

12. Spot Shooting

Purpose:

Focuses on shooting accurately and quickly.

Setup:

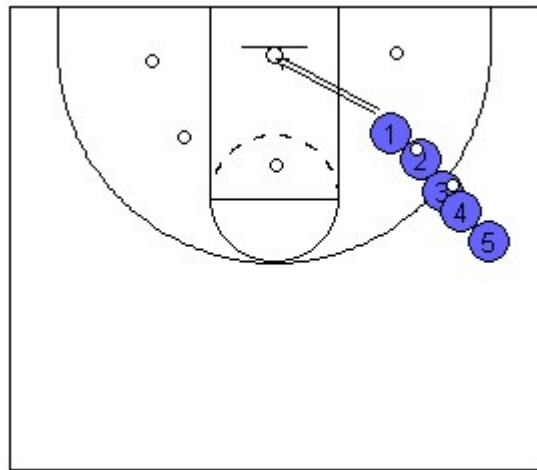
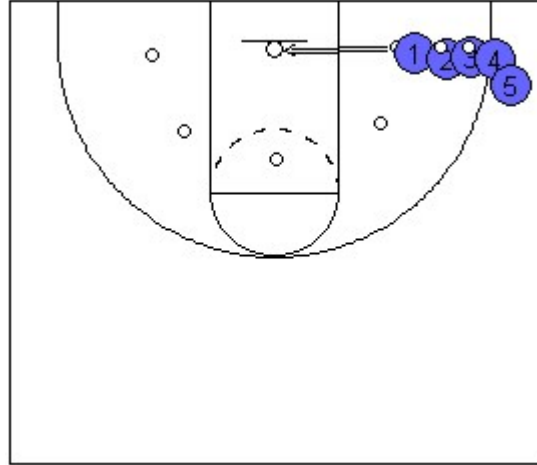
* Pick 3-5 spots on the floor, depending on the age and skill level of your team. Split your team into two groups and line them up at the first spot, giving each group 3 balls.

Execution:

* On the whistle, the first player in line shoots the ball. As soon as the ball hits the rim, the next player in line shoots. The shooter hustles after the ball and passes to the next person in line without a basketball.

* After the team makes a certain number of baskets, they are to move to the next spot.

* The first team to make the designated amount of baskets from each spot is the winner.



Coaching Tips:

* Focus on shooting form and the encourage players to hustle.