

Two Ball Shooting: Down Screens

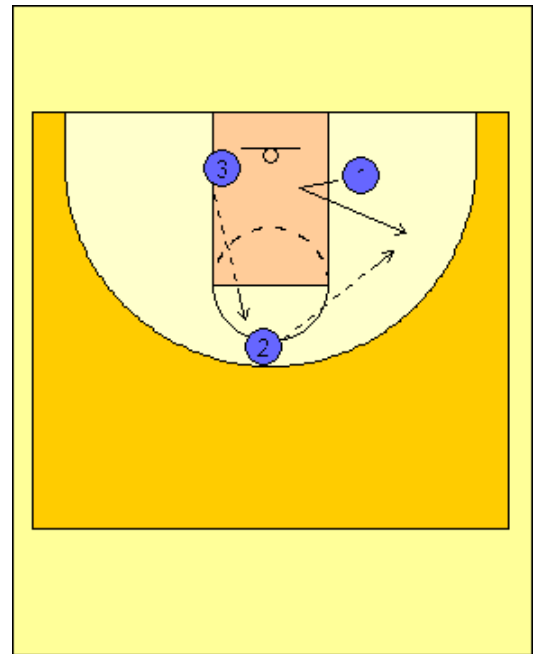
(Age Level – Junior High)

Drill Purpose

This is a great shooting drill that is fast paced and simulates game situations. This drill is designed to teach players how to come off a low post screen and free themselves from a defender. This drill uses a team concept to create an open shot.

Instructions

1. Three players and two basketballs will be needed. One player, the shooter, will be near the low post, the passer will be at the top of the key, and a rebounder will be underneath the basket.
2. The shooter is going to come off a down screen from an imaginary post player and pop out to the wing. (S)he must be ready to catch and shoot after coming off the screen.
3. The passer at the top of the key will then deliver a chest pass to the shooter, and the shooter will then square up to the basket and attempt a jump shot.
4. As soon as the passer releases the ball, the rebounder will pass the second ball to the passer. The rebounder will then gather in the rebound of the shooter's shot UNLESS the shot is missed by the shooter to his/her side of the basket. In this case, the shooter will follow his/her shot.
5. The process will continue until you feel it necessary to rotate or move on.



Points of Emphasis

Continually tell your players to...

- Come off the screen as quickly as possible; make it a game speed drill.
- Square up to the basket before they shoot.
- After they have displayed shooting form, follow their shot

Motivation / Teaching Tips

Tip #1 – Following your shot is one of the least noticed (and practiced) parts of a team’s offensive structure. Following your shot can create an extra chance to score points on the offensive end, and it will always keep the defense on their toes. Preach this aspect of the game to your players and make sure they do it as often as possible.

Tip #2 – If you have a fourth player available, stick him/her down in the post to be the screener. If you have a fifth player, have him/her play some token defense against the offensive player.



Learn how to [manage your basketball team](#) with TeamSnap, or view more [basketball drills and tips](#).