

TEXAS SHOOTING DRILLS

1. SPURS 100 (5 ON EACH SIDE OF FLOOR)

10 WING TO CORNER 3'S
10 SHAKE 3'S
10 FADE TO CORNER 3'S (Head under net)
10 HOOK 1 3'S
10 X TO X 3'S (AT TOP)
10 X TO WING 3'S
10 ELBOW CATCH 3'S
10 BASELINE RUNNER 3'S (START ON BALLSIDE BLOCK TO CORNER)
10 AROUND THE HORN (ONE 3 FROM ALL 5 SPOTS)
10 NAIL 3'S (START IN MID OF LANE TO TOP OF KEY FOR 3)

2. 3 MINUTE SHOOTING (NEED 100) (RECORD IS 157)

3. EVANS DRILL (Record is 219)

3's FROM ALL 7 SPOTS, SHOOT TILL YOU MISS 2 IN A ROW THEN MOVE

4. 14 CORNERS

7 IN EACH CORNER : HAVE 1 MINUTE

5. 2 IN A ROW SHOOTING

MUST MAKE 2 IN A ROW FROM 5 SPOTS, GOAL IS UNER 2 MIN

6. 44 POINT GAME

3, SHOT FAKE 1 DRIBBLE, LAY-UP FROM ALL 7 SPOTS, END WITH 2 FT'S (GOAL IS 35)

7. MOAT SHOOTING

START W/ HEAD UNDER NET
TIGHT CURL, LOOSE CURL, STRAIGHT CUT 3, STRIGHT CUT SHOT FAKE 1 DRIBBLE, FADE TO CORNER 3, FADE TO CORNER RIP BASELINE, FADE TO CORNER SHOT FAKE 1 DRIBBLE

8. 20 IN 2

3 FROM ALL 5 SPOTS, OVER AND BACK (10 makes)
SHOT FAKE 1 DRIBBLE FROM ALL 5 SPOTS, OVER AND BACK (10 makes)

9. 59 SECONDS

15 3'S IN 59 SECONDS : CAN'T STAND IN SAME SPOT : MUST MOVE

10. BURGESS SHOOTING

MUST MAKE 4 THREES, AND 4 PULL-UPS FROM ALL 5 SPOTS
MUST CONTINUE TO ALT 3 AND PULL-UP UNTIL YOU HAVE MADE 4 ON BOTH SHOTS (Goal is 2:30)

11. FULL COURT SHOOTING

START W/ 3 IN CORNER, SPRINT TO OTHER END FOR CORNER 3, BACK TO OTHER END FOR WING 3, AND ETC.
MUST SHOOT 10 SHOTS (5 ON EACH END)

12. PULL SHOOTING

SEE COACH MORRELL FOR INSTRUCTIONS

13. CELTIC 50

SEE COACH SMART FOR INSTRUCTIONS

14. PERFECT SHOT FAKE DRILL

5 SPOTS, MUST MAKE 2 GOING L AND R. MUST KEEP ALT L AND R UNTIL YOU MAKE 2

15. BEAT THE PRO

EVERY MAKE FOR YOU IS WORTH 1, EVERY MISS IS WORTH 2 FOR OPPONENT
PLAY TO 20, CAN GO SPOT TO SPOT OR JUST WORK YOUR WAY AROUND THE ARC

16. 100 MAKES

MAKE 100 CATCH AND SHOOT 3'S GOING AROUND THE ARC AND BACK TO FINISH WORKOUT
SHOOT WHILE FATIGUED W/ GREAT SHOT DISCIPLINE

17. RUN TO 3 POINT LINE

START IN CORNER, PASSER IS IN SLOT. SHOOT TURN OUT OF CORNER.
SHOOT 5 ON EACH SIDE. GOAL IS TO HIT 7.

18. 2 MAN 1 BALL

5 MIN OR 10 MIN



Texas Shooting Drills



Table of Contents

1.	Shooting Drills	2
1.1	Spurs 100	3
1.2	3 Minute Shooting	5
1.3	Evan's Drill	6
1.4	14 Corners	7
1.5	2 In A Row Shooting	8
1.6	44 Point Game	9
1.7	Moat Shooting	10
1.8	20 in 2	12
1.9	59 Seconds	13
1.10	Burgess Shooting	14
1.11	Full Court Shooting	15
1.12	Pull Shooting	16
1.13	Celtic 50	17
1.14	Perfect Shot Fake Drill	18
1.15	Run to 3 Point Line	19
1.16	1 Ball, 2 Man	20



Shooting Drills

Table of Contents

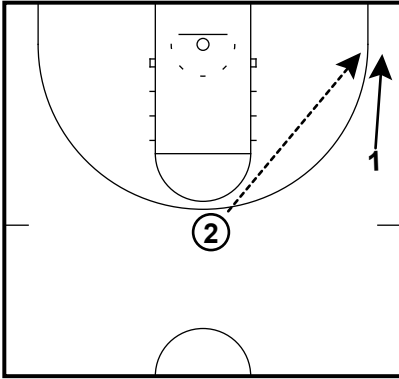
1.1	Spurs 100	3
1.2	3 Minute Shooting	5
1.3	Evan's Drill	6
1.4	14 Corners	7
1.5	2 In A Row Shooting	8
1.6	44 Point Game	9
1.7	Moat Shooting	10
1.8	20 in 2	12
1.9	59 Seconds	13
1.10	Burgess Shooting	14
1.11	Full Court Shooting	15
1.12	Pull Shooting	16
1.13	Celtic 50	17
1.14	Perfect Shot Fake Drill	18
1.15	Run to 3 Point Line	19
1.16	1 Ball, 2 Man	20



Shooting Drills

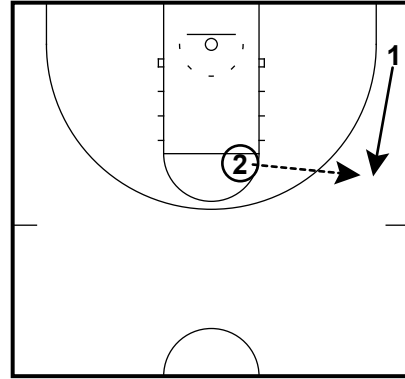
Spurs 100

Wing to Corner



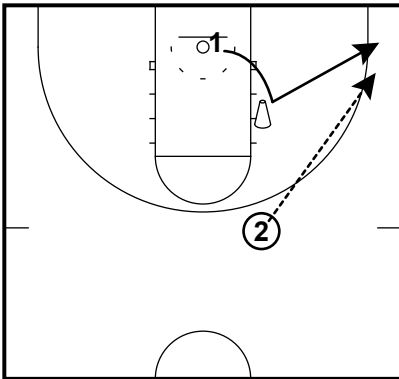
Player 1 sprints from wing to corner for a 3 pt shot.
Player 1 walks back to starting point.
Repeat 5x

Shake



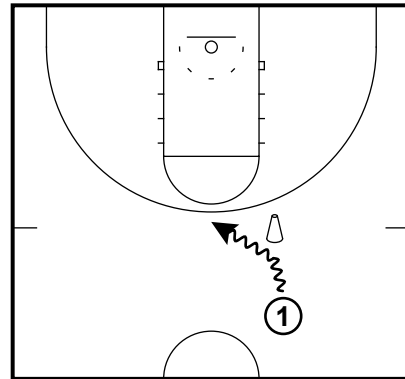
Player 1 sprints from corner to wing for a 3 pt shot.
Player 1 walks back to starting point.
Repeat 5x

Fade to Corner



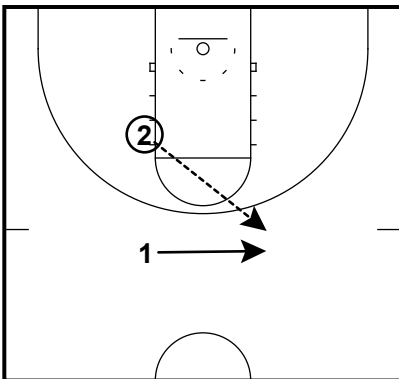
Player 1 sprints to cone and fades to corner for 3 pt shot (mimicing his defender cheating the screen)
Player 1 walks back to starting point
Repeat 5x

Hook 1



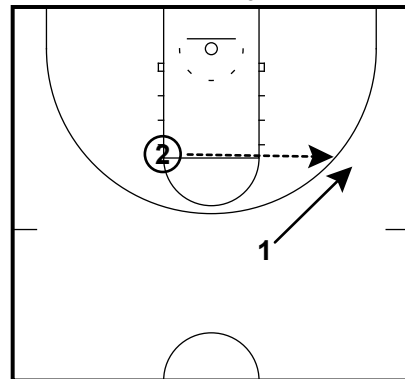
Player 1 dribbles off slot ball screen for pull-up 3 pt shot
Repeat 5x

X to X



Player 1 sprints from slot to slot for a 3 pt shot
Player 1 walks back to starting point
Repeat 5x

X to Wing



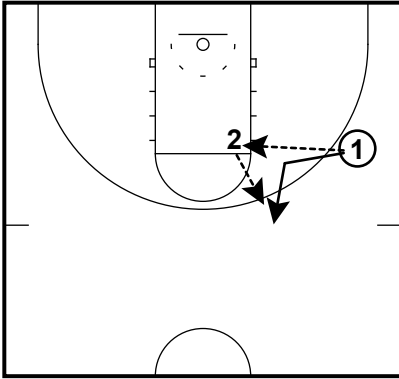
Player 1 sprints from slot to wing for 3 pt shot
Player 1 walks back to starting point
Repeat 5x



Shooting Drills

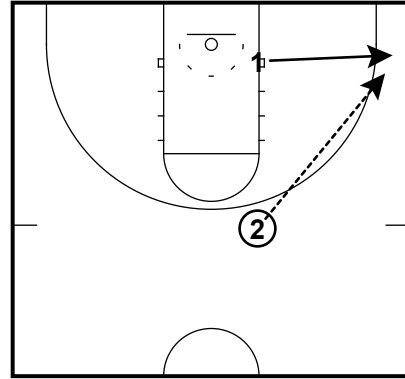
Spurs 100

Elbow Catch



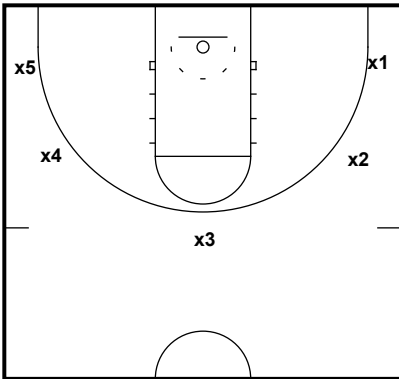
Player 1 makes a pass around defender to Player 2
Player 1 sprints for handoff (mimic defender going under), Player 1 relocates to 3 pt line
Player 1 walks back to starting point
Repeat 5x

Baseline Runner



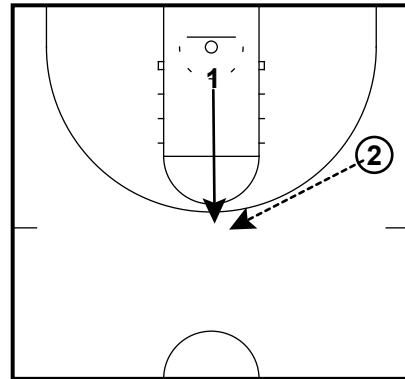
Player 1 sprints off baseline screen to corner for 3 pt shot
Player 1 walks back to starting point
Repeat 5x

Around the Horn



Player 1 takes 1-3 pt shot from each spot

Nail

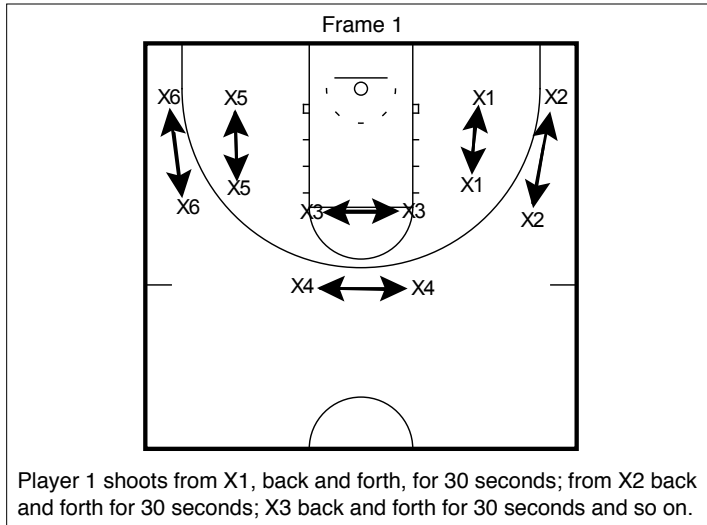


Player 1 sprints from under basket to top of key for 3 pt shot
Player 1 walks back to starting point
Repeat 5x



Shooting Drills

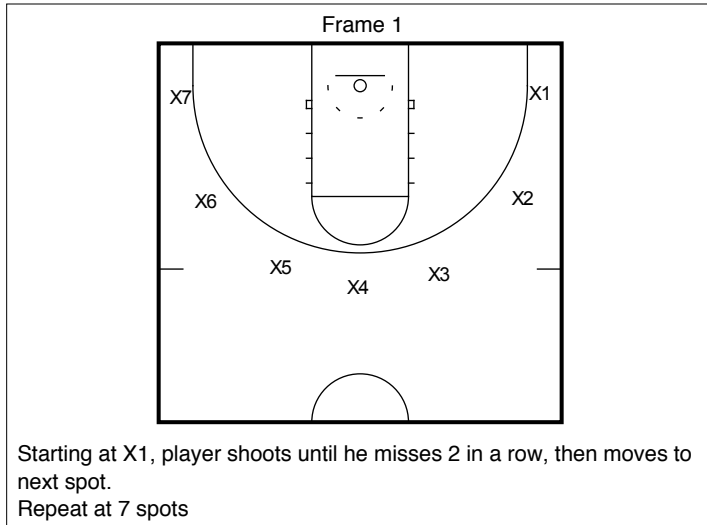
3 Minute Shooting





Shooting Drills

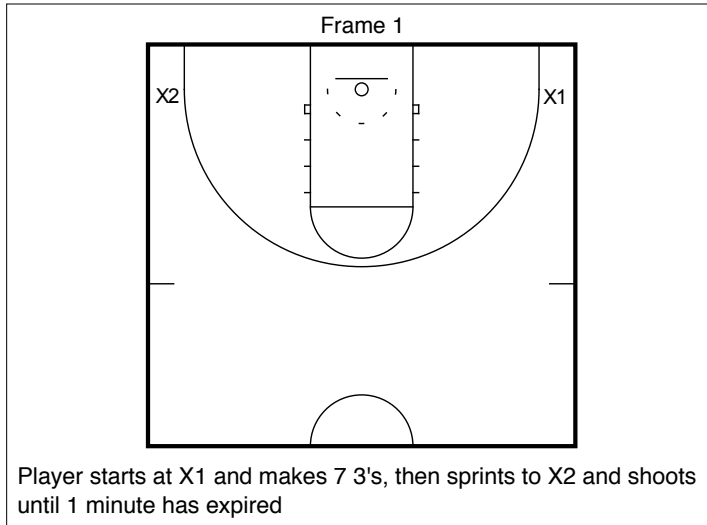
Evan's Drill





Shooting Drills

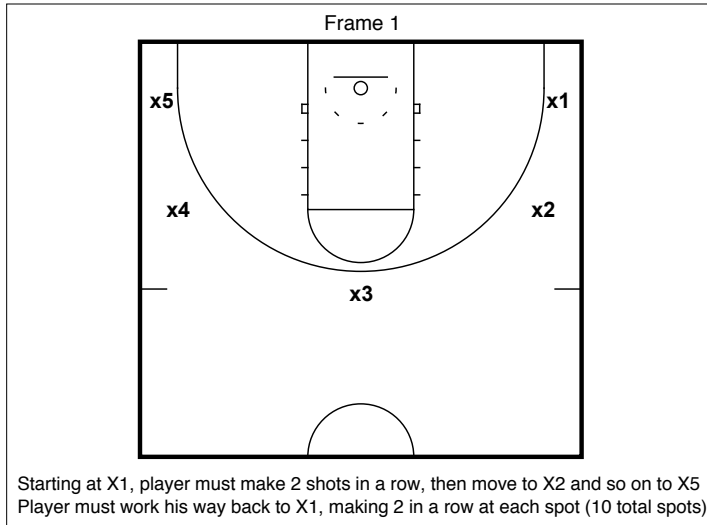
14 Corners





Shooting Drills

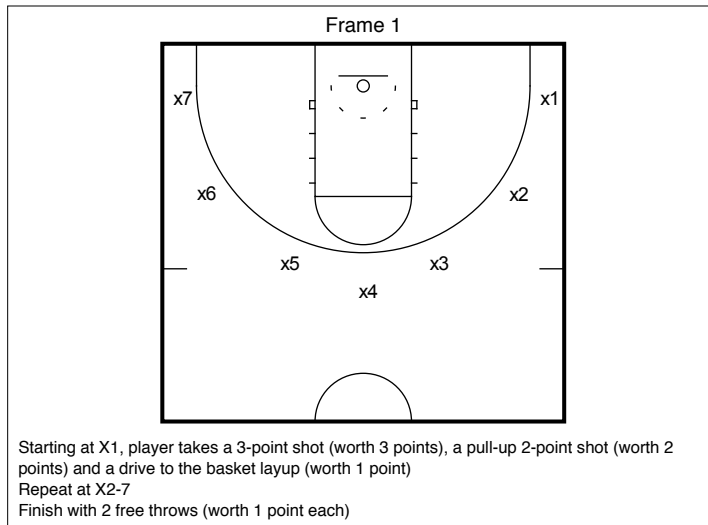
2 In A Row Shooting





Shooting Drills

44 Point Game

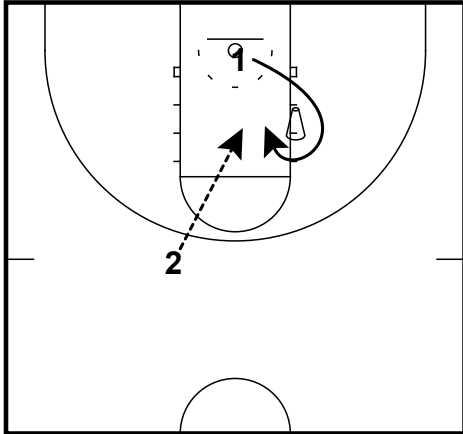




Shooting Drills

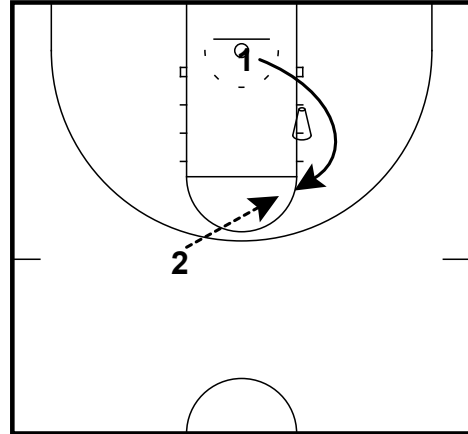
Moat Shooting

Frame 1



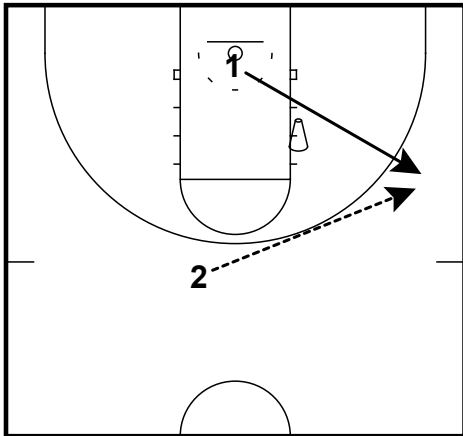
Tight Curl

Frame 2



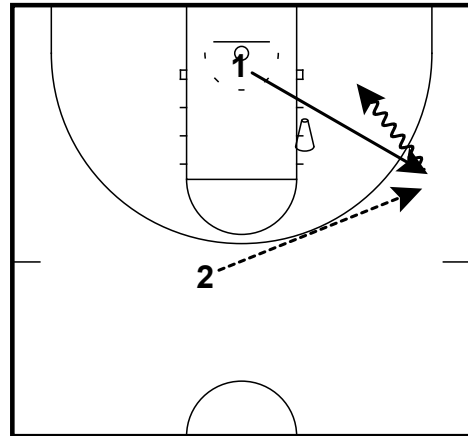
Loose Curl

Frame 3



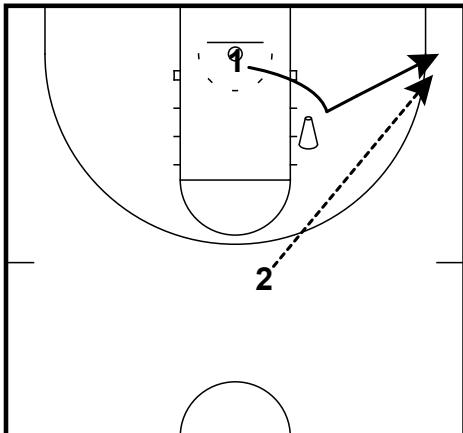
Straight Cut

Frame 4



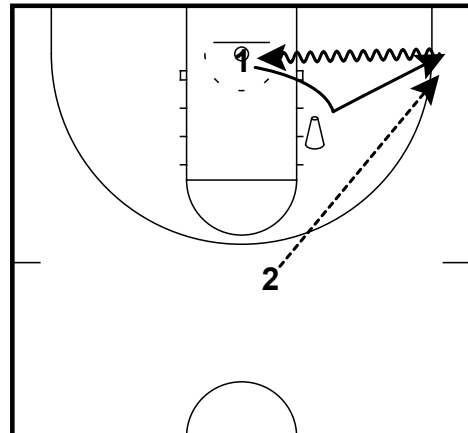
Straight cut, shot fake, 1 dribble pull-up

Frame 5



Fade to corner for 3 pointer

Frame 6

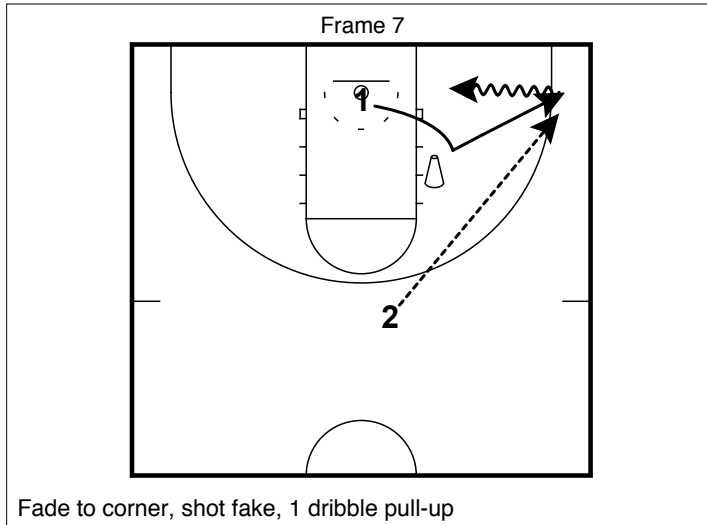


Fade to corner, rip baseline



Shooting Drills

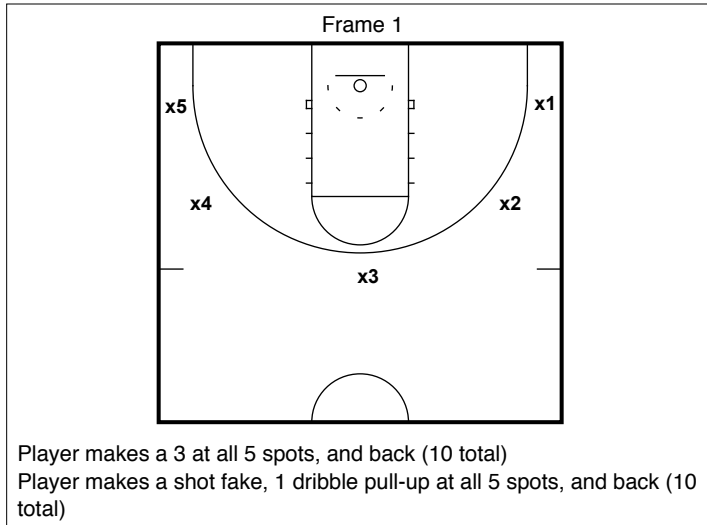
Moat Shooting





Shooting Drills

20 in 2

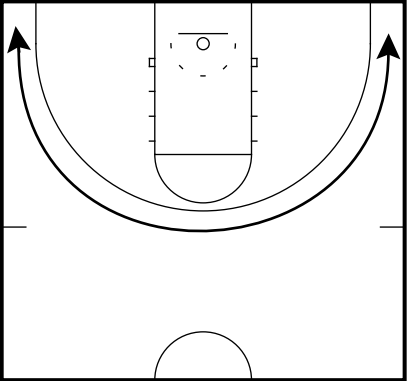




Shooting Drills

59 Seconds

Frame 1

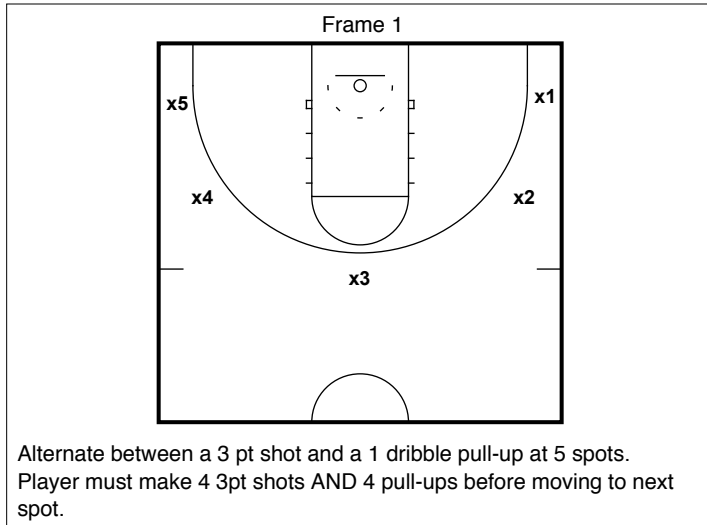


Catch and shoot 3's
Make as many as possible in 59 seconds
Cannot shoot from the same spot twice in a row



Shooting Drills

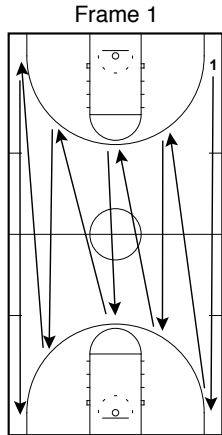
Burgess Shooting





Shooting Drills

Full Court Shooting

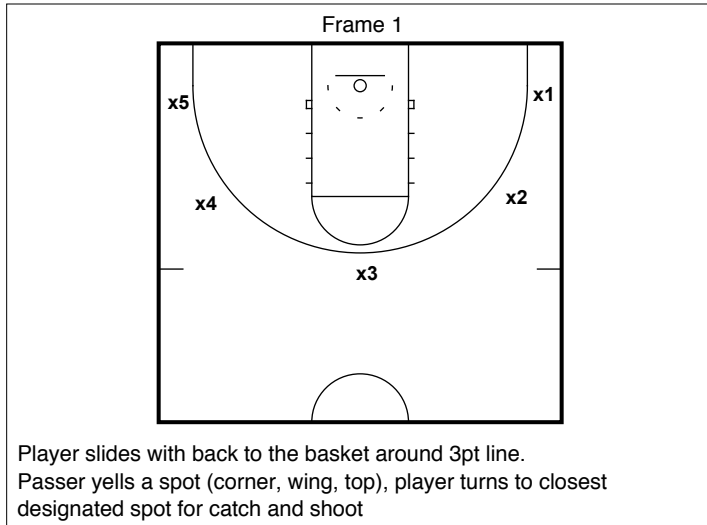


Starting with 3pt shot in corner, player SPRINTS to each spot (corners, wings, top, wings, corners) (10 total shots)



Shooting Drills

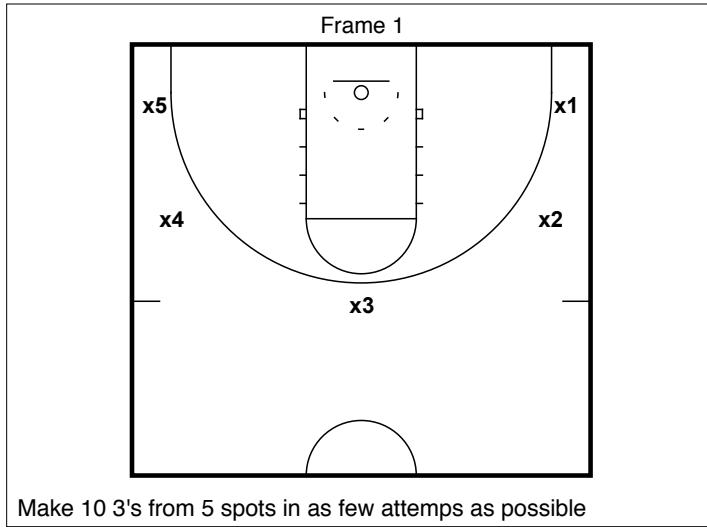
Pull Shooting





Shooting Drills

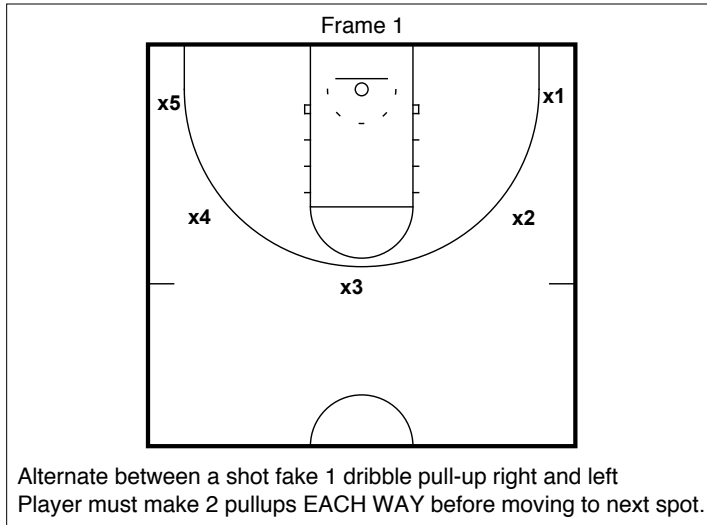
Celtic 50





Shooting Drills

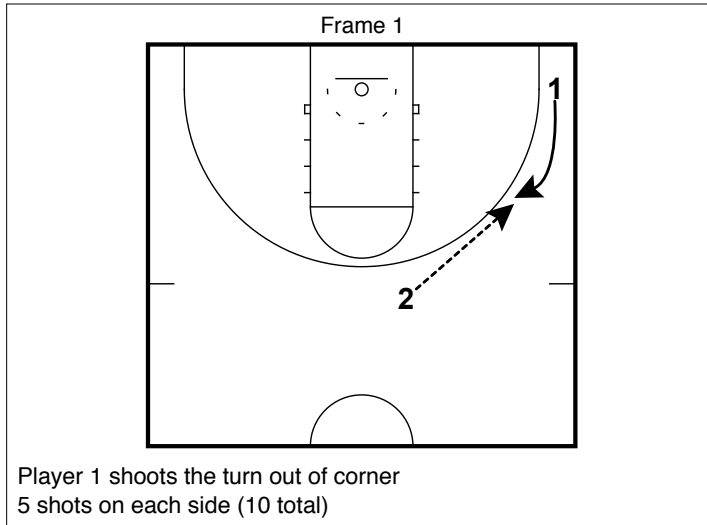
Perfect Shot Fake Drill





Shooting Drills

Run to 3 Point Line

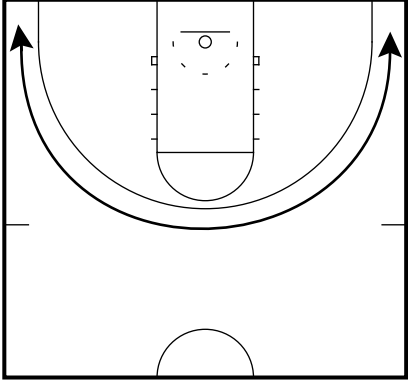




Shooting Drills

1 Ball, 2 Man

Frame 1



Partner shooting
Shoot, get your rebound, pass to partner for a catch and shoot 3 pt shot
Make as many 3's as a group in designated time (5 or 10 mins) (count by 1)
If ball hits the floor more than once, subtract one point for each bounce