

COMPETITIVE SHOOTING SERIES

10 BEFORE 5

TEACHING POINTS

- **UP YOUR STAMINA**

- Just because your body is telling you to slow down, that doesn't mean you have to listen. You **MUST** play through the mindset of being tired and reject the idea that you have to move slower.

- **SHARP EVERYTHING**

- This is not just a drill for the shooter. Their teammate should be working on their passing and rebounding skills. Passes should hit the shooter right in their shooter's pocket so the defense isn't allowed any extra time to close out.

- **FOOTWORK**

- Shooters should plant their inside foot first and be in a pivoting motion on the ball of their foot as they catch the ball. The outside foot should swing around to complete the shooting stance. The shooter should land on the same spot as they started their jump shot motion to ensure a balanced shot.

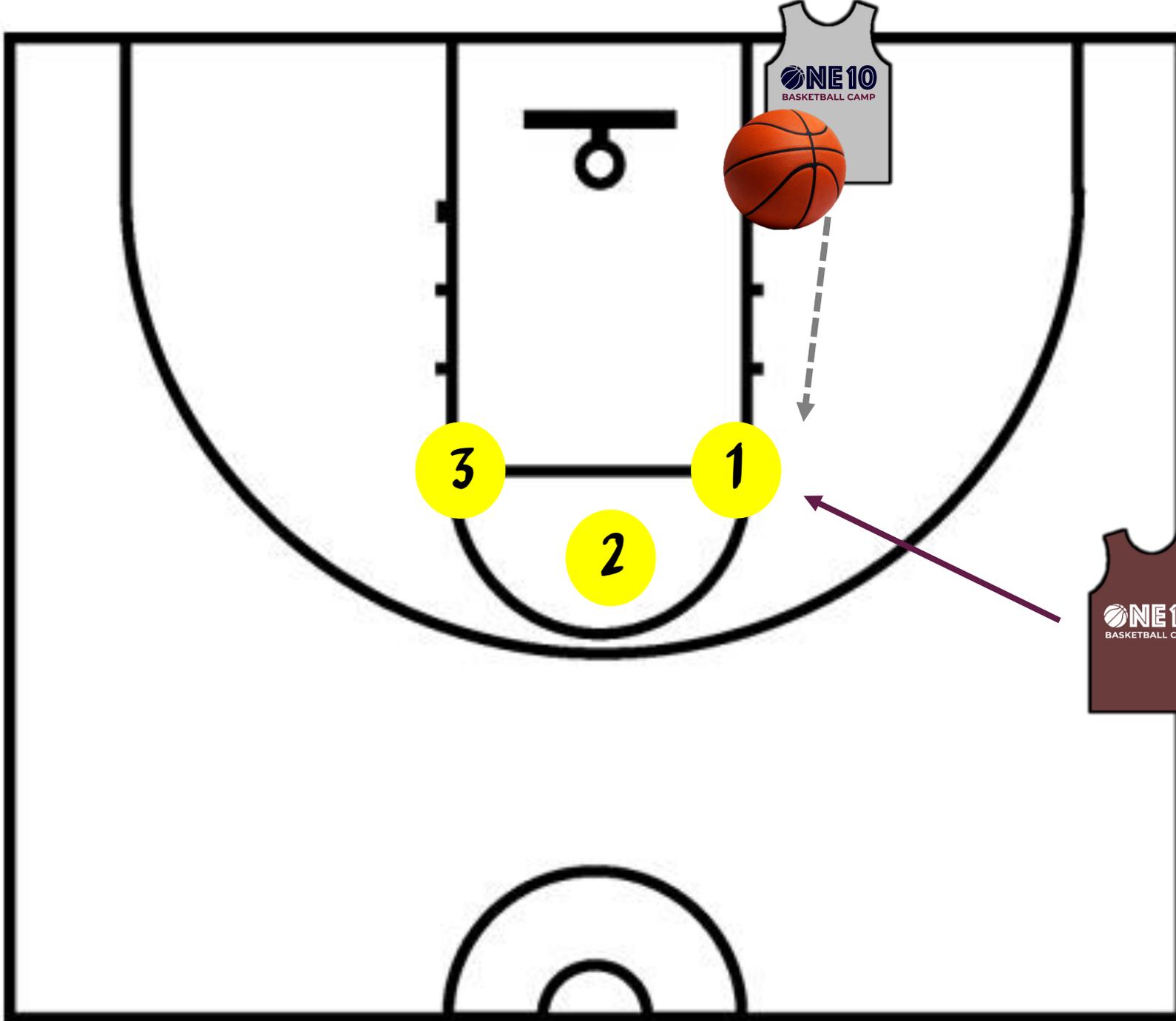
- **PLAY TO WIN MENTALITY**

- Shooters will be anxious when they are on the verge of losing the game. This results from a "play not to lose" mentality. We want to flip that. Players must always be confident that the next shot will go in. This is a great drill to simulate late game shooting situations.

CHALLENGES!

- Make 10 before you miss 5 in the shortest amount of time possible.
- Move the location of the drill. Some players won't shoot from the elbow in game situations. The spots can be located anywhere on the court, so tailor the drill to simulate the shots you will get within your offense.
- Add a shot fake and/or a dribble move prior to all shots.
- Got range? Scoot the shooting spots back to up the ante.
- Rebounder may not let the ball hit the floor. (Each time it hits equals a down and back sprint when shooter completes drill.)

Note: Younger players may not have the muscle strength to shoot from certain distances with proper form. For these developing players, scoot the shooting spots closer to the basket.



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You'll need:

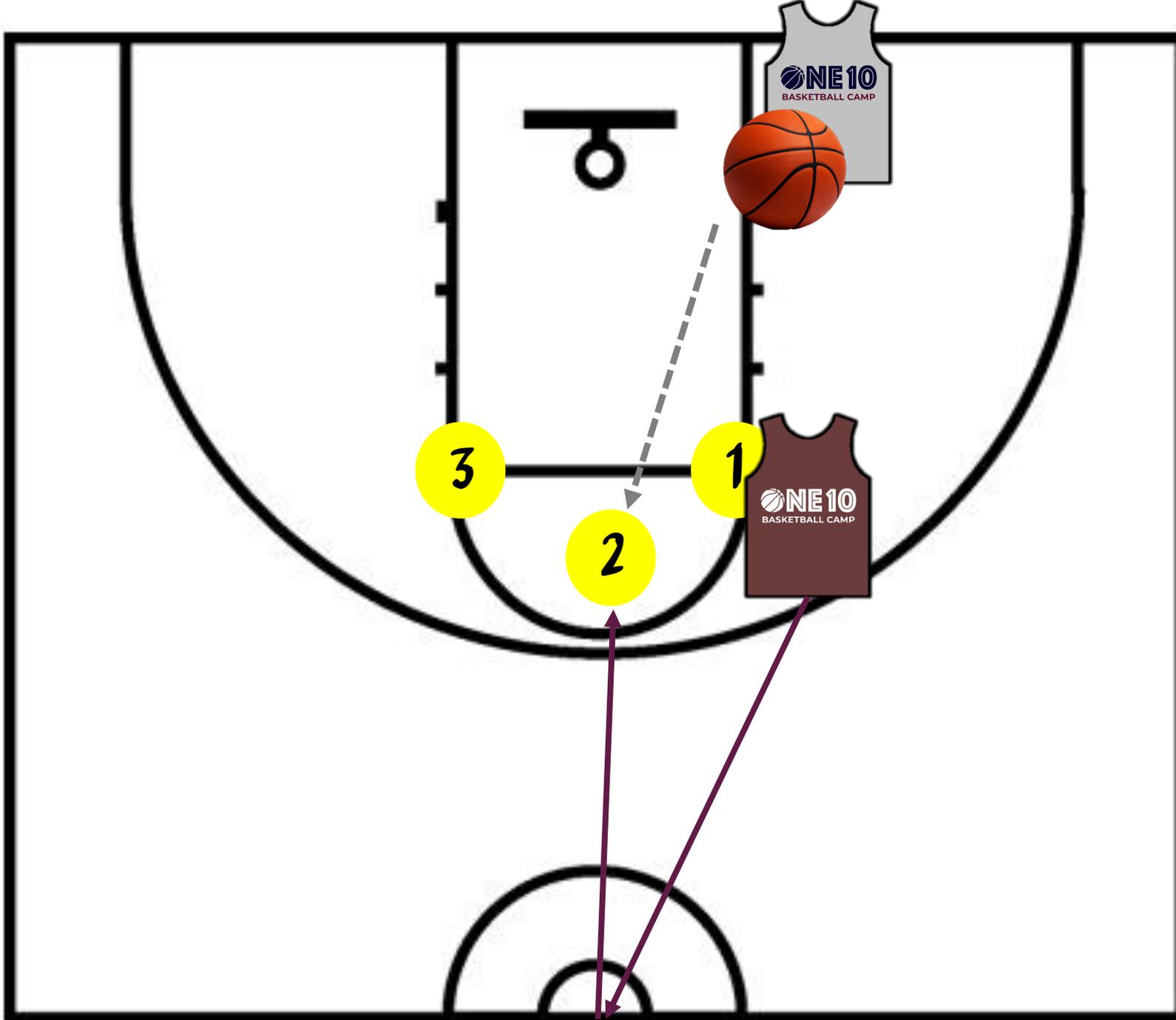
- 1 basketball
- 1 teammate

Scoring:

- Shooter must make 10 shots before missing 5 total shots (Rebounder should shout out the shooter's score after each shot.)

Directions:

1. The shooter starts on the sideline and sprints to spot #1. The teammate passes the ball to the shooter at spot #1. The shooter takes the shot.
2. The teammate rebounds the ball.



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Directions (CONT):

4. The shooter sprints to half court, then immediately to spot #2.
5. The teammate passes the ball to the shooter at spot #2. The shooter takes the shot.
6. The teammate rebounds the ball.
7. The shooter sprints to the sideline, then immediately to spot #3.
8. The pattern repeats until the shooter makes 10 shots total (WIN) or misses 5 total (LOSE).