



High-Low Shooting

Drill Specifications

Drill Theme: Shooting
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

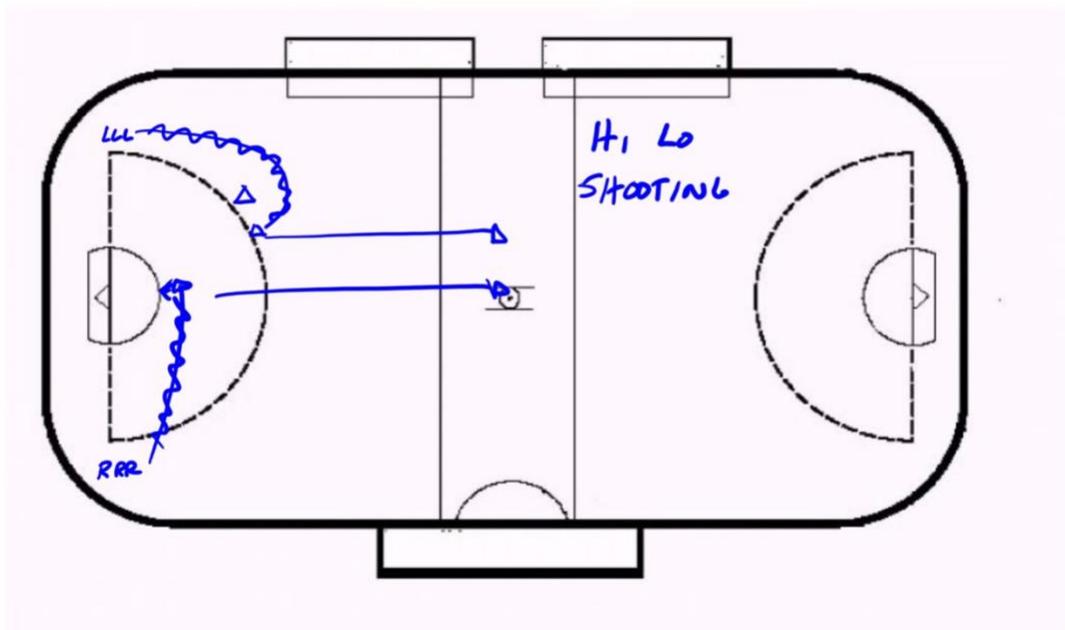
Objective

This drill is excellent for teaching players how to shoot from the outside and the inside.

Drill Description

Set up two lines in the corners, with balls in both corners splitting up left-handed and right-handed players in their proper corner. Lines will alternate, starting L1 driving up around the pylon, turning his hips, stepping towards the net, and shooting. Immediately after L1 shoots, R1 will cut across the net for an inside shot. Lines will continue to alternate.

After five (5) minutes or after all the balls have been used alternate the lines from inside shooting to outside shooting.





Skills Practiced

- Inside Shooting
- Outside Shooting

Variation

N/A

