



## 5 Step Shooting Drill

Setting reachable goals for yourself, then achieving them can be a great motivator and confidence builder. This is a fun drill to help you get better.

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1. Print off a work-out sheet containing the shots to be worked on during that step.
2. Shoot at least three days in one week's time. You can use your basket at home, the park, the gym, or anywhere there is a regulation basket with enough room to do the shots.
3. Shoot each shot until you make it and keep shooting until you miss. Count the number of consecutive shots made. Record the largest number.
4. Repeat this is many times as you wish.
5. In order to move to the next step in the program, you must:
  - a. Shoot at least three different days during the week.
  - b. Make the minimum required for each shot at least once.
6. Once you have completed step one, print step two and so on.
7. Continue until you have completed all five steps.
8. It is obvious that you must be entirely honest in recording your results. Remember, it is not what you wish you had done or hoped to do, but what you actually accomplished that matters.
9. Shoot all shots at game speed. Where a dribble is required, go hard as you would in a game. Off the pass, get the shot up quickly. Post players go up strong.
10. It is necessary that you complete each step each time. That means, even if you made the goal on a shot at an earlier time, you must still reach that goal on the current step.
11. If you reach the goals for consecutive makes on the first or second day, try to beat that mark the next day(s).
12. Once your goal is reached, continue shooting to see how many you can make on that shot.



## Points and Wings

### STEP 1

1. Start at the top of the circle (2 steps back). Take two hard dribbles with the left hand to the left elbow for the shot.

**GOAL:** Make four consecutive

2. Shoot free throws.

**GOAL:** Make seven consecutively

3. On pass, (either throw yourself a pass or receive a pass from a partner) shoot the 3 point shot from the right wing.

**GOAL:** Make three consecutively

4. Start at the right wing, take two dribbles with the right hand and shoot a 15 foot shot from the baseline.

**GOAL:** Make four consecutive

### STEP 2

1. Off a pass, shoot jumpers from the left elbow.

**GOAL:** Make six consecutively

2. Off a pass, shoot 3 point shots from the top of the circle.

**GOAL:** Make four consecutively

3. Start at the left wing. Take two hard dribbles with your left hand for a 15 foot shot from the baseline.

**GOAL:** Make four consecutively

4. Start at the top of the circle ( 2 steps back ) . Take two hard dribbles with the right hand to the right elbow for the shot.

**GOAL:** Make five consecutively

### STEP 3

1. Start at the top of the circle ( 2 steps back ). Take two hard dribbles with the left hand to the left elbow for the shot.

**GOAL:** Make six consecutively

2. Shoot free throws.

**GOAL:** Make eight consecutively

3. Shoot the 3 point shot off the right hand dribble from anywhere behind the arc. Use at least two hard dribbles.

**GOAL:** Make five consecutively

4. Start on the left wing, use two right hand dribbles to the left elbow for the shot.

**GOAL:** Make six consecutively



## **STEP 4**

1. Off the pass, shoot from 15 feet on the left baseline.

**GOAL:** *Make six*

2. Off the pass shoot 3 point shots from the left wing.

**GOAL:** *Make six consecutively*

3. Start on the right wing. Dribble with the left hand to the right elbow for the shot.

**GOAL:** *Make seven consecutively*

4. Start near center court make two or three hard dribbles, then cross-over for one or two more dribbles. Take the shot in the circle behind the free throw line. The cross-over may be in front, through the legs, or behind the back.

**GOAL:** *Make seven consecutively*

## **STEP 5**

1. Shoot free throws. *Make ten consecutively.*

2. Off a pass, shoot from either elbow. *Make ten consecutively.*

3. Off a pass, shoot 3 point shots from anywhere behind the arc.

*Make seven consecutively.*

4. Start from the wing. Make a jab step toward the baseline and dribble hard to the elbow for the shot. You must change sides each time. If you are a point, start above the circle and go to both elbows after the jab step.

*Make six consecutively.*

5. Start near center court make two or three hard dribbles, then cross-over for one or two more dribbles. Take the shot in the circle behind the free throw line. The cross-over may be in front, through the legs, or behind the back. *Make seven consecutively.*



## Post Players

### STEP 1

1. Start on the left block. Off a pass (either throw yourself a pass or get a partner ), make a drop step, dribble, and power lay-up.

**GOAL:** *Make ten consecutively.*

2. Shoot free throws.

**GOAL:** *Make seven consecutively*

3. Start halfway up the lane between the block and the free throw line. Off a pass, shoot a turn-around jumper, turning toward the middle.

**GOAL:** *Make six consecutively*

4. Start 15 feet from the basket on the right baseline. Off a pass, shoot jumpers.

**GOAL:** *Make four consecutively*

### STEP 2

1. Start on the right block. Off a pass, make a drop step, dribble, and power lay-up.

**GOAL:** *Make ten consecutively*

2. Shoot free throws.

**GOAL:** *Make eight consecutively*

3. Start halfway up the lane on the right side. Off a pass, shoot turn-around jumpers, turning toward the middle.

**GOAL:** *Make six consecutively*

4. Start 15 feet from the basket on the left baseline. Off a pass, shoot jumpers.

**GOAL:** *Make four consecutively*

### STEP 3

1. Start halfway up the lane on the left side. Off a pass, make an inside pivot and step through

using, at least, 2 dribbles to the power lay-up.

**GOAL:** *Make ten consecutively*

2. Start at the right elbow. Off a pass, shoot jumpers.

**GOAL:** *Make seven consecutively*

3. Shoot free throws.

**GOAL:** *Make nine consecutively*

4. Start half way up the free throw lane on the right side. Off a pass, make a quick drive using only one left hand dribble. Take the ball to the opposite side for the left hand shot.

**GOAL:** *Make five consecutively*



## **STEP 4**

1. Start at the left elbow. Off a pass, shoot jumpers.

**GOAL:** *Make eight consecutively*

2. Shoot free throws.

**GOAL:** *Make ten consecutively*

3. Start at the right elbow. Off a pass, shoot jumpers.

**GOAL:** *Make eight consecutively*

4. From 15 feet on either baseline, off a pass, shoot jumpers.

**GOAL:** *Make six consecutively*

## **STEP 5**

1. Start half-way up the lane on the right side. Off a pass, make an inside pivot and step through, using at least, two dribbles to get to the power lay-up.

**GOAL:** *Make ten consecutively*

2. Start at the top of the circle (2 steps back). Take two hard dribbles with the left hand to the left elbow for the shot.

**GOAL:** *Make five consecutively*

3. Shoot free throws.

**GOAL:** *Make ten consecutively*

4. Start at the top of the circle (2 steps back). Take two hard dribbles with the right hand to the right elbow for the shot.

**GOAL:** *Make five consecutively*