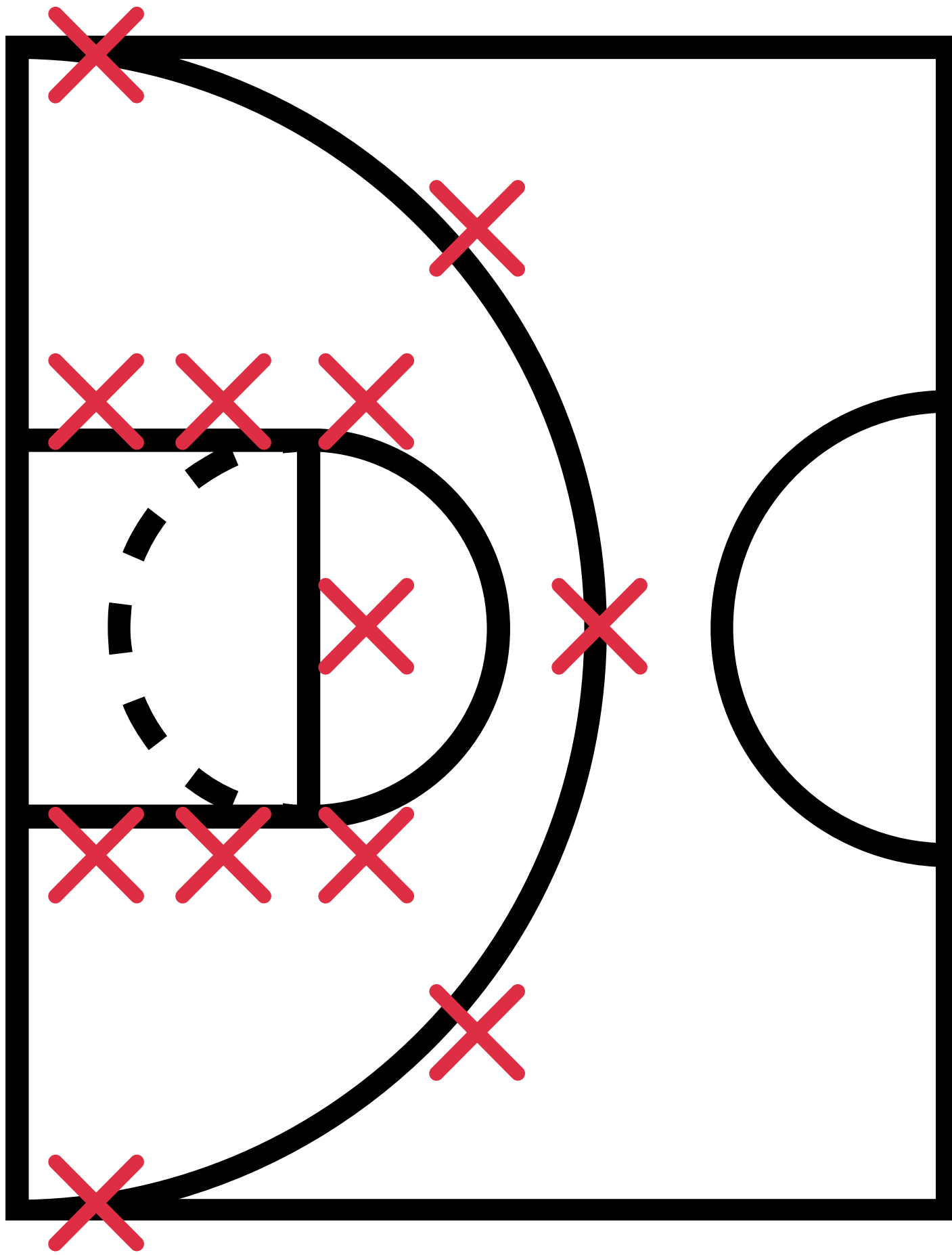


SHOOT AROUND GAMES

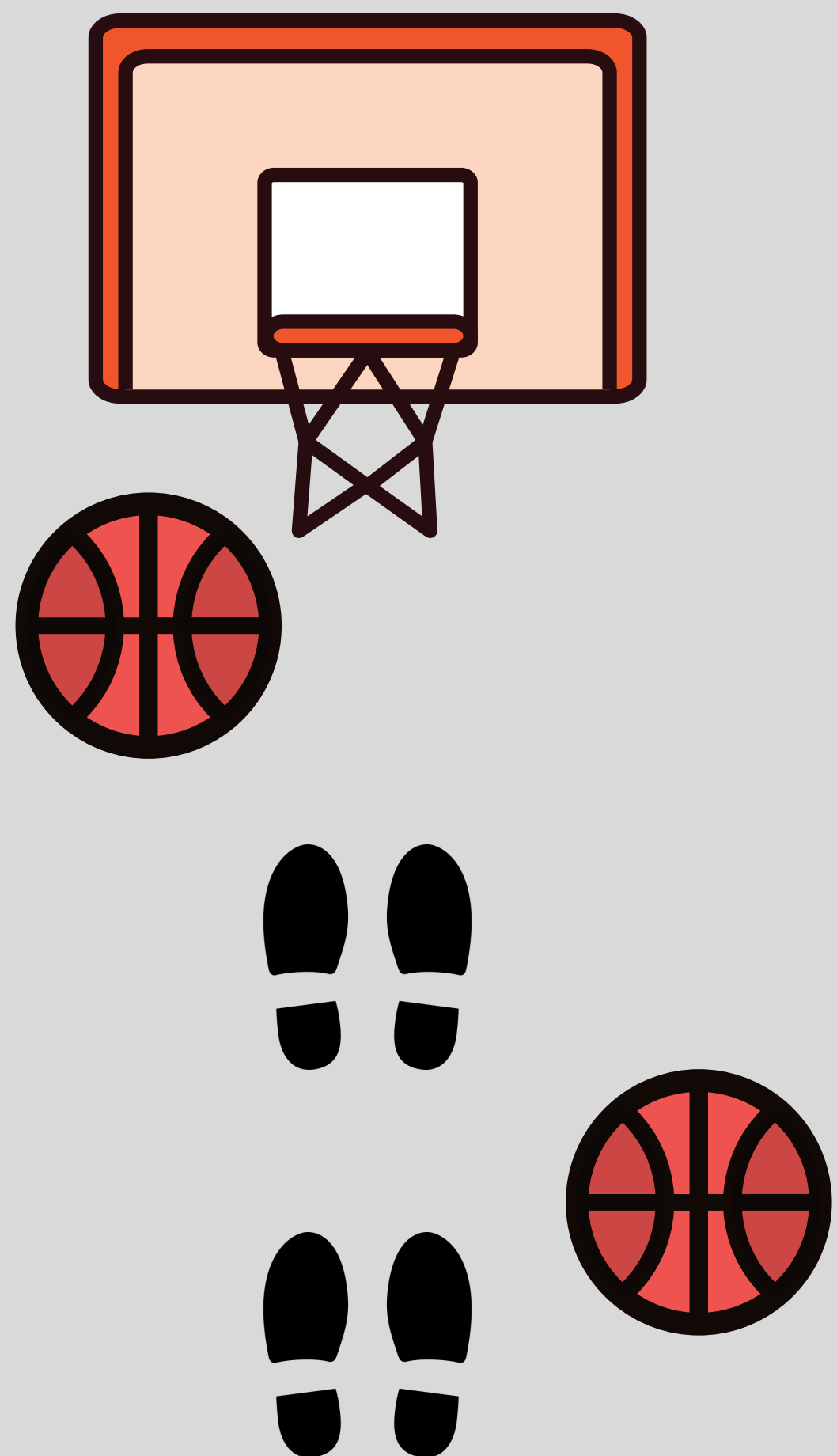


AROUND THE WORLD

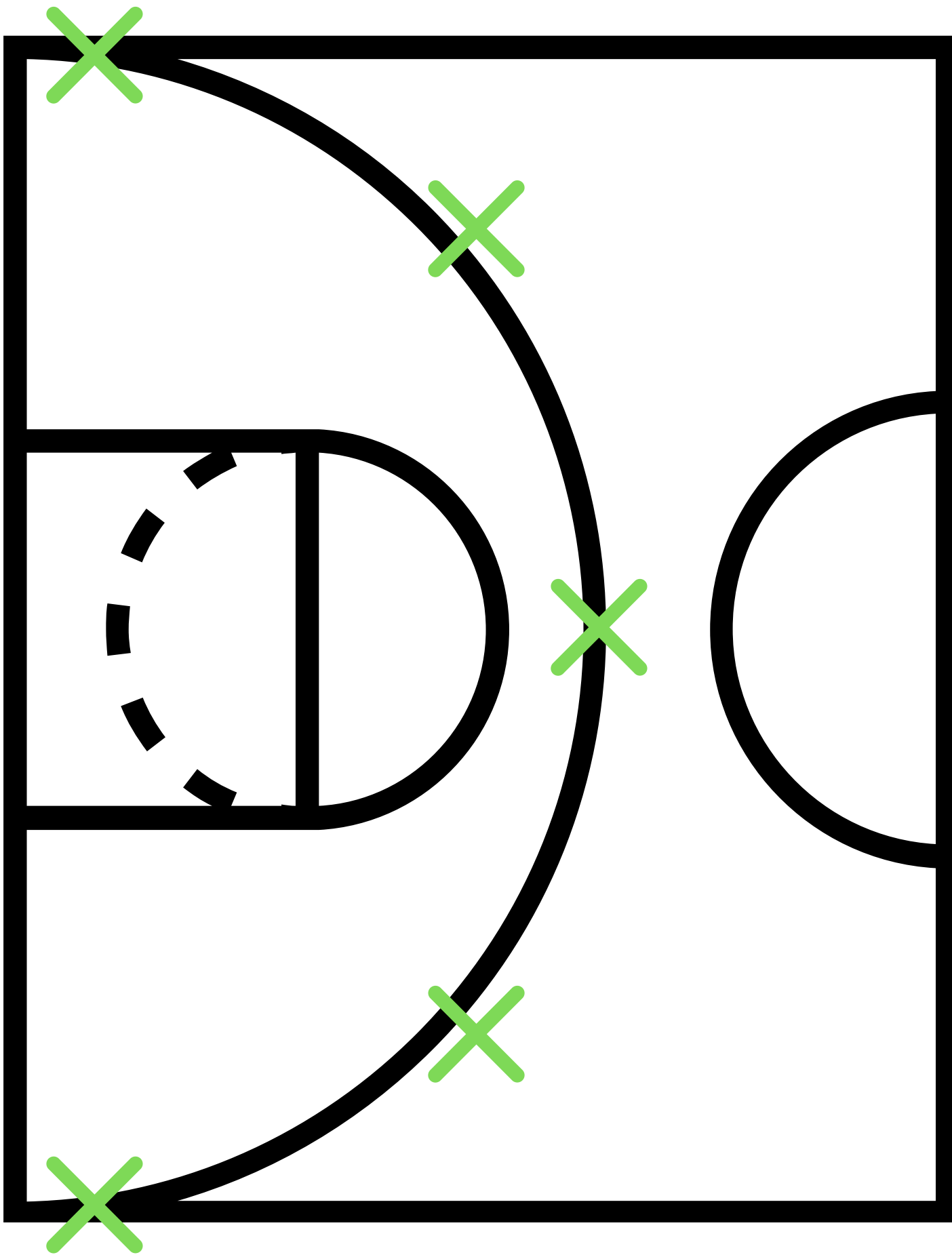
Start on one of the X's nearest to the basket on the low block. Shoot at each spot and advance to all of the X's first to win. First complete the inside arc around the paint, and then the 3 point line. To advance you must make your shot on the first try. If you miss, you cannot advance unless you take another shot as a "Chance" shot. If you miss the second shot, you must start all the way at the beginning!

SHOOTOUT

Using two balls, players line up at either the free throw or 3 point lines in the middle of the court. The first and second in line will then shoot the balls in succession. If you make the shot, rebound the ball and pass it to the next person in line. If you miss, rebound the ball and shoot it from any distance into the basket. If the person behind you in line makes their shot before you do, you're out! Last person standing wins!



SHOOT AROUND GAMES

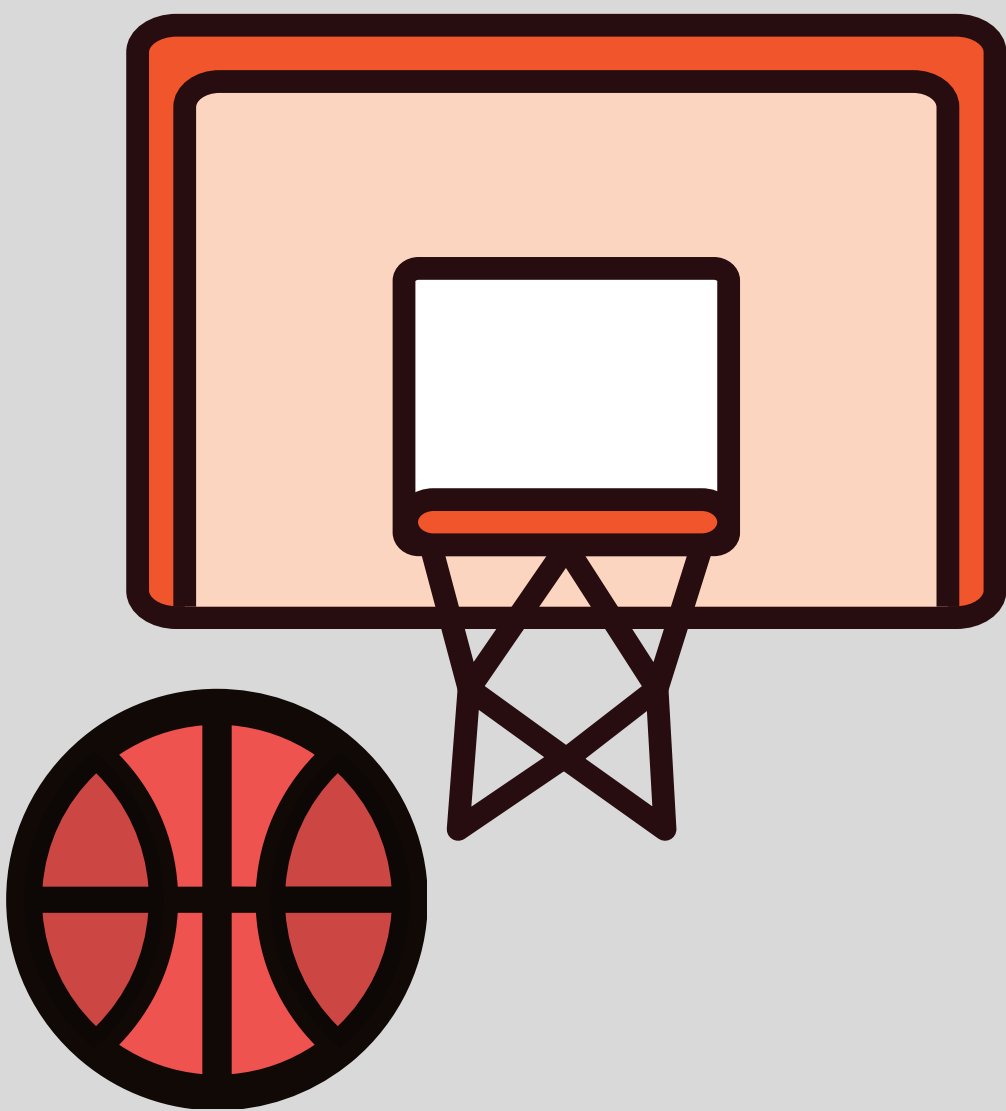


LARRY BIRD SHOOTING

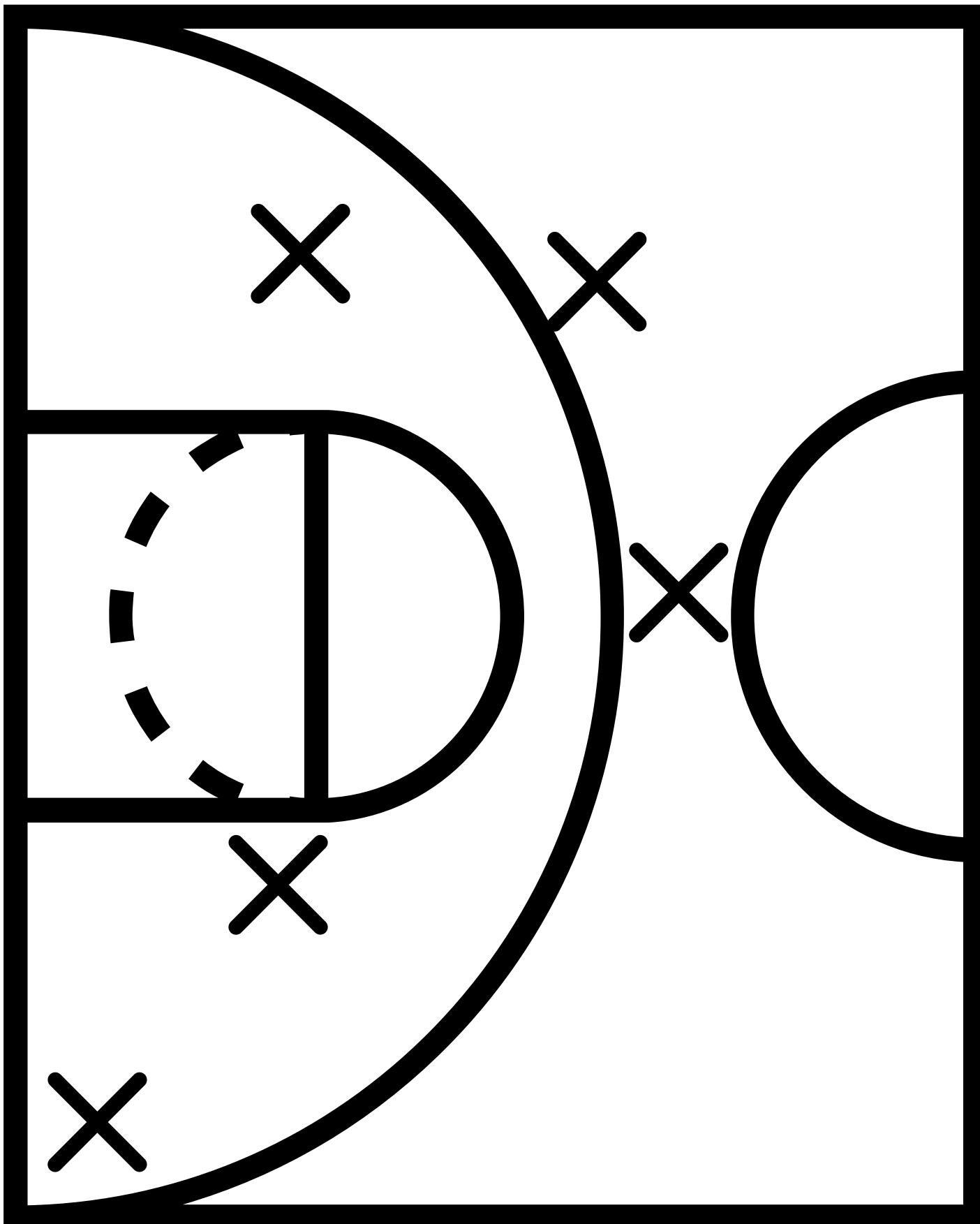
With two minutes on the clock, make 2 shots in a row from each of the 5 spots marked on the 3 point line. After, you must make 10 shots from the center spot on the 3 point line before the clock runs out!

H.O.R.S.E.

This classic game is like basketball Simon Says. If a player makes a shot, the next person must mimic the actions of the first player while also making the shot. If that person misses, they get a letter (e.g. "H"), spelling out "HORSE". If they make it, the same shot must be made by the next person. After a miss, the next person has the opportunity to make a new shot. If all players make the shot then the original shot creator can make a new shot. Once you've gotten all the letters of "HORSE" you're out of the game. Last person standing wins! For a shorter game, spell "P.I.G."!



SHOOT AROUND GAMES



SPOT SHOOTING

Choose a few spots on the court to practice your "catch and shoot" motion, or your dribble pull-up jumpshot. A rebounder is helpful, but not necessary. Shoot in sets of 10, while counting makes. Try to beat your previous results!



FORM SHOOTING

Stand underneath the basket about one step away from the center of the circle. While performing your full shot motion and without jumping, shoot the ball just over the front of the rim. It shouldn't touch any part of the basket and should swish the net. Repeat this process over and over again. When you feel like you've mastered that spot, take a step back. Continue until you've reached the 3 point line. Another variation is to use your shooting hand only for your first round, and then your full motion the second round. Then add your jump mechanism for the third round (even for the up close shots!). Get after it!

SHOOT AROUND GAMES

FREE THROW DRILL

Set up at the free throw line. Get comfortable because this drill can take a while! Shoot free throws until you get to 10 points. To score +1 point, you must swish the free throw. If you miss, you lose -2 points. Any made free throws that are not swishes, do not count towards your score. Get in a rhythm!

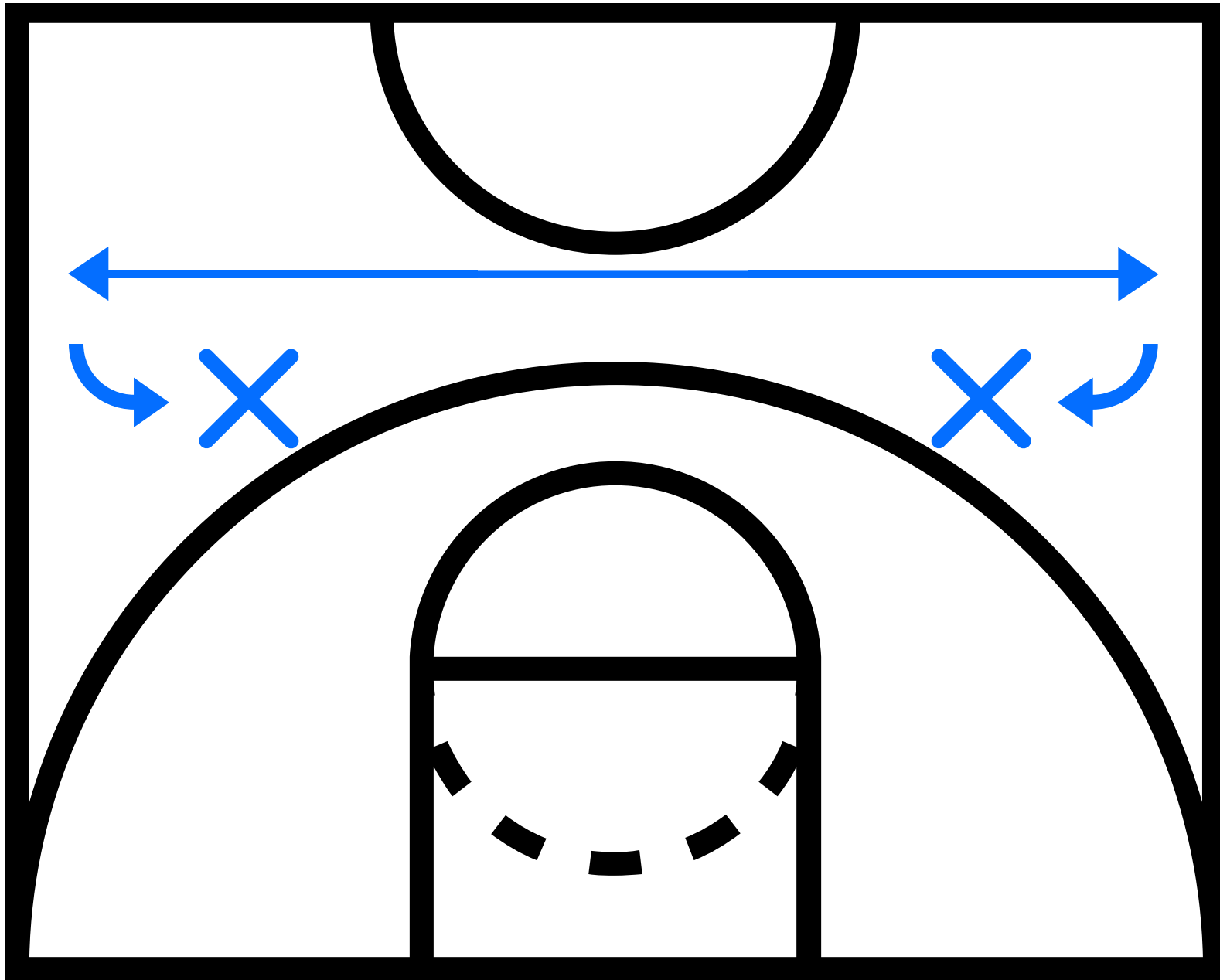


MIKAN DRILL

Stand directly underneath the basket. Take the ball above your head and perform a layup on one side of the basket. Catch the ball out of the hoop without letting it hit the ground, keeping it above your head. Now perform a layup on the opposite side with your other hand. Don't dribble the ball and don't travel. Maintain good layup mechanics and repeat until mastery. For another variation, face away from the basket toward the opposing side of the court. Perform reverse layups on each side of the basket. This drill will help with your finishing ability around the rim!

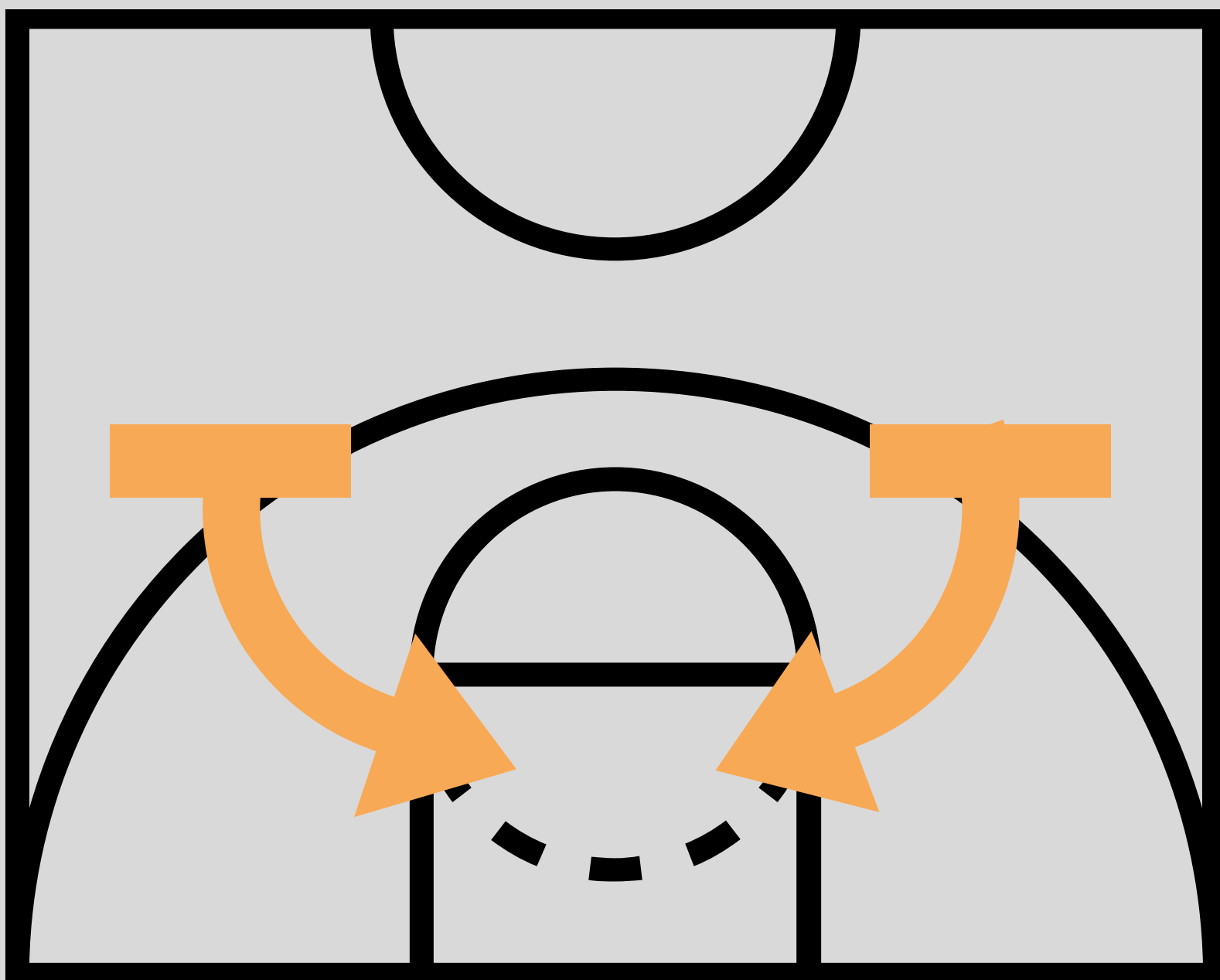
SHOOT AROUND GAMES

SIDELINE SHOOTING



This is a great drill to get some cardio work in! With a rebounding partner to feed you passes, run from sideline to sideline. After touching the line/wall, turn towards the basket to take a 3 point shot at the wing. Once the ball is shot, run towards the opposite sideline. Continue for one minute and count how many makes you can get!

ONE MINUTE LAYUPS



This is another great cardio drill for working on your drives, attacking, and finishing at the rim. Set the clock for a minute, and complete as many layups as you can while alternating from each side. After you rebound, dribble out to the wing and turn back towards the basket. You can add dribble moves for direction changes, but remember to stay low!