

ADDITIONAL BASKETBALL SHOOTING LEAD-UP DRILLS

By Dr. Hal Wissel

Shooting Drill 1. Catch and Shoot Bank Jump Shot on Left Side

One objective of this drill is to develop your ability to catch and shoot a bank jump shot in one motion with a quick release. Another objective is to develop your ability to start your bank jump shot in a balanced stance while facing the basket and land in balance after the shot. Start with the ball at the left box outside the lane, your back to the basket. Pass to yourself by tossing the ball high so it bounces high on the left side at a 45 degree angle with the backboard. A 45 degree angle is an area between the left box and the middle hash mark outside the lane. The bank angle, which widens as you move out, is called the 45-degree funnel. Run out on the baseline side of the ball with your hands high and quickly jump behind the ball, turning middle. Catch the ball with your shooting hand high and facing your target. For bank shots, aim for the top near corner of the box on the backboard. Shoot a bank jump shot. Your knees should lower just before the catch and extend upward on the catch in a quick rhythmical down-and-up motion. Shoot 10 bank jump shots from a 45 degree angle on the left side. Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots.

Shooting Drill 2. Catch and Shoot Bank Jump Shot on Right Side

Perform the same drill as the previous one, starting at offensive right box and tossing the ball to the right side at a 45 degree angle with the backboard. Run out on the baseline side of the ball with your hands high and quickly jump behind the ball, turning middle. Catch the ball with your shooting hand high and facing your target. Aim for the top near corner of the box on the backboard. Shoot a bank jump shot. Your knees should lower just before the catch and extend upward on the catch in a quick rhythmical down-and-up motion. Shoot 10 bank jump shots from a 45 degree angle on the right side. Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots.

Shooting Drill 3. Shot Fake Jump Shot at Left Elbow

This drill develops the ability to shoot jump shots off a shot fake. Begin with the ball at the offensive left box outside the lane. Toss the ball to the right elbow. Imagine that you are closely guarded. Catch the ball with your back to the basket using a one-two stop, landing on your inside (left) foot and pivoting toward the middle. Face the basket in a triple-threat stance and make a jab step with your right foot while making a shot fake, showing the ball high. Return to a triple-threat stance being a threat to shoot first. Imagine that the defender reacts to your shot fake by rising up and straightening his leg, then shoot a jump shot. Land in balance. Hold your follow-through until the ball reaches the net. Record the number of shot fake jump shots made out of 10 attempts from the left elbow. Your goal is to make 10 consecutive shot fake jump shots from the right elbow.

Shooting Drill 4. Shot Fake Jump Shot at Right Elbow

This drill develops the ability to shoot jump shots off a shot fake. Begin with the ball at the offensive right box outside the lane. Toss the ball to the right elbow. Imagine that you are closely guarded. Catch the ball with your back to the basket using a one-two stop, landing on your inside (right) foot and pivoting toward the middle. Face the basket in a triple-threat stance and make a jab step with your right foot while making a shot fake, showing the ball high. Return to a triple-threat stance being a threat to shoot first. Imagine that the defender reacts to your shot fake by rising up and straightening his legs, then shoot a jump shot. Land in balance. Hold your follow-through until the ball reaches the net. Record the number of shot fake jump shots made out of 10 attempts from the right elbow. Your goal is to make 10 consecutive shot fake jump shots from the right elbow.

Shooting Drill 5. Free Throw Shooting

Shoot 100 free throws each day. Because a player rarely shoots more than two free throws in a row during a game, when doing this drill, never take more than two successive free throws without moving off the line. Practice under pressure. Use imagination, and compete against yourself. For example, imagine that time is out and that making the free throw will win the game. Constantly challenge your own record. Do the same with consecutive free throws. Be confident. Use positive affirmation statements before you go to the line, and visualize a successful shot just before shooting. Having a routine helps build confidence for free throws. Use deep breathing and muscle relaxation techniques. Focus. The final step before shooting is to eliminate all distractions and focus on the basket. Say your personalized key words in rhythm from the start of your free throw to the release of the ball. If you miss, visualize a successful free throw with good form, again saying your key words. Record the number of free throws made out of every 100 attempts. Also record the highest number of consecutive free throws. Challenge your record every time you perform the drill.

Shooting Drill 6. Eyes Open and Eyes Closed Free Throw Shooting

Combining free throw practice with eyes closed and free throw practice with eyes open has been shown by research to improve shooting more than free throw practice with eyes open alone. Shooting with eyes closed removes vision as your dominant sense, heightening your other senses, particularly the kinesthetic sense (feel of body movement) and touch. Visualize a successful shot and focus on the basket immediately before closing your eyes. Shoot a free throw with your eyes closed. Practice sets of 10 free throws after other drills. Start the drill by shooting 5 free throws with your eyes open. Have a partner rebound each shot and keep track of how many shots you make out of 5 and how many consecutive shots you make. After shooting 5 free throws with your eyes open, shoot 5 free throws with your eyes closed. Have a partner rebound the ball and give you feedback on each shot, including the reaction of the ball on the rim. Use this feedback and your kinesthetic and tactile senses to adjust your shot as necessary. Have a partner rebound each shot and keep track of how many shots you make out of each set of 10. Record the total number of free throws made out of 100. Also record the highest number of consecutive free throws with eyes open and consecutive free throws with eyes closed. Challenge your record every time you perform the drill.

Shooting Drill 7. Mental Practice by Viewing a Video or DVD of Your Own Perfect Shot

Mentally practice your shot by viewing a video of your own perfect shot. Video your shooting until you get a perfect shot. Copy the perfect shot onto a second video or DVD 100 times. You can then insert the video or DVD into your video or DVD player and watch your 100 perfect shots each day. It will take about 10 minutes.

Edited from:

Wissel, H. (2004). BASKETBALL: Steps to Success. Human Kinetics, Champaign, IL. 2nd Edition.

Wissel, Hal. (2005). Basketball Shooting: Confidence, Rhythm and Mechanics DVD. Basketball World, Suffield, CT.

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Wissel, Hal. (2009). Basketball Shooting: Make Your Shot Automatic DVD. Basketball World, Suffield, CT.

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