



STAR SHOOTING DRILL

FIGURE 1: Three lines with a basketball at the front of two lines. On 1...2...3...Go...Players with the basketball shoot, follow their shot for the rebound and pass clockwise to the next person in line.

VARIATIONS: Consider doing this drill for time with half of the team at one hoop, and the other half of the team at the opposite hoop. The team to make the most shots in the allotted time wins.

- Catch and Shoot Inside/Outside the Arc
- Off the Dribble
- Closeouts After the Shot