

Shooting and Free Throw Shooting Competitive Games

Shooting Games

- 1, 2, 3 shooting game to 21, or any total.**
Start at 3-point line or free throw line if younger.
Always try to set a personal best.
 - Shot fake
Circle tight
Body on 1st, straight line drive.
Head up on target. 1 dribble to rim, chin the ball, clean lay-up for 1 point.
 - Shot fake
Circle tight
Go somewhere with 1 dribble.
Hold follow-through. Make is 2 points.
Swish=extra point. (3)
 - Shot preparation. "Don't shoot fast, get ready to shoot fast."
Ball in the air, feet in the air.
Hold follow-through. Make is 3 points.
Swish=extra point. (4)
-Can go alone or 2, 3, or 4 in a group. Go against another team, time, or both.
- Five Point Count Down** (or any number)
-1 on makes – count down
+1 on misses – count up
Time it for personal best or compete against someone. You could add the swish rule.
- Make 25 don't miss 2 in a row.**
If you miss 2 in a row and can swish the next shot you are still alive.
Keep going after you get to 25.
- 4 Up**
Get 4 ahead of the other team. Sit down in a straight line with ball in front of the line when you finish. We usually shoot from free throw line elbows, but you can adjust it to any spot.
- Beat Steve Nash**
Start with a Free Throw (Make = +1, Miss = -3)
After the free throw, you shoot jump shots and a certain number of lay-ups according to age level.
(Make = +1, Miss = -2)
First to 10 wins
- 2 Balls, 3 Closers Out**
1 shooter, 1 passer, 3 defenders. Passer feeds shooter and defenders run out and jump to try and block shot. Passer uses ball fakes, dribble follows, etc to make drill game-like. One shooter stays in for a while, then rotate new passer and shooter into drill. If shot gets blocked, shot fake and 1 dribble pull-up. Then go back to 3's until another one gets blocked.

Free Throw Games

- Free Throws & Points**
For example; shoot 4 Free Throws get 5 points
Swish = 2 points
(Any number free throws and points can be set)
- Plus 2, Minus 2**
Swish = +1
Make with rim = 0
Miss = -1
After plus 2, make as many in a row as you can. If you miss, you can swish the next one to stay alive.
- Make 16 Free Throws in 6 minutes**
Shoot a 1 on 1
 - Miss the 1st – Do a dribble suicide with weak hand
 - Miss the 2nd – Dribble down and back twice
 - Make both – Dribble down and back once
- Team 1 on 1**
Everyone shoots a 1 on 1; you must reach whatever total is set for a goal. Sprint to baseline, and hold your number of makes above your head to get the count.
- Buy the Bank Free Throws**
Makes add up to points
Miss buys the current point total
Reach a certain total (usually 21) and you are out.
- Team encouragement free throws.**
Teammate shoots 1 free throw. If the player misses, you run. If you don't encourage, everyone runs.
- Bubba Free Throws or Free Throws to Win**
Set a score like 64-60 (you are down)
Make = +1 for you
Miss = +2 for the opponent
Entire team shoots one each, or you can use smaller groups.
- Scrimmages**
Poorest free throw shooters shoot all the free throws in scrimmage action. When you are subbed out, make 6 in a row and you can come back in (John Wooden).
- 3 in a row – 5 minutes (make 66)**
3 guys at a basket. 1 guy shoots and tries to make 3 in a row. If he misses any of the 3, you rotate and the next guy tries. Once a guy makes 3 in a row, he yells out his name and a manager/coach records it. Then you rotate to the next guy. Goal is 66 3 in a rows in 5 minutes for a 12 person squad.

