

DELTA STATE

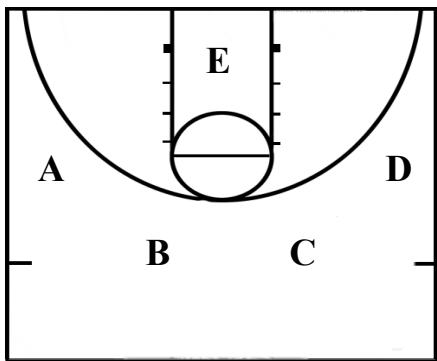
BASKETBALL

RAPID FIRE THREE POINT SHOOTING DRILL

The purpose of our Rapid Fire Three Point Shooting drill is to develop our three point shooters by placing them under the same type of pressures and extreme conditions as that of the game. We create this game like environment through competition, fatigue from shooting successive shots, and time via the use of a stop watch. We chart everything in order to keep accurate records from which to evaluate our performance over a period of time.

The drill is set-up utilizing a “Shoot-a-Way”, we prefer the old Shoot-a-Way over the Gun to place our players in a position to feed the shooter with precise two hand chest passes - however, the Gun could be substituted if necessary.

Drill Set-up: *We shoot all Three Point Shots in Drills from a minimum of 22 feet. We feel this distance not only improves our range, but we do not want our players to always be concerned where the line is - simply shoot the open shot.*



Player one begins in position A, with player two in position E (player two is the passer). The Coach gives the command to begin the drill and starts the stop watch.

Player One shoots as many three point shots as he possibly can over a one minute time span.

We demand that our player utilize the proper form and technique in executing this shot, we do not want to sacrifice technique for intensity. However, you will observe your players struggling to deliver the three in your early sessions, as this is a very physically and mentally taxing drill.

Player Two delivers crisp and precise two hand chest passes to the shooter as possible, without distorting the shooters follow-through. The shooter must work quickly to re-establish his readiness to accept the next pass and subsequent shot.

Player One continues to shoot, as the Coach keeps track of the number of made shots. At times, we will keep track of both attempts and makes, however the purpose of the drill and the competitive scenario that we have created, centers around the number of makes from each position and the total makes for the drill.

When the stop watch reaches :58 seconds, the Coach yells change, the shooter will continue if he has already accepted a pass, and then immediately moves to the next position “B”, again going as quickly as possible. You must underscore the importance of not wasting any time, every second counts.

Player One will continue to shoot from position “B” until the clock reaches 1:58, at which time the Coach yells change and the shooter moves to position “C”, and so forth for “D”. Upon arriving to “D”, the shooter continues until the clock reaches 3:58 - the Coach yells change, and Player One immediately goes to position “E” to become the passer, and Player Two goes to position “A”.

Player Two executes the same sequence as Player One, as the clock reaches 7:58, the Coach yells change and Player Two becomes the passer and Player One moves to position “D” now rotating from left to right through the one minute periods at each shooting spot.

The entire Drill for both players takes 16:00 minutes, eight minutes for each. A great score consist of making an average of 20 threes at each position.

Therefore; a score of 150 or more makes is tremendous, over 125 is outstanding, over 110 is very, very good, and over 100 is acceptable.

