

# Drake Bulldog Basketball



## Shooting Camp Skills Packet



# **Drake University Shooting Camp**

## **Fundamental Keys and Concepts to becoming a great shooter**

**1. Balance.** Your feet must be balanced and squared to the basket in order to generate enough power for proper arc and distance on the shot. Shoulder width apart, square to target, knees bent. 1-2 step-in to shot. From a stand still shot to a cut into a shot, you catch and deliver the shot with great balance.

**2. "Shot Ready."** Your knees need to be bent, and hands up to tell the passer you are ready to receive the pass. A great passer doesn't deliver a pass to a shooter that isn't "shot ready."

**3. Shot pocket.** Every time you catch the basketball, get it to the shot pocket so you have the choice to deliver the shot, pass the ball, or dribble it. Be hard to guard!

**3. Eyes on target.** It is vital that your eyes are focused on the basket. Great shooters pick a spot that they focus on every time they shoot the ball. Do NOT follow the path of the ball with your eyes. Always focus on the rim.

**4. Start small, end tall!** Knees and arms start bent on the catch and square up for the shot. Start small to give yourself balance and power to deliver the shot. Especially from long distance. As you extend, your legs and arms extend to provide arc on and power on the shot. End tall with arm extension and follow through!

**5. Elbow under the ball.** Your elbow determines the line of flight. Keep your elbow under the ball as you deliver the shot. This prevents ball drifting to right or left.

**6. Follow through "Middle to Middle."** Your middle finger should follow through to the middle of the rim. Snap the wrist and hold your follow through.

**"It comes down to consistency—if you want to be a great shooter, you have to shoot the same way every time." - Ray Allen**



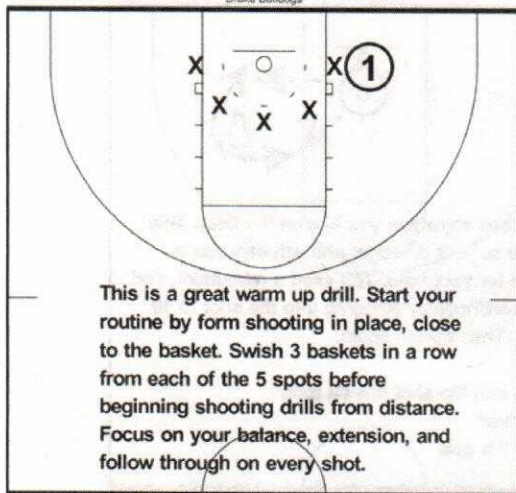
# Drake University Shooting Camp

## Stationary shooting drills

The following drills will improve your form, technique and skill from a stationary position.

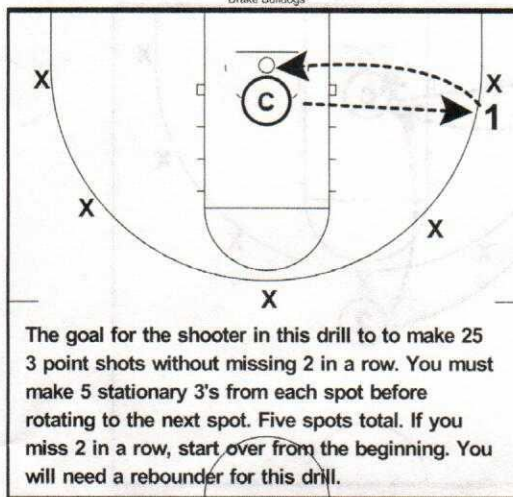
5 spot stationary shooting

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25 Drill - Stationary

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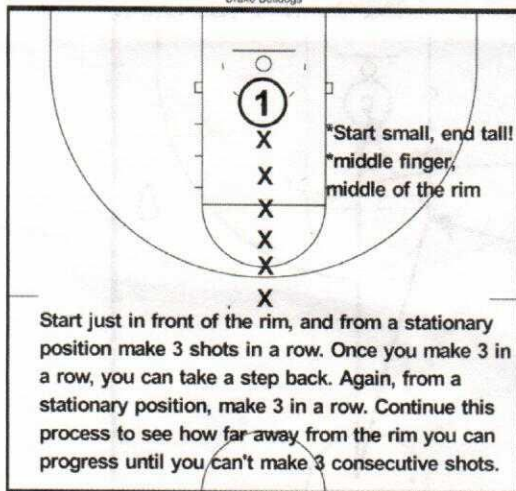
\*Focus on being "shot ready"

\*Start small and end tall

\*Think middle finger to middle of the rim on follow through.

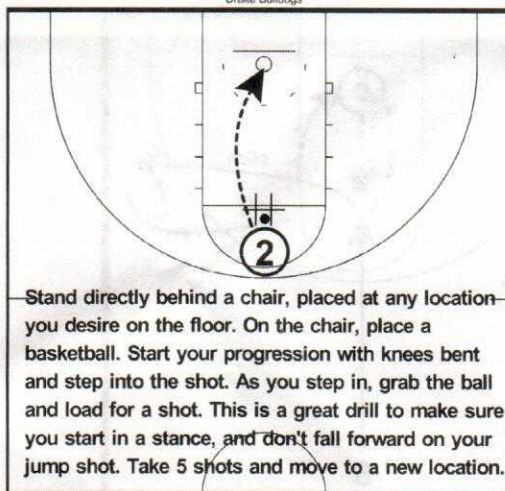
Know your range

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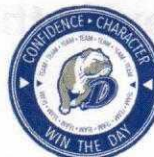


Chair Shooting

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For each and every shot you take as a stationary shooter, you **MUST** focus on your technique. You will learn valuable muscle memory, touch, and timing during the stationary stages of becoming a shooter. You **CANNOT** become a great game shooter if you don't commit to first becoming an excellent stationary shooter.





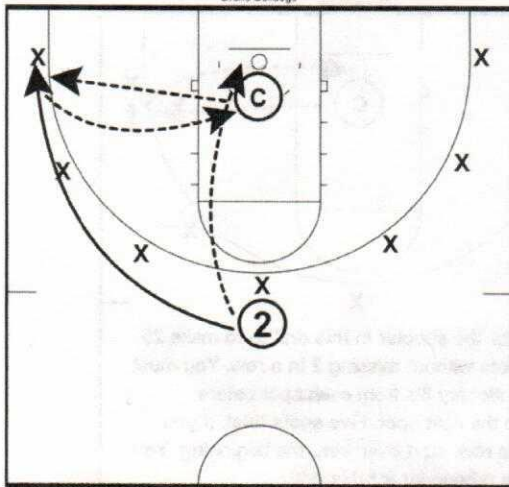
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## Moving shooting drills

The following drills will improve your form, technique and skill while moving on the basketball court prior to shooting.

Ray Allen Drill

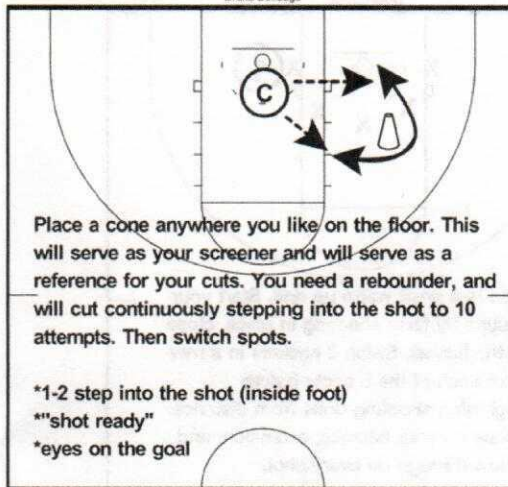
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The goal for the shooter in this drill is to make 25 3's without missing 2 in a row. Similar to the "25 Drill", but now the shooter is moving game speed along the perimeter. You must sprint along the perimeter and never take a shot from the same spot twice in a row. If you reach 25, keep going to see how high of a score you can achieve. If you miss 2 in a row, you must start over.

Cone Shooting

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Place a cone anywhere you like on the floor. This will serve as your screener and will serve as a reference for your cuts. You need a rebounder, and will cut continuously stepping into the shot to 10 attempts. Then switch spots.

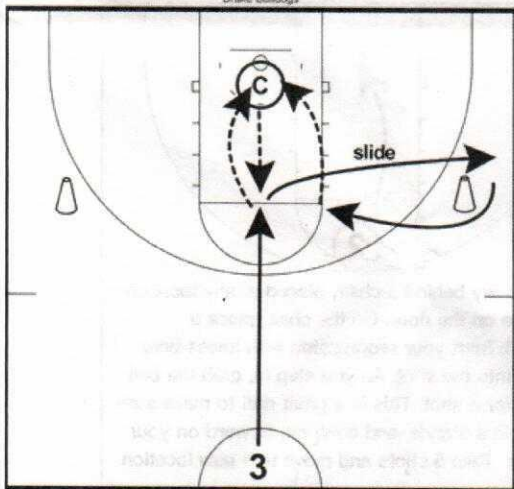
\*1-2 step into the shot (inside foot)

\*"shot ready"

\*eyes on the goal

3 Spot Jumpers - with defensive slide (1 of 2)

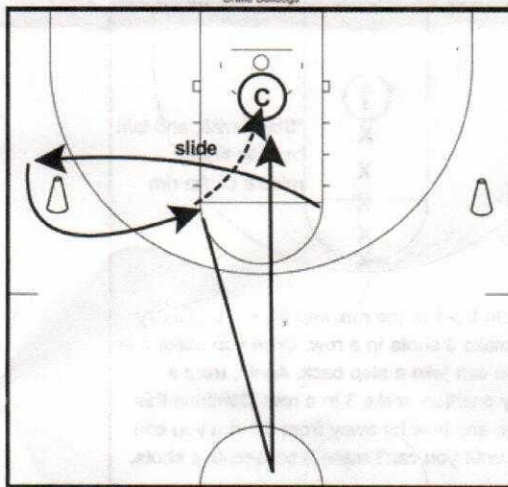
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The shooter sprints from 1/2 court into a jumper at the FT line. He will then slide (back to baseline) to the right cone and sprint around the cone to the elbow for a jump shot.

3 Spot Jumpers - with defensive slide (2 of 2)

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After the first elbow shot, the shooter slides to the left cone, then sprints into an elbow jumper from the left side. Finally, he will sprint to 1/2 court, then back to receive a pass for a lay-up to finish the drill. You MUST make all 4 shots in a row to end the drill. If you miss, start over.

For each and every shot you take as a moving shooter, you **MUST** focus on stepping into the shot, with your hands ready. Show the passer you are ready. Stay low to keep your balance, so you can elevate and square up correctly. 1-2 step in on everything. Start small, end tall!



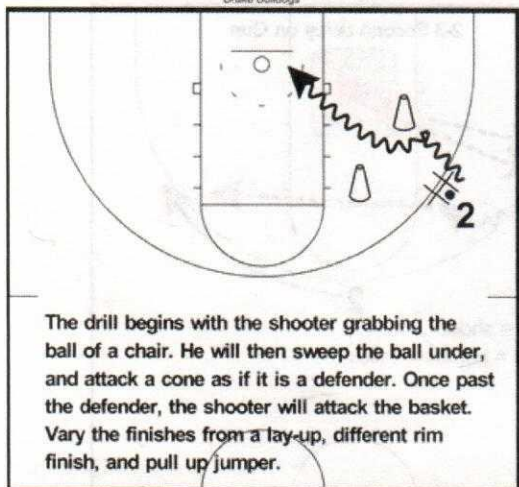
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## Shooting off the dribble

**The following drills will improve your form, technique and timing for shooting the basketball off the dribble.**

Attack Series (1 of 2)

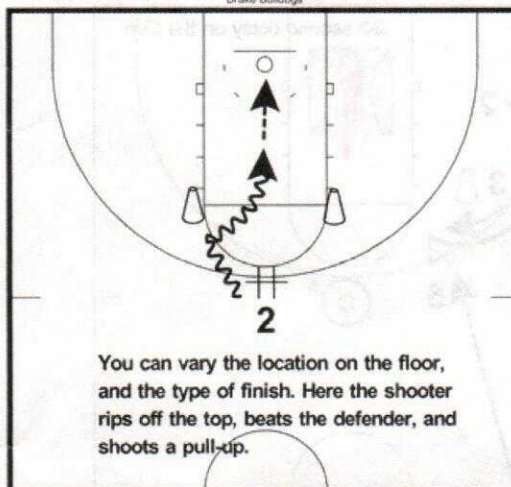
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The drill begins with the shooter grabbing the ball off a chair. He will then sweep the ball under, and attack a cone as if it is a defender. Once past the defender, the shooter will attack the basket. Vary the finishes from a lay-up, different rim finish, and pull up jumper.

Attack Series (2 of 2)

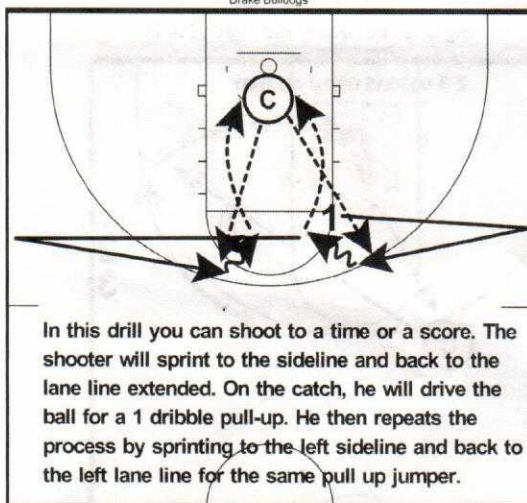
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You can vary the location on the floor, and the type of finish. Here the shooter rips off the top, beats the defender, and shoots a pull-up.

Moncrief Drill

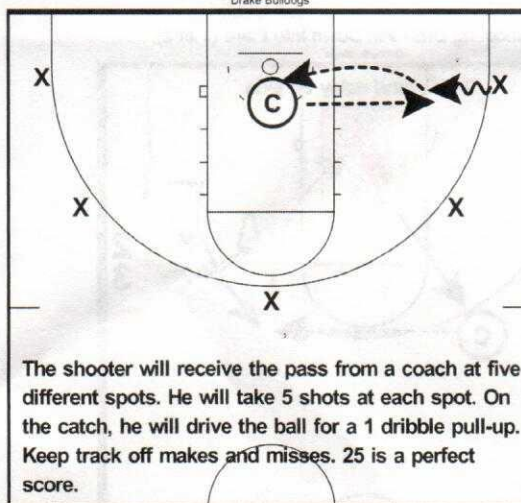
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In this drill you can shoot to a time or a score. The shooter will sprint to the sideline and back to the lane line extended. On the catch, he will drive the ball for a 1 dribble pull-up. He then repeats the process by sprinting to the left sideline and back to the left lane line for the same pull up jumper.

25 Bounce

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The shooter will receive the pass from a coach at five different spots. He will take 5 shots at each spot. On the catch, he will drive the ball for a 1 dribble pull-up. Keep track of makes and misses. 25 is a perfect score.

**For each and every shot you take off the dribble, you MUST focus on stepping into the shot, and finishing with a strong power dribble prior to rising up into the shot. We call this a "Jerry West". Stay low on all dribble moves, for power and quickness. Start small, end tall! Always Jerry West into the shot!**





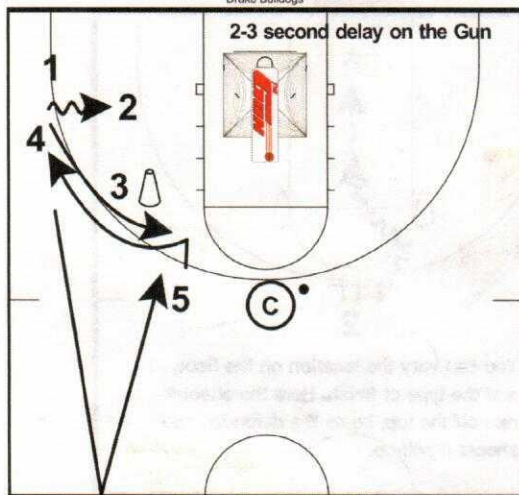
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## Shooting drills for THE GUN

The following drills are used in conjunction with using THE GUN shooting system. The Drake Bulldogs use all of the drills below.

Gun Shooting Drill - 5 Spot Shooting

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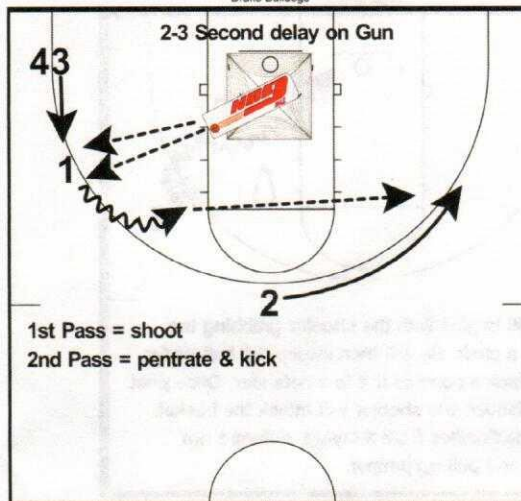


A coach or teammate will be positioned at the top of the key. He will be the pass for the entire segment of the drill. The shooter will receive all passes from the top.

- 1) Catch and shoot 3 from the corner.
- 2) 1 dribble pickup from the corner.
- 3) Step into the shot after a pin down.
- 4) Flare into a wing jumper.
- 5) Spin to 1/2 into a trailing 3.

Gun Shooting Drill - Penetrate & Kick

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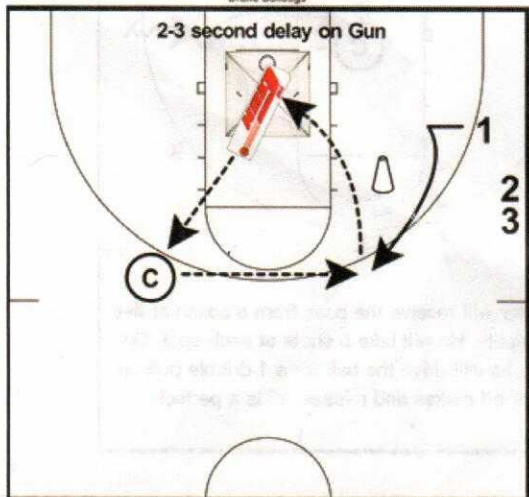
1st Pass = shoot  
2nd Pass = penetrate & kick

This is an ideal drill to run with 4 people. Each person will receive two passes from the Gun. 1st pass is a catch & shoot. 2nd pass is penetrate & kick (can rip & go, or shot fake & go).

On penetration, player waiting in line (3) will rotate to the wing and begin the next round. 1 passes to 2 on the drift, then will become next drift man at the top of the key. 2 rotates to the end of the line behind player 4.

Gun Shooting Drill - Pin Down Into Flare (1 of 2)

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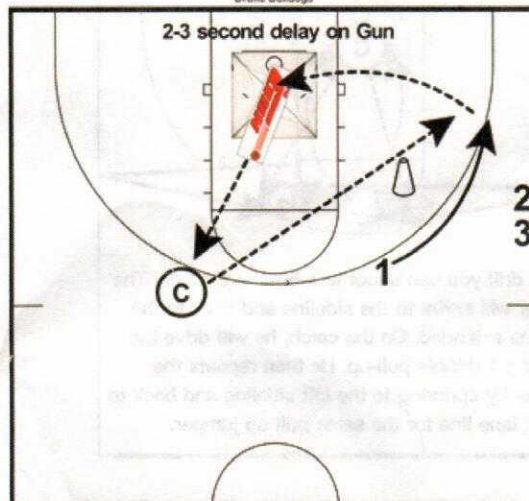


This is an ideal drill for three players. If you have 4, designate one person as the passer and rotate players.

Player 1 will set up his cut to receive a screen off of a pin down.

Gun Shooting Drill - Pin Down Into Flare (2 of 2)

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After taking his 1st shot, player 1 will now use a flare/fade screen toward the corner to take his 2nd shot. Immediately after the attempt, player 2 cuts off the pin down to the top.