

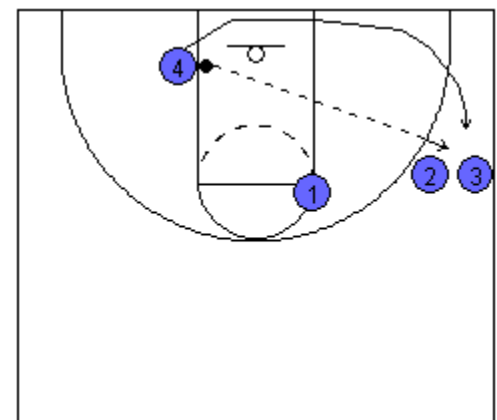
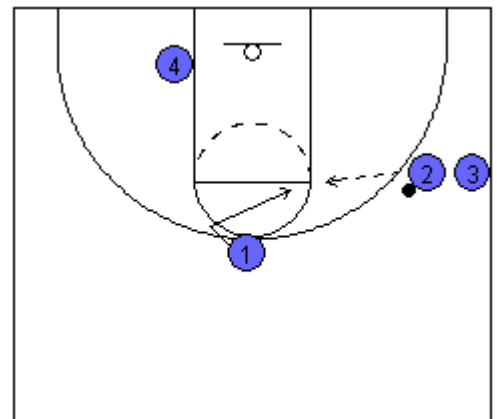
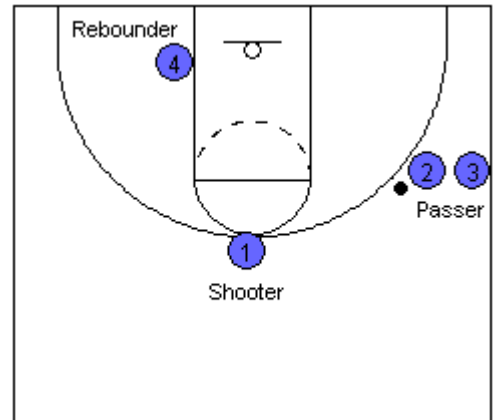
Elbow Shooting Drill

Drill Purpose (All Ages)

This drill provides practice in establishing a balanced, fluid, and consistent shot motion while moving into a shot in both directions. In particular, it focuses on effective footwork.

Instructions

1. Ideally, have four players at a basket for this drill.
2. Start the drill with a player in the shooting line just above the top of the key, a rebounder positioned near the basket on the off-side of the right-side shooting elbow, and two players in the passing line at the right wing, free throw line extended and outside the three-point line. The ball will be in a passer's hands to begin with.
3. The shooter will do a jab step to the left and then cut to the right elbow.
4. The passer will deliver a pass so that the shooter can step right into the shot using the left foot as the pivot foot.
5. The rebounder throws the ball to the passing line, the initial shooter becomes the new rebounder, the initial rebounder joins the passing line, and the initial passer becomes the next shooter.
6. Repeat the process from the opposite elbow, adjusting the rebounder position and passing-line position. Make sure that players use the right foot for the pivot foot when shooting from the left elbow.
7. Continue the drill until all players have shot ten shots from both elbows.



Points of Emphasis

Continually tell your players...

- Passes should be thrown to the shot pocket so that shooters don't waste energy repositioning the ball.
- Shooters should catch the ball just as they arrive at the elbow. In other words, they should be on the move.
- The left foot is the pivot foot.
- The shooter should land in the same spot, or slightly in front of the spot, from which they started the shot.

Motivation / Teaching Tips

- Have players keep a daily record of how many shots they make from each elbow.
- Emphasize to shooters the importance of presenting target hands to passers.
- Encourage players to operate at game speed.
- Mix up the groups daily so that players get practice throwing to different teammates.