defenders that you need to get around or shoot over. It really makes you concentrate on your shot, rather than being distracted by the objects. You can use the objects in a variety of ways, but here are a few drills.
    - Floaters
      - Start from anywhere. Catch the ball and square up. Again, incorporate head-fakes, jabs, etc. Go by one chair and then use a floater over the toss back. Extend your arm and put spin on the ball to have some touch. Make sure you allow some height on it, simulating a big guy in the middle. Use both hands, as being able to use your left will make you more versatile. If you can, try and stay away from the backboard. Shoot two free-throws after desired amount of floaters.
    - Pull-ups
      - Same as floaters except a pull up in front of the toss back.
    - Jumpers from three
    - Lay-ups high off the glass

**\* Make it a game with yourself. This will keep you going hard. Challenge yourself. Think of the times in the games where you failed and you would have given anything to have that shot back. That should keep you motivated. If not, you need to find another sport.**

- Full Court with dribble combinations, pull ups, finishes (4 ways), three pointers
  - This drill simulates a “break” setting.
  - You will do the dribble combinations listed from above:
    - Cross-over
    - Between the legs
    - Inside-out
    - Behind the back
    - Inside-out cross
  - Start by going down the right side of the court. With each dribble combination, incorporate a different shot. One time down do a pull-up three, the next go finish hard, the next shoot a pull up. **YOU NEED TO BE GOING AS FAST AS YOU CAN.** Be under control so that you can rise up and shoot the shot.

Total shots will be 10 full court lengths. Shoot 2 free-throws after. You should be winded if you're running hard.