

10,00 Shot Walk Through

Perfects: Hold the ball on your palm in front of you, without your fingers touching the ball. Rotate the ball into shooting form and gently squeeze the ball. Index finger should be cutting the ball in half. From 5 spots make three perfect swishes in a row. Shoot from one spot until you have completed your 3 perfects. Spots are both baseline spots, inside the block bank shot and directly in front of the basket.

15 Short: 3 shots from the same locations but a step back, track how many you make and chart them.

15 mid key: 3 shots from 5 spots one big step back from Short. Track makes

15 elbow & Ft: Start to spin the ball back and shoot 5 jumpers from each of the 3 locations. Elbow, freethrow line and other Elbow. Track your makes

Speed layups: A speed layup starts on the right elbow; in one dribble you shoot a layup at full speed. Get your own rebound and dribble up to the same elbow, explode to the basket for another layup with one dribble. Should be jumping off the inside foot and running through layups.

One Count Layups: Same as the speed layup only you jump stop and power up quickly on your layup rather than jumping off one foot

Under hand layups: Same as speed layups, but you finish with an underhand layup. Make sure your hand is under the basketball pulling it up high and soft off the backboard. Great layup to use when driving in traffic.

X out layups: Start on the right elbow, dribble across the key to the left side and complete a layup off one foot, over or underhand works fine. I recommend you change it up. Get your own rebound and dribble up the same side you just shot the layup from and touch the elbow. Dribble across the key to the right side and complete a layup. Repeat this action until you have made ten

FT's: Shoot 5 Ft's and track your makes

Mikan: Stand under the basket and shoot a layup one side, get your rebound and lead into your next layup on the opposite side. This should be done quickly without the ball touching the ground. The ball should not be in your hand longer than a second. As a point of reference, I have had ladies make over 20 in 30 seconds. If you can do this you are elite. 😊

Rip and C series will be shown when you get the chart. Track your makes, but if you miss follow the shot with a made layup.

Threes: Shoot these from any spot you choose but make sure you are moving around. Track your makes. The misses need to be followed by a rebound and made layup. If you want to take your shooting to the next level, you complete these last two drills by only counting your made shots, rather than the misses and makes.