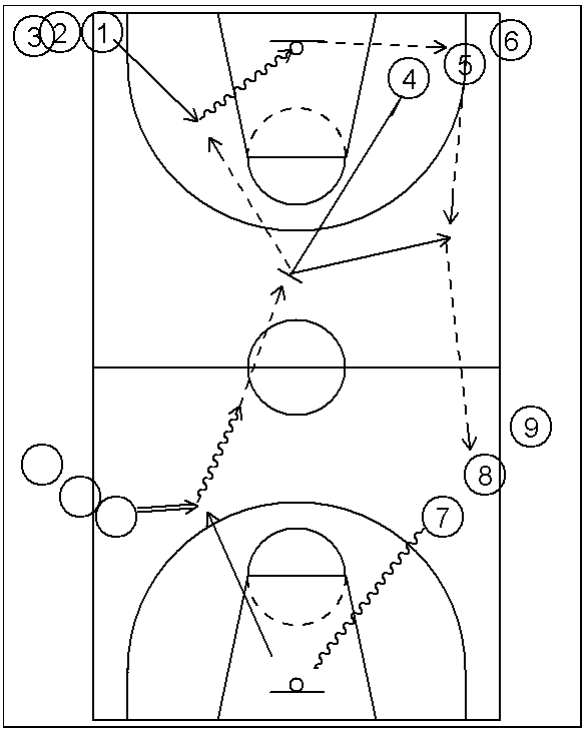
Playname : ***Full court shooting dri 1***



Full court Shooting Drill
Balls start at number 7
7 drives hard to the basket for the layup
Rebounded if made steps out of court and /or makes the outlet pass to player zero

zero takes two or three dribbles and passes to 4 on the lead from the corner

4 receives the pass and pivots and passes onto 1 who pops from the corner for the 15 foot jump shot
(Emphasis Here on catch face and shot BEEF)

1 Follows the shot and outlets to 5

5 passes onto 4 on the lead and 5 now leads to the ball coming up the court

4 forwards the pass onto 8 and system continues.

Players move in a clockwise fashion around the court for right hand shots and left around the court for left hand shots. If there are extra players you can introduce a centre court line on either side