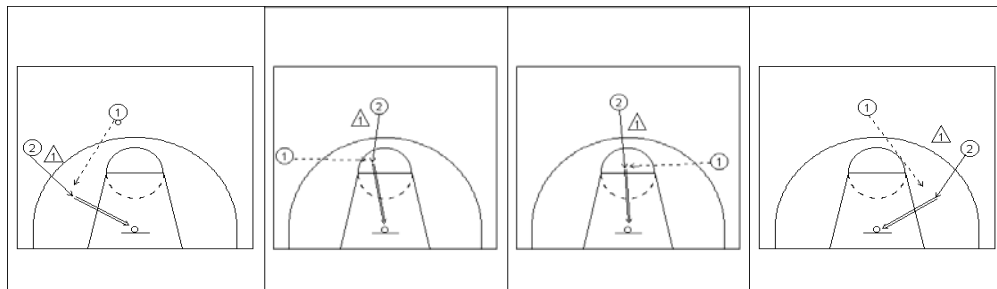


Drill of the Month - Hawks Shooting Series

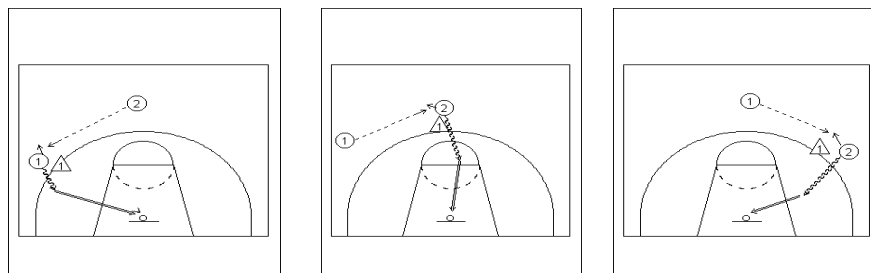
The following is an outline of a shooting series put together by the coaching staff at the Wollongong Hawks, designed to get plenty of shots in the air and compliment the movement and specific cuts of their offensive structure.

All shots are taken at game tempo and from an area of the floor where players would find themselves open within the Hawks offensive system. Emphasis is on footwork and shooting form and the series can be tailored to a shooting work-out of varying duration.

This series took about 30 minutes in the final team practice prior to the NBL game with Melbourne Tigers. The shooting was done in two groups of around six players, with change of drill on 20 made shots.



Back cut series – Coach as a static defender, shooter pushes off defenders elbow to throw off balance, back cuts, catch and shoot from both wings and the 1 spot. Preferred pass strong bounce pass.



Outside foot, catch, rip through and shoot – Coach as a static defender, shooter presents arm bar push off. Shooter catches on the outside foot (power foot), pulls through one dribble to jump shot. Coach slaps at ball to ensure ball toughness.

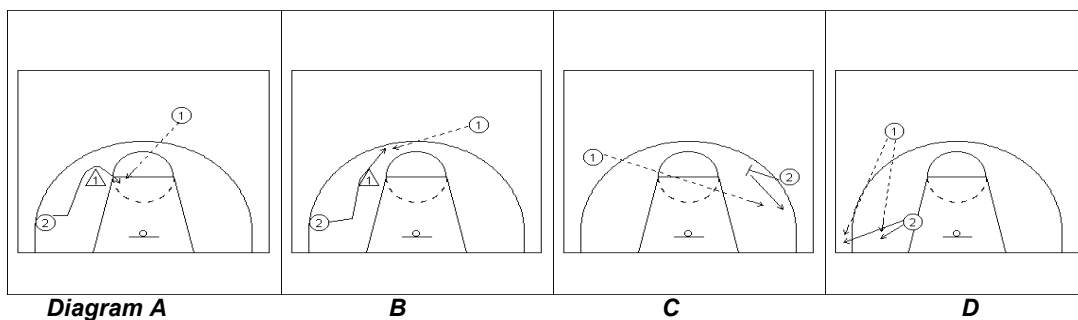


Diagram A Catch and shoot the curl (Diagram A) and flare (B) cut off the static (coach) down screen – emphasis on preparation, shoulder to shoulder cut off screen, quick release on shot. (shots from both sides of the floor)

Diagram C Catch and shoot the flare (C) – strong skip passes to the advantage of the shooter, footwork done before the catch, quick release. (shots from both sides of the floor)

Diagram D Step outs to the short or long corner (D) – post men step to short corner for catch and shoot, guards cut hard to the corner for 3 point shot. (shots from both sides of the floor)