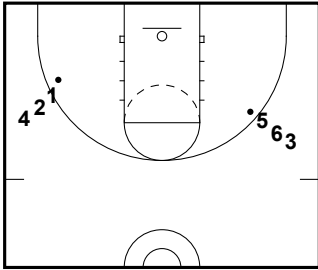


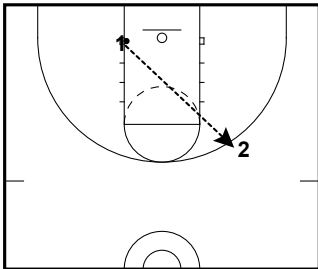
Teach Hoops

3 Up Shooting



Two teams shoot at designated spots opposite sides from each other. They continue shooting till one team makes 3. The coach stands underneath the basket and keeps score. If one team scores a basket, and then other team scores the buckets cancel out. Makes can either add to your score or subtract opponents depending the team's score.

3-2-1 Shooting



Time: 1 to 2 min rotation

One player shoots and other player rebounds & counts total

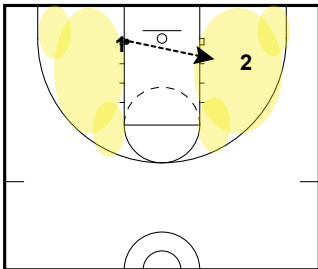
3pt - worth 3

Shot between the 3pt and the lane- worth 2

Lay-up/ bunny- 1pt

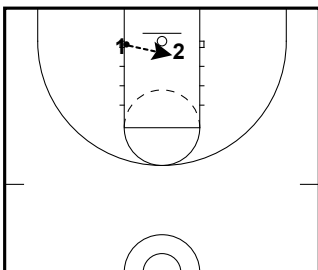
Shooter shoots 3, 2, 1 in sequence

3-2-1 Shooting



Second shot is a 2pt shot, see shaded area

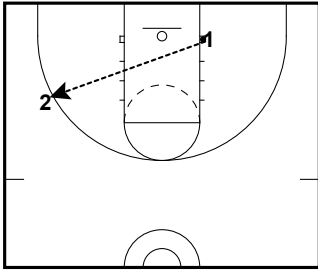
3-2-1 Shooting



1pt shot taken

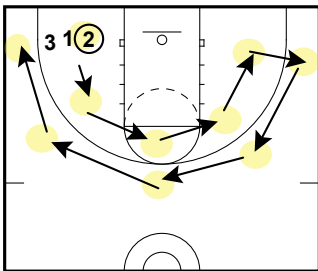
Teach Hoops

3-2-1 Shooting



Repeat 3-2-1 sequence till time ends and allow rebounder to shoot.

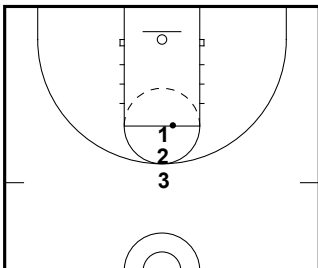
Team Spot Shooting



Team spot shooting is a drill you can adjust on how you want it. You move to the next spot by making a certain makes at designated spot. At the varsity and college level, I suggest 15ft 3 makes and 3pt with 5 makes.

You can add validation after each spot is accomplished with shooting a free throw. You make it , go to the next spot. Miss it, run to half-court and back. Then start shooting again. I always end with the free throw shooting. The team must make 6 in a row as team.

Team Spot Shooting



Drill always ends with free throw shooting.