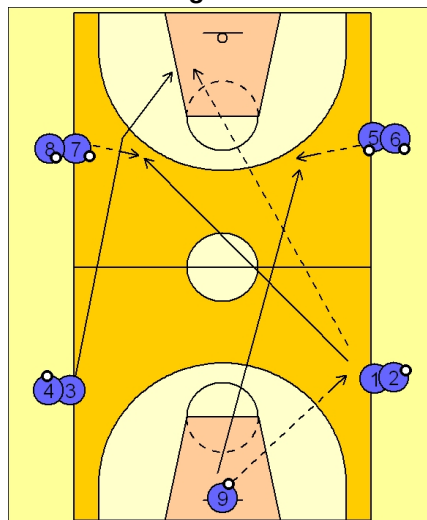


Italian shooting



*This is a great drill to work on shooting on the move. It can also be timed and score recorded to show improvements and set goals.

This set up shows 9 players but it can be done with a minimum of 7 with 5 balls.

The first pass comes from under one hoop (9) to an outlet on either side. The opposite outlet will break down the floor, staying wide in the outside lane. 1 will then lead him to the hoop for a layup. 1 then follows the pass running cross court to receive a pass from 7 for either a 3pt shot or a mid range pull up jump shot. 9 does the same going to the opposite side to receive a pass from 5. The player who does the layup throws and outlet pass to start the drill the other way. The other two players fill the lines.

Variation: All players shoot 3's, jump shots, layups

Scoring: Time the drill(4-5min) and score each layup/Jump shot = 2points, each 3 = 3points, missed layups are minus 10.

Or, see how many times the group can make all three shots in the allotted time.

