

2013 SEAHAWK SHOOTING CLUB



“THE ROAD TO 10,000+ MAKES.”

CREATED BY: COACH JACKSON

OBJECTIVE

VISION

As a team we are smart, tough minded, well conditioned, unselfish, and in all that we do our disposition is to *ATTACK*.

The offseason is time for individual improvement. In order to be a great basketball player one must put in the time. "Some people want it to happen...some wish it would happen...others make it happen (Michael Jordan)."

GOAL

The 2013 Seahawk Shooting Club is designed to enhance and improve:

- Confidence
- Shooting footwork and form
- 2013-14 team FG % and individual FG %
- "Shoot 2 Score" mentality
- Ball handling
- Lateral quickness
- Strength and conditioning

EXPECTATIONS

This book was created to guide players in the right direction and to record their progress throughout the off-season. Workouts can be done in the gym, park, driveway or backyard – you just need a hoop. Workouts are supposed to be hard and short. Our motto is "get in and get out," not lasting more than 60 to 75 minutes.

- SHOTS = Preferably midrange and 3 pt. jump shots relevant to our team offense.
- Learning the *1, 2 Step* will be crucial to becoming a great rhythm shooter.
 - As the player awaits the pass the opposite foot is slightly ahead of his strong foot. On the catch, step the strong foot parallel of the opposite foot with the stance being shoulder width apart. Once the 1, 2 Step occurs, player needs to have strong leg drive and jump over the "line" on his shot.
- Each player needs to mix in dribbling and rebounding drills within his shooting sessions

MISSION

Peninsula Boys' Basketball Players (V/JV/C) will become prestigious members of the *Seahawk Shooting Club* once they make **10,000+ shots**. *Seahawk Shooting Club* members will receive a commemorative shirt. Players have until November 18, 2013 to complete this mission. 2012 Snipers must make at least 10,000+ shots for their membership to be renewed for the 2013-14 season. (NOTE: this is for fun and not required.)

PENINSULA BASKETBALL SHOOTING 101

BALANCE & FOOTWORK

- “1, 2 step”: butt down, left foot attack basketball (right handed shooters), on catch bring right foot forward shoulder width apart.
- L, R foot need to be squared to the basket with your strong foot slightly ahead for balance.
- Strong leg drive going upward, weight going towards hoop, land in front of original position.
- Great shooters *do not* drift to the left, right or backward.

ELBOW

- Shooting elbow tucked to your rib cage (i.e., side) forming “L” shape towards target.
- *Do not* allow your shooting elbow to “flare” out. Perfecting this mechanic increases your accuracy and rhythm as a shooter.

EYES

- Lock-in on target – back of rim, front of rim or top corner square depending on preference, distance and angle.
- Great shooters “eye the rim” on every catch.

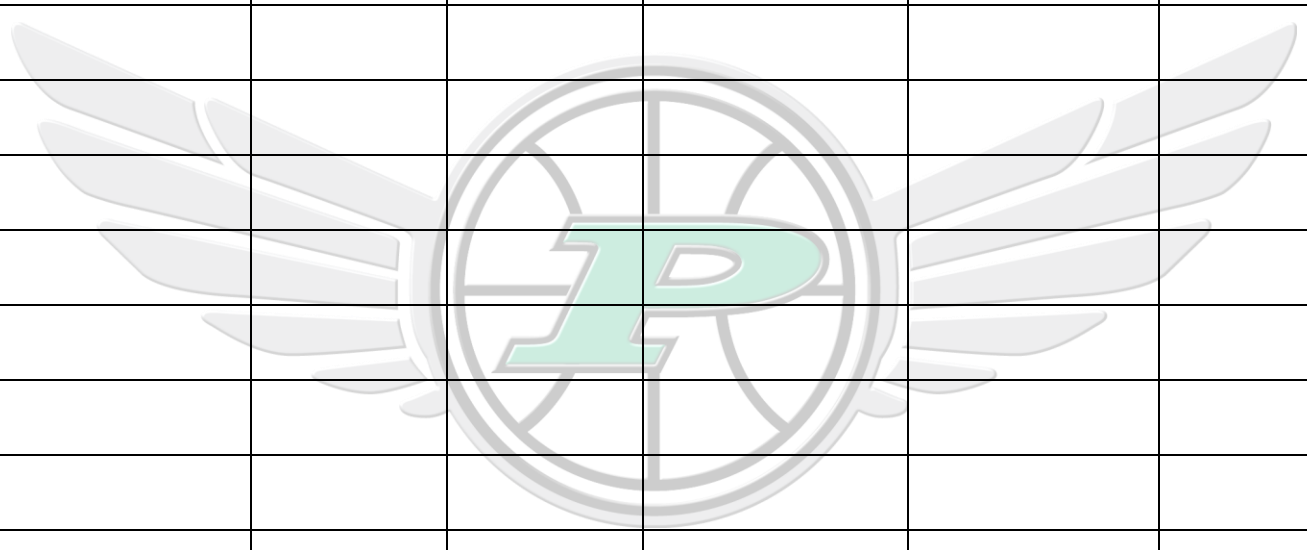
FORM

- Guide hand vs. shooting hand = great shooters shoot with their shooting hand (i.e., “1-hand shooter”).
- Guide hand: make sure your thumb is against index finger to eliminate using guide hand on your release.
- Shooting hand: use your finger tips, not palm for accuracy. Always want to use your thumb, index and middle fingers, which are your dominant shooting fingers. Using too much pinky or ring finger takes away proper rotation and spin.

SEAHAWK SHOOTING CLUB INITIATION - THE ROAD TO 10K MAKES

To qualify you need 10,000+ TOTAL MAKES

SHOOTLING LOG					
WEEK	MADE LAY-UPS	MADE FT'S	MADE MIDRANGE	MADE 3-POINTERS	TOTAL MADE
TOTAL MADE					



POST WORKOUT #1 (GYM – 2 PLAYERS)

PENINSULA BASKETBALL

1. WARM-UP

- 2 sets of 10 Mikans
- 2 sets of 10 Reverse Mikans
- 10 Foul Line & Ins (both sides)
- 10 Baseline & Ins (both sides)
- 10 Pastner Rip Slams
- 10 Superman Rebounds

2. BALLHANDLING

- 2 Balls Cone Work – head up, hard and fast!
 - Normal
 - Inside out
 - Hesitation
 - Combination

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots
- 10 Free Throw's
- Triangle Shooting (i.e., elbow-to-elbow shooting) – 10 makes in least amount of time
- 10 Free Throw's
- 1-2 Step Hubie Brown's On The Move (:45 seconds). Alternating between two locations. 8 total reps.
- 10 Free Throw's
- 2 In A Row Shooting (5 min.)
- Celtic (2 min)

POST WORKOUT #2 (GYM – 2 PLAYERS)

PENINSULA BASKETBALL

1. WARM-UP

- Ball Series
- McHale Layups (both sides)
- 2 sets of 10 Mikans
- 2 sets of 10 Reverse Mikans
- Sideline Touches
- 10 Backboard Slams – Power

2. BALLHANDLING

- 1 Ball Cone Work – head up, hard and fast!
 - Crossover
 - through the legs
 - behind the back
 - inside out
 - hesitation
 - combination

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots
- 10 Free Throw's
- Triangle Shooting (i.e., elbow-to-elbow shooting) – 10 makes in least amount of time
- 10 Free Throw's
- Ball Screen Shooting
- Short Corner Finish
- 10 Free Throw's
- Salim

POST WORKOUT #3 (PARK – 1 PLAYER)

PENINSULA BASKETBALL

1. WARM-UP

- 10 Shaun Brown Put Backs – on block (both sides)
- 10 Superman Rebounds
- 10 Backboard Slams – Speed
- 10 Foul Line & Ins (both sides)
- 10 Baseline & Ins (both sides)

2. BALLHANDLING

- 2 balls stationary work – head up, hard and fast!
 - Pound Together (:30 seconds)
 - High dribble to low dribble (:30 seconds)
 - Inside out with both basketballs (:30 seconds)
 - Back and forth with both basketballs (:30 seconds)

3. SHOOTING (*record all shots make or miss*)

- Five Spot Shooting – midrange. 5 spots...10 makes each spot
- 20 Free Throw's
- 10 Step By's, One Long Dribble (both sides)
- 10 Shot Fake & Move from 5 midrange spots
- 10 Free Throw's
- 10 Post Moves – Hooks (both sides)
- 10 Post Moves – Baseline (both sides)
- 10 Free Throw's
- Around The World – no dribble. 10 makes from each spot (5 spots)
- Around The World – 1 dribble. 10 makes from each spot (5 spots)

POST WORKOUT #4 (PARK – 1 PLAYER)

PENINSULA BASKETBALL

1. WARM-UP

- 2 sets of 10 Mikans
- 2 sets of 10 Reverse Mikans
- Rebound and Put Back
- 10 Foul Line & Ins (both sides)
- 10 Baseline & Ins (both sides)
- McHale Layups (both sides)

2. BALLHANDLING

- 2 Ball Dribbling Series (:20 seconds for 2 sets each). Player executes the following in a stand still position with their head up:
 - Same
 - Alternate
 - One high, low
 - Behind Back
 - Crossovers

3. SHOOTING (*record all shots make or miss*)

- Post Moves to Basket
- 10 Free Throw's
- Around The World – no dribble. 10 makes from each spot (5 spots)
- Around The World – two dribbles. 10 makes from each spot (5 spots)
- 10 Free Throw's
- 10 Elbow X-Outs
- 10 Post Moves – Baseline (both sides)
- Bankshot Progression
- 10 Free Throw's

PERIMETER WORKOUT #1 (GYM – 2 PLAYERS)

PENINSULA BASKETBALL

1. WARM-UP

- Sideline Touches
- 10 Foul Line & Ins (both sides)
- 10 Baseline & Ins (both sides)
- 10 Pastner Rip Slams
- 10 Superman Rebounds

2. BALLHANDLING

- 1 Ball Cone Work – head up, hard and fast!
 - Crossover
 - Through the legs
 - Behind the back
 - Inside out
 - Hesitation
 - Combination

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots
- Triangle Shooting (i.e., elbow-top of key-elbow shooting) – 30 makes in least amount of time
- 10 Free Throw's
- 1-2 Step Hubie Brown's On The Move (:45 seconds). Alternating between two locations. 8 total reps.
- Bankshot Progression
- 10 Free Throw's
- Celtic (2 min.)
- Salim

PERIMETER WORKOUT #2 (GYM – 2 PLAYERS)

PENINSULA BASKETBALL

1. WARM-UP

- Sideline Touches
- 10 Foul Line & Ins (both sides)
- 10 Baseline & Ins (both sides)
- 10 Step By's, One Long Dribble @ wing positions (both sides)
- 2 sets of 10 Mikans
- 10 Backboard Slams – Speed

2. BALLHANDLING

- 2 Balls Cone Work – head up, hard and fast!
 - Normal
 - Inside out
 - Hesitation
 - Combination

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots
- Triangle Shooting (i.e., elbow-top of key-elbow shooting) – 30 makes in least amount of time
- 10 Free Throw's
- 10 Screen Attack Basket – midrange (both sides)
- 10 Shoot Behind The Ball Screen – 3 pt. (both sides)
- 20 2's from 5 spots (100 makes)
- 20 3's from 5 spots (100 makes)
- 10 Free Throw's

PERIMETER WORKOUT #3 (PARK – 1 PLAYER)

PENINSULA BASKETBALL

1. WARM-UP

- 2 sets of 10 Mikans
- 2 sets of 10 Reverse Mikans
- 10 Backboard Slams – Speed
- 10 Superman Rebounds
- McHale Layups (both sides)

2. BALLHANDLING

- 2 Ball Dribbling Series (:20 seconds for 2 sets each). Player executes the following in a stand still position with their head up:
 - Same
 - Alternate
 - One high, low
 - Behind Back
 - Crossovers

3. SHOOTING (*record all shots make or miss*)

- Around The World 3's – No Dribble. 10 makes per spot, 5 spots
- Around The World Midrange – 1 Dribble. 10 makes per spot, 5 spots
- Around The World Midrange – 2 Dribble. 10 makes per spot, 5 spots
- 10 Free Throw's
- 10 Split The Screen – midrange pull up jump shots (both sides)
- 10 Free Throw's
- Perfect 50
- Bankshot Progression
- 20 Free Throw's

PERIMETER WORKOUT #4 (PARK – 1 PLAYER)

PENINSULA BASKETBALL

1. WARM-UP

- 2 sets of 10 Mikans
- 10 Foul Line & Ins (both sides)
- 10 Baseline & Ins (both sides)
- 10 Backboard Slams – Height
- 10 Superman Rebounds

2. BALLHANDLING

- 2 balls stationary work – head up, hard and fast!
 - Pound Together (:30 seconds)
 - High dribble to low dribble (:30 seconds)
 - Inside out with both basketballs (:30 seconds)
 - Back and forth with both basketballs (:30 seconds)

3. SHOOTING (*record all shots make or miss*)

- 2 In A Row Shooting (5 min)
- 10 Step By's, One Long Dribble (both sides)
- 10 Free Throw's
- Fast Break Jumpers
 - 3's
 - Midrange
 - Shot Fake
- 20 2's from 5 spots (100 makes)
- 10 Free Throw's
- 20 3's from 5 spots (100 makes)
- 10 Free Throw's
- Beat The Pro

EXPLANATION OF DRILLS

Post Workout

Warm-Up

BALL SERIES	Big men stationary warm-up drill – Palm Slaps, Arm Extension ball on fingertips. Body Circles – Around Waist, Head, Both Legs, Single Legs, Figure 8 Around Legs, Around Body. Focus on speed repetitions and change of directions.
MIKANS	1 Ball Mikans – don't let ball drop below player's shoulder. Reps of 20 2 Ball Mikans – don't let ball hit floor. Reps of 10 Reverse Mikans – from underneath the basket. Reps of 10
BACKBOARD SLAMS	10 Backboard Taps – hit glass, dunk the last one. Both sides of basket. Two types – one for speed – up and down as quick as you can. One for power – how high are you getting (how high can you slam basketball against backboard...above rim? Above square?)
PASTNER RIP SLAMS	1 player with basketball on block...this player is pushing the basketball against the floor. The second player rips basketball out of player 1's hands, jumps up with the ball and slams against backboard (jump as high as you can and pound basketball against backboard). Reps of 10
SEYMOUR FINISHING	2 Bigs. Toss ball at hoop, first big rebounds and 2nd big provides dummy defense. On rebound finish through contact. 2 nd big rebounds ball, pumps fake and finishes through contact from dummy defense.
McHALE LAY UPS	2 balls are needed for this drill. Place a chair on the right elbow with a ball on the seat. Player has a second ball and starts on the right side of the backboard. Player jumps continuously and bangs the ball on the backboard 3 times. On the 4th jump, player puts the ball in the basket (after scoring, that ball goes out of play. If a coach or a 2nd player is available, he should pick up the ball. If not, let the ball roll out of play). Player then immediately cuts up the lane, inside the chair. Player cuts around the chair, scoops the 2nd ball off the chair. Player drives for a 1 dribble layup. Repeat both sides.
2-ON-1 WALL UPS	Three players are involved in this drill. Two offensive players are on a block opposite each other. One defensive player stands between them facing a coach at the foul line who has the ball. The coach passes the ball to an offensive player and the defender "Walls up" aggressively. The offensive player then passes the ball back to the coach. The coach continues to pass the ball to each block as defender "Walls up" on each catch. The defender moves his feet with arms extended staying attached to the offensive player. Don't foul. Repeat several times.

Rebounding Drills

REBOUND AND PUT BACK	With Coach – either shoot ball for rebound or pound on the ground. Player must gather rebound, "chin the ball" and attack the basket while Coach slaps at player with pads. Finish through contact. Two reps of 10.
SUPERMAN REBOUNDING	Player stands on block and tosses ball off backboard – must sprint to opposite side of backboard (opposite block) and rebound. Ball needs to stay above the shoulders on the catch and "chin the ball". Repeat. Reps of 10

EXPLANATION OF DRILLS

...Post Workout

Rebounding Drills

SHAUN BROWN PUT BACKS	Two types – player stands on block and must grab ball off of ground and explode to rim for dunk/power lay-in – NO dribble! 2 nd type – player receives a hard pass from Coach close range – gathering himself and exploding to rim for dunk/power lay-in
WEAKSIDE BLOCKOUTS	A defensive player is either attached to the offensive player on the weakside block or is in the lane waiting on the offensive player to crash the offensive glass from the perimeter. A shot is taken by a Coach on the opposite side of the floor. On the shot, the defender blocks out the offensive player. The offensive player can go dummy speed, 50%, 75%, or full speed depending on the day. The defender must get three defensive rebounds in a row above his head. The terminology is “Hit, find, snatch” in securing the defensive rebound.

Shooting Drills

TRIANGLE SHOOTING (i.e., Elbow to Elbow Shooting)	The shooter must start at the top of the key. Sprint to elbow for shot. Touch top of key after every shot. Shots are taken between 15-17 feet on the elbows. “One, two step” on every catch and shoot. Work to develop leg drive and “one, two step” footwork. Jump over the line with strong leg drive. Keep shooting elbow in, high release, pop your shooting wrist and hold your follow through after release. Must make 10 – record time to make 10 shots (work on decreasing the amount of time it takes for 10 makes).
FIVE SPOT SHOOTING	Player makes chooses 5 different spots on the floor – needs to make 10 shots from each spot (total of 50 makes). Midrange jumpers. Selected spots should be relevant to team’s offensive sets. Count total # of shots to complete drill.
BALL SCREEN SHOOTING	Bigs practice shooting off of ball screens by popping for shots. Use spots on the floor where bigs will be setting screens in the offense. Multiple ways to do drill – use different areas of the floor. Make 10, count # of shots to make 10 from each spot on the floor (player needs to strive for high shooting %).
FAST BREK JUMPERS	Start at half court, sprint the floor, receive a pass at foul line for shot. Big turns around, touches half court and comes back for shot at foul line. Focus on game shots and sprinting the floor. Time how long it takes to make 10 jump shots.

Drills From Post

POST MOVES – HOOKS	Bigs catch in post from a pass from a Coach, work on right handed and left handed post moves to middle or baseline. The shot will be a one-handed jump hook. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.
POST MOVES – BASELINE	Bigs catch from Coach and spin towards the baseline. Or bigs catch from Coach, square to basket and then attack baseline. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.
POST MOVES TO BASKET	Bigs catch from Coach in post and attack basket – working on post moves. Work on drop step towards basket and shot fake up and under. Can also practice squaring to basket on catch and then attacking towards middle. Can do solo, dummy defense, or Coach with a pad or with a teammate Both sides

EXPLANATION OF DRILLS

...Post Workout

Drills From Post

POST MOVES JUMPERS	Bigs catch from Coach in post. Practice shooting jump shots from post going either middle or towards baseline. Also work on catching in post, squaring to the basket and shooting over defender. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.
BALL SCREEN – ATTACK BASKET	Bigs run up and set ball screen on perimeter for teammate. Bigs then roll to basket after screen and receive a pass from teammate – practice attacking the basket on catch. Can also work on slipping screens and receiving pass from a teammate to basket. Rep both sides of the floor.
SHUT THE DOOR	2 bigs on each block. Coach passes to either side. Big that gets the ball must shut the door and attack the basket. Opposite big runs over and does a 2 high-hand wall-up making the offensive player shoot over him. Rep multiple times.
SHORT CORNER FINISH	Coach drives to hoop towards middle of the basket. Bigs read drive and sink to short corner. On the pass from the Coach they catch and attack basket. Rep both sides of the floor.
DUNKER SPOT FINISH	Coach drives towards hoop from baseline. Bigs read drive and sink to dunker spot in the paint. On the pass from the Coach they catch and attack basket. Rep both sides of the floor.

X-Outs

ELBOW X-OUTS	Big starts at one elbow – drives to hoop and finishes – rebound ball and dribble to opposite elbow – drives to hoop and finishes. One minute, count how many baskets they make.
FULL COURT X-OUTS	Bigs start at half court and pass to Coach – sprint towards basket, receive pass from Coach for finish. Rebound, “chin the ball”, outlet to Coach, sprint the floor on opposite side, receive pass from Coach, finish. Repeat. Designate a number they must make (6 baskets, etc.) Time how long it takes to complete.

Competitive Live Drills

WWIII REBOUNDING	Three players in. Coach shoots the basketball, live rebound. Play from there. Every shot and basket is live. On made basket by player the Coach shoots the basket and drill repeats. Once a guy gets three baskets he sits out – either make into competition (last one left runs Sweet 16) or rotate players in that are watching.
1-ON-1 FROM POST	1-ON-1 drills from the post. Emphasize offense and defense. Defense is always using the proper “WALL-UP” technique. Multiple ways to enter pass. Play for sprints. Competitive.
2-ON-2 FROM POST	2-ON-2 drills from the post. Emphasize offense and defense. Defense is always using the proper “WALL-UP” technique. Multiple ways to enter pass. Play for sprints. Competitive.

EXPLANATION OF DRILLS

Perimeter Workout

Warm-Up

BALL HANDLING	<p><i>TWO BALLS</i> – stationary work. Together and alternate dribble. High dribble to low dribble, head up, hard and fast (pound the ball into the hardwood). Inside out with both basketballs. Back and forth with both basketballs.</p> <p><i>COURT LENGTH</i> – Zig Zag, Together and Alternate.</p> <p><i>TWO BALLS – CONE WORK</i> – weave through cones. Crossover, through the legs, behind the back. Cones close together</p> <p><i>ONE BALL – CONE WORK</i> – crossover, through the legs, behind the back, spin move, inside out, hesitation, combination. Cones close together.</p>
LANE DRIBBLING W/ DEFENDER	<p>Use cones to create a small pathway. Start stationary – Coach tries to strip player – be strong with the basketball. Guard dribbles with Coach in small lane, trying to hold onto ball and not turning it over.</p>
SIDELINE TOUCHES	<p>Player starts in corner facing half court with a ball, passes the ball to the elbow to a coach, sprints wide/sideline and touches half court. Player turns and sprints wide sideline to coaches box and angles toward the block receiving a return pass from the coach. He executes the following and can be repeated in the opposite corner:</p> <ul style="list-style-type: none"> • One dribble power lay-up • Two or three dribbles, baby hook • Two or three dribbles, pull-up bank shot • Two or three dribbles, stride stop, step thru • Early catch, speed dribble, reach out lay-up • Early catch, perimeter dribbles into post score
GETTING OPEN PROGRESSION	<p>Players form a single line at a designated spot on the floor. They execute an Arizona cut. Arizona cuts include a V Cut, Blast cut, turn-out, button hook, pop to catch. One of these cuts is used per day. After executing an Arizona cut the players, using hip to hip movement, ball swings and step across movements to create initial space verse the on ball defender.</p> <p>Players go one at a time:</p> <ul style="list-style-type: none"> • Backdoor • Catch, “Look, fake, go,” power lay-up • Catch, jab, “Eye the rim,” power lay-up • Catch, “Look, fake, go” pull-up • Catch, jab, “ Eye the rim,” pull-up <p>After executing the Arizona cut and the five movements to score, the player line moves to the next spot. Each movement to score (besides backdoor) the players should score going right or left but not both ways on the same day. The coach chooses the direction, which can change as the spot changes.</p>

EXPLANATION OF DRILLS

...Perimeter Workout

Warm-Up

SEE THE BALL, DRAW THE CHARGE	Player defends on the ball in the wing area of the court. A skip pass is thrown, the defender reacts, "Sees the ball and his man" and positions himself to "Draw the charge" on a baseline drive by the other offensive player. Reps of 10.
2-ON-1 WALL UPS	Three players are involved in this drill. Two offensive players are on a block opposite each other. One defensive player stands between them facing a coach at the foul line who has the ball. The coach passes the ball to an offensive player and the defender "Walls up" aggressively. The offensive player then passes the ball back to the coach. The coach continues to pass the ball to each block as defender "Walls up" on each catch. The defender moves his feet with arms extended staying attached to the offensive player. Don't foul. Repeat several times.

Drills Attacking Basket

ATTACK BASKET FROM WING	Guard drives to basket, makes a move at chair and attacks basket to finish. Coach at basket w/ pad – guard finishes through contact. Both sides. 10 reps.
HOLD THE LINE (PAD)	Guard takes off from wing; rip through, as he drives Coach hits with pad. Guard must maintain his line to basket, not get moved by contact. Work middle and baseline drive. Both sides. 10 reps.

Shooting Drills

ONE, TWO STEP HUBIE BROWN'S (STATIONARY)	Coach sets time for 55 seconds. Coach at the top of the key as passer. Another player below hoop as rebounder (need 3 people total for this drill). The player that is shooting starts in the corner and stays in the corner for all 55 seconds (stationary). Start with midrange (15-17 feet) and each player will shoot in 5 different spots each. Develop the 1-2 step. As the player awaits the pass the opposite foot is slightly ahead of his strong foot. The goal is to get as many makes and best shooting % in 55 seconds. Game passes to the shooters hands. Rotate shooters...then move onto next shooting spot.
ONE, TWO STEP HUBIE BROWN'S (ON THE MOVE)	Coach sets time for 45 seconds. Coach at the top of the key as passer. Another player below hoop as rebounder (need 3 people total for this drill). The player that is shooting starts in the corner and moves back and forth from two spots that are equal distance from the basket. Start with midrange (15-17 feet) and each player will shoot in 5 different progressions. Develop the 1-2 step on the move...balance...no fading. The goal is to get as many makes and best shooting % in 45 seconds. Game passes to the shooters hands. Rotate shooters...then move onto next shooting spot. Overhead pass to cutter moving away from pass, chest pass to cutter moving towards pass. Long strides, no baby steps! Jump over the line with great leg drive when shooting.

EXPLANATION OF DRILLS

...Perimeter Workout

Shooting Drills

<i>SALIM</i> <i>("M" Series)</i>	1 player and one rebounder. Player shoots a total of three 3-pt. shots. Player starts in the dead left corner on the 3-pt line and shoots the ball. Player sprints full court and touches opposite baseline. Player sprints back and catches basketball from rebounder on top of the 3-pt key and shoots the ball. Player sprints full court and touches opposite corner baseline and runs back to catch ball in right dead corner and shoots ball. The drill is repeated until the player makes two out of three 3 pt. shots. *Do last when working out*
<i>TRIANGLE SHOOTING</i> <i>(i.e., Elbow to Elbow Shooting)</i>	The shooter must start at the top of the key. Sprint to elbow for shot. Touch top of key after every shot. Shots are taken between 15-17 feet on the elbows. "One, two step" on every catch and shoot. Work to develop leg drive and "one, two step" footwork. Jump over the line with strong leg drive. Keep shooting elbow in, high release, pop your shooting wrist and hold your follow through after release. Must make 10 – record time to make 10 shots (work on decreasing the amount of time it takes for 10 makes).
<i>STEP BY'S, ONE LONG DRIBBLE</i>	Player with basketball on perimeter (choose location relevant to offense). Coach is defending player. Player needs to learn to attack gaps, step by defender with one dribble. Develop intermediate shooting off of 1-2 step. One dribble is a "long one". Body to body by the defense – great players play in straight lines. Eyes on the rim and make defender believe you are shooting the 3-pt shot. The second foot touches the ground before stepping by the defense
<i>2 MEN, 1 BALL</i>	2 players. The clock will be set at 1:00, 1:15 and 1:30. Player will start off shooting the basketball, follow his shot, obtain rebound and pass out to other player who is low/ready to catch pass. Game passes to ready teammate. The progression starts: 15-17 ft jumpers, 3-pt shots, one long dribble pull-up, triple threat 2-3 dribbles, run with the dribble (catch the pass a little deeper). Goal is to make as many shots (1 pt each) in the given amount of time. Beat the other team!
<i>BANKSHOT PROGRESSION</i>	Progression consists of: <ul style="list-style-type: none"> • On the block, (16) shots as a group • 10 ft, (12) shots as a group • 13 ft, (8) shots as a group • Repeat progression in reverse order • Player shoots then gets to the back of the line • "One, two step," use the glass with a soft touch • Players can shoot on one block or both blocks
<i>TOP OF KEY</i>	Stationary shooting from the top of the key – how many can you make out of 10? Ideal world would have rebounder below rim and passer out on wing using two basketballs.

EXPLANATION OF DRILLS

...Perimeter Workout

Shooting Drills

AROUND THE WORLD – NO DRIBBLE	Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. Mid range jump shots.
AROUND THE WORLD – 1 DRIBBLE	Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch take one dribble into pull up jumper. Mid range jump shots.
AROUND THE WORLD – 2 DRIBBLES	Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch take two dribbles into pull up jumper. Mid range jump shots.
AROUND THE WORLD – SHOT FAKE, 1 DRIBBLE	Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch shot fake, one dribble – pull up jump shot. Mid range jump shots.
FAST BREAK JUMPERS (Multiple Drills)	THREES – player takes off from half court. Receives a pass from Coach, pulls up from three on fast break. Work both sides of floor and middle. MIDRANGE – player takes off from half court. Receives pass from Coach for a midrange jump shot on the fast break. Work both sides of floor and middle. SHOT FAKE – player takes off from half court. Receives pass from Coach, shot fake, one dribble pull up. Work both sides of floor and middle. **Record all makes or play first guy to certain number**

Drills Using Screens

DOWN SCREEN TO BASKET	Player uses large pads to simulate down screen – comes off screen, receives pass from Coach and attacks the basket. Both sides of the floor. Record makes or play first player to a certain number.
DOWN SCREEN FLOATER	Player uses large pads to simulate down screen – comes off screen, receives pass from Coach and shoots floater while attacking the basket. Both sides of the floor. Record makes or play first player to a certain number.
DOWN SCREEN JUMPERS	Player uses large pads to simulate down screen – comes off screen, receives pass from Coach. Can either curl to the basket, pop out, or fade off of the screen. Both sides of the floor. Record makes or play first player to certain number. *Use teammate or coach as defender to simulate different options, read the defender*

EXPLANATION OF DRILLS

...Perimeter Workout

Drills Using Screens

FADE JUMPERS	Use pad to simulate fade screens. Shoots off of a fade screen. Work on footwork. Record makes or play first player to certain number.
SCREEN ATTACK BASKET	Player dribbles up sideline. Receives a ball screen at the wing and attacks basket. Can either drive to hoop or pull up for a jump shot. Both sides of the floor. Record makes.
SHOOT BEHIND THE BALL SCREEN	Player dribbles up sideline. Receives a ball screen at the wing and pulls up for three behind the ball screen simulating a defender going under the screen. Both sides of the floor. Record makes.
SPLIT THE SCREEN	Player dribbles up sideline. Receive a ball screen at the wing. Have Coach or teammate simulate a Big “showing” on screen. Split screen and attack basket for shot. Both sides of the floor. Record makes.
TWO DRIBBLES OUT, ATTACK BASKET	Player dribbles up sideline. Receive a ball screen at the wing, take two dribbles out to simulate a hard hedge by defender, then attack basket for jump shot. Both sides of the floor. Record makes.
REJECT BALL SCREEN	Player dribbles up sideline. Receive a ball screen at the wing and rejects screen, attacks basket towards baseline. Can either drive to the hoop or pull up for a jump shot. (*use chairs or garbage cans to simulate defenders*) Both sides of the floor. Record makes.

Shooting Drills w/ Scores for Competition

PERFECT 50	Maximum score is 50. From 7 spots shoot a three, a pull up jumper and then attack the hoop. 3 pts for three, 2 pts for midrange and 1 pt for lay-up. Once you get to 42 points (might not get there in your allotted 7 spots) then shoot 8 free throws for 1 pt each make. Total of 50. Record your score.
PLUS 20, NEGATIVE 5	Can do with midrange jumpers, threes and pull up jumpers. Player moves around the court shooting game shots. Every make is worth 1 pt and every miss is worth -2 pts. Player must get to 20 pts before they get to -5 (very similar to “Beat The Pro” shooting game).
CELTIC	One player with basketball...passer and a rebounder. <ul style="list-style-type: none"> • 2:00 Time • Player must make two shots in a row from ten spots (around the world spot locations) • Two balls, a rebounder, and passer • “One, two, step” emphasis
2 IN A ROW SHOOTING	Player shoots from a spot on the floor and continues to shoot until he misses two in a row. <ul style="list-style-type: none"> • “One, two, step” emphasis. • How many shots did he make before missing two in a row?
5-POINT COUNTDOWN	Players start with a score of 5. A made shot increases the total by one and a miss decreases the total by one. Once a player’s total falls to zero, then that player is out.

EXPLANATION OF DRILLS

...Perimeter Workout

Shooting Drills w/ Scores for Competition

BEAT THE PRO	A player shoots the basketball, (+1) on a make, (-2) on a miss. Player attempts to score (11pts). After scoring (11pts) the player must make a FT or he receives a (-3) and has to continue shooting to get back to 11pts. If the score reaches (-8) the pro wins and the game ends. This can be done by using a passer or allowing the player to dribble to his shooting spots. The player is allowed to shoot both 2 point and 3 point shots to increase and decrease the difficulty of each shot. If a passer is used, the shooter must shoot around the horn from corner to corner.
1,2,3 SHOOTING TO 21	<p>Players begin at the three-point line.</p> <p>One point is awarded when a player executes a shot fake, makes a straight-line dribble while keeping the head up on the target and finishes with one dribble to the rim while chinning the ball and making a clean layup.</p> <p>Two points are awarded when the player executes a shot fake, then moves in any direction with one dribble, takes the shot and follows through (two points for a made basket).</p> <p>Three points are awarded for a made three-pointer and an extra point is given for a swish.</p> <p>The first player to 21 points wins and this game can be run with one, two, three or four players at a time.</p>
MAKE 25, DON'T MISS 2 IN A ROW	These rules are simple, make 25 shots without missing two in a row. If the player misses two in a row, he or she is out of the game. However, give the player missing two in a row another shot and if it swishes, that player is still alive.
4 UP	Players form two teams at each free-throw-line elbow. Keep track of made shots and a team wins when they have made four more shots than the other team.
5 MINUTE SHOOTING	1 ball, 1 Coach rebounding. Player must go around the world and shoot threes for 5 minutes. Goal is to get 50 makes once time is up. Record makes.
<i>Free Throw Shooting Games</i>	
PLUS 2 MINUS 2	A swish is worth one point, a make with the rim is worth nothing and a miss subtracts a point. Once a player has a +2 score, then that player tries to make as many in a row as he or she can. If a player reaches -2, he or she must swish the next free throw to stay alive.
16 MAKES IN 6 MIN.	The player shoots a 1-and-1. If the first shot is missed, the player does a dribble suicide with the weak hand. If the second then is missed, the player dribbles down the court and back twice. If the player makes both, then he or she dribbles down the court and back once. The goal is for the player to make 16 free throws in six minutes, which isn't easy considering all of the extra conditioning.

SEAHAWK SHOOTING CLUB MEMBERSHIP

Peninsula Boys' Basketball Players (V/JV/C) will become prestigious members of the *Seahawk Shooting Club* once they **make 10,000+ shots**. Club members will receive a commemorative shirt. Players have until November 18, 2013 to complete this mission.

Upon completion of this mission tear out this page and sign your name below. Please contact Head Coach Jackson to redeem your commemorative shirt.

As a student athlete honesty and integrity are the upmost important attributes one can have. Please be honest and forthcoming with your 2013 Seahawk Shooting Club. This mission is not required and do not feel pressured to complete if you do not want to. The sole purpose of becoming a Club member is to have fun and improve your basketball skills. Thank you for your efforts! GO SEAHAWKS!



Signature of Player

Date: _____

Signature of Head Coach Jackson

Date: _____