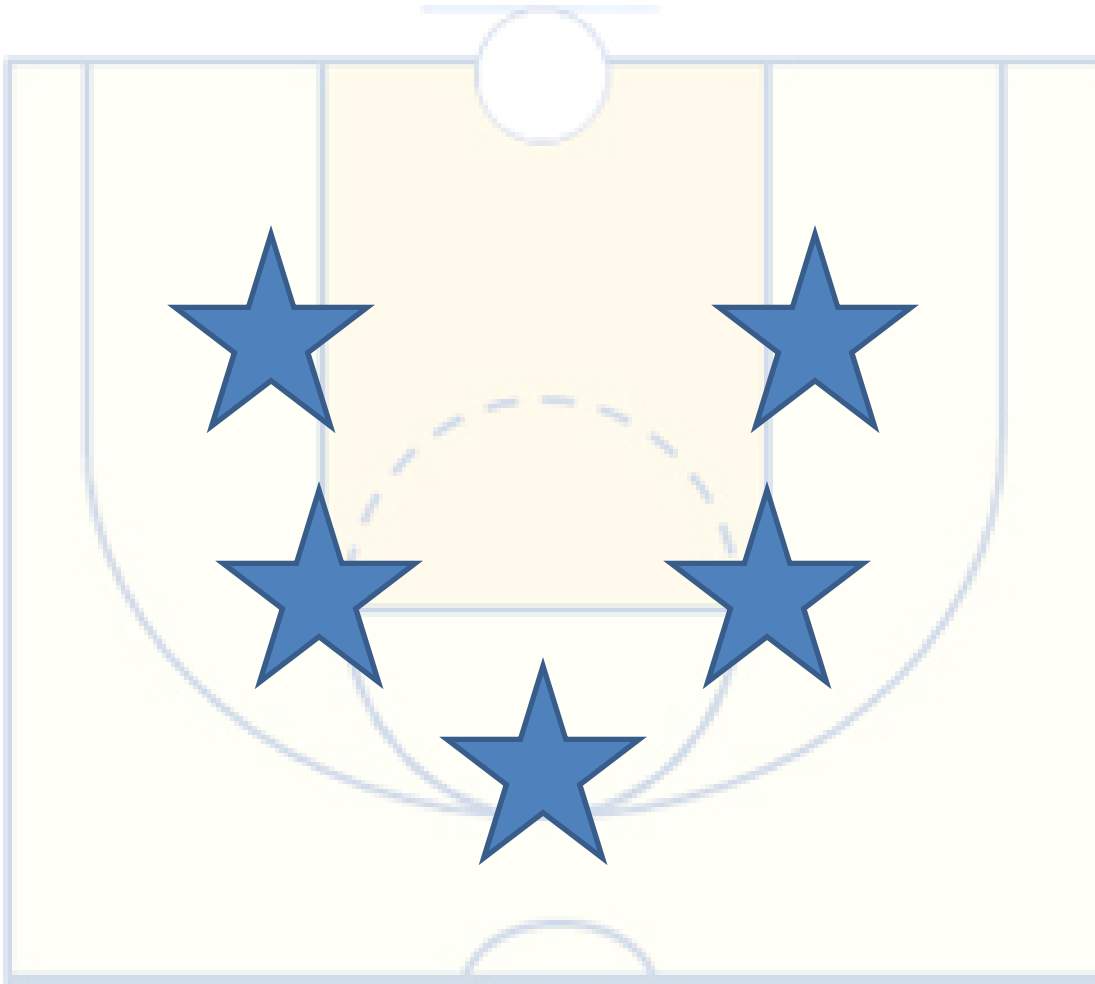


5-Star Shooting Drill

This simple shooting drill consists of shooting from 5 spots around the basket.



Setup:

- Have two players do this at a time on each end of the basket
- One to shoot one to rebound per side

- Set the distances at varying lengths (5', 10', 15', etc) as necessary based on age and ability of players.

Execution:

- See how many shots they hit in 60 seconds and set up a competition in practice and see who wins.

- The key is to hit the shots they take, not take a bunch of wild shots and miss, so make the shots count.

- Winner gets to sit out while the others run some laps.