

## Shooting Homework

### Warm Up

- Ray Allen Drill from all 5 spots. Work on form shooting, make 5 in a row from all 5 spots. Start in close- Take 1 step back after each made shot. If you miss, go back to the 1st shot at that spot. Once you make 5 in a row, move to the next spot. Time yourself and try and beat all 5 spots in as little time as possible, write your score down- Always try and beat your score

### Short-Longs (5 spots- 2 Corners, 2 Wings & Top)

- Start at the block, spin out and step into a catch & shoot jump shot
- Back up & shoot a spin out and step into a catch & shoot midrange jump shot
- Move back in & shoot a spin out catch & shoot jump shot
- Repeat this alternating for 30 seconds at each spot for a total of 2:30
- Shoot 2 free throws while you are tired
- Time yourself and Write your score down- Always try and beat your score

### Curl Wide Pindown

- Begin in corner & use the wide pindown (could be chair, cone, etc.)
- Curl towards elbow area for catch & shoot J
- Rebound your own shot
- 2:00 each side, for a total of 4 minutes
- Shoot 2 free throws while you are tired
- Time yourself and Write your score down- Always try and beat your score

### Curl, One Dribble J

- Begin in corner & use the wide pindown (could be chair, cone, etc.)

- Curl towards elbow area for a catch 1 dribble pullup shot at the nail  
Throw the ball out with the dribble to get enough separation
- 2:00 each side, for a total of 4 minutes
- Shoot 2 free throws while you are tired
- Time yourself and Write your score down- Always try and beat your score

#### Curl, Rip-Through 1 Dribble Pullup

- Begin in corner & use the wide pindown (could be chair, cone, etc.)
- Curl towards elbow area for a catch, simulate that you do not have enough separation to get off a clean shot
- Catch & immediately rip through & shoot a 1 dribble pullup J towards the baseline.
- 2:00 each side, for a total of 4 minutes Shoot 2 free throws while you are tired
- Time yourself and Write your score down- Always try and beat your score

#### Wide Pindown Series 1

Perform the following reads using the Wide Pindown Screen

1. Catch & Shoot
  2. 1 Dribble Finish at the Rim-floater, touch finish
  3. 1 Dribble Pullup-middle
  4. Rip-Through 1 Dribble Pullup-baseline
- Continue repeating these 4 reads for 2 min on each side for a total of 4 min
  - Good score is 20+
- Shoot 2 free throws while you are tired
- Time yourself and Write your score down- Always try and beat your score