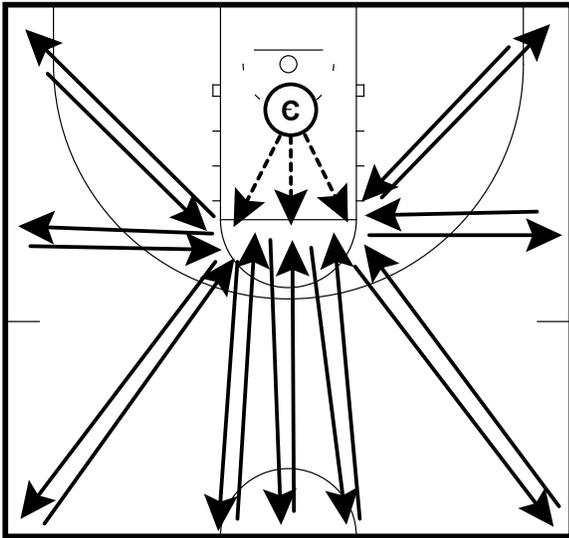
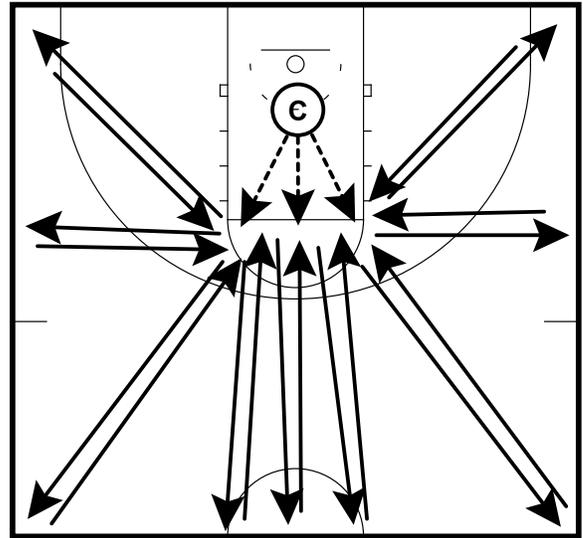


Southern Shooting Drills

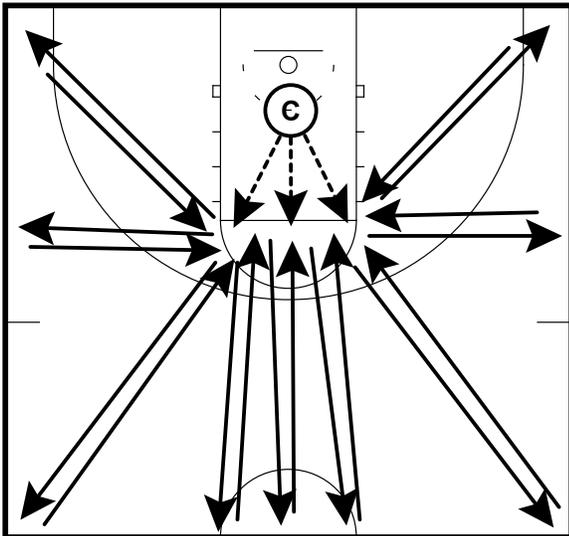
Southern Shooting Drill #1



1. Start with a shot at the elbow (shot 1)
2. Sprint to corner and sprint back to the elbow (shot 2)
3. Sprint to sideline and sprint back to the elbow (shot 3)
4. Sprint to the half court corner and sprint back to the elbow (shot 4)
5. Sprint to the outside of the half court jump circle and sprint back to the free throw line (shot 5)



6. Sprint to the middle of the half court jump circle and sprint back to the free throw line (shot 6)
7. Sprint to the outside of the half court jump circle and sprint back to the free throw line (shot 7)
8. Sprint to the half court corner and sprint back to the elbow (shot 8)
9. Sprint to sideline and sprint back to the elbow (shot 9)
10. Sprint to sideline and sprint back to the elbow (shot 10)



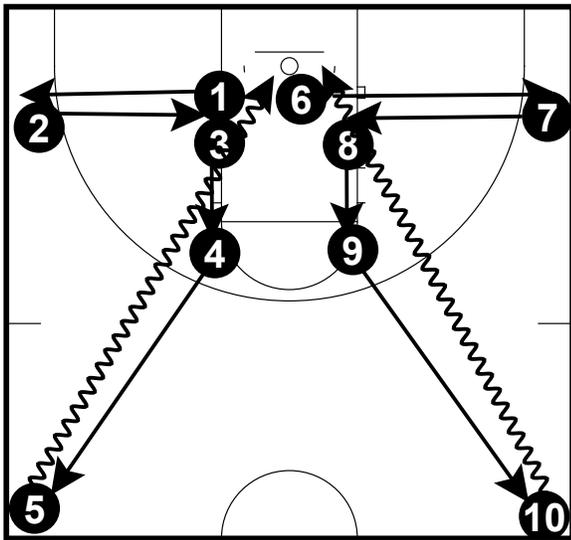
Coach/manager passes to shooter.

Coaches can:

1. Keep shooting %
2. Keep time
3. Keep % and time
4. Have players defensive slide instead of sprinting
5. Have players add 1 dribble, shot fake & dribble, etc.

Southern Shooting Drills

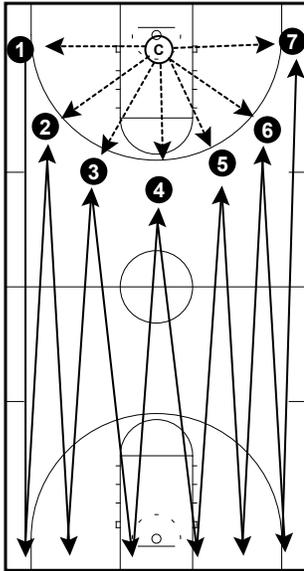
Southern Shooting Drills #2



Intercept Drill ...

Southern Shooting Drills

Southern Shooting Drill #3

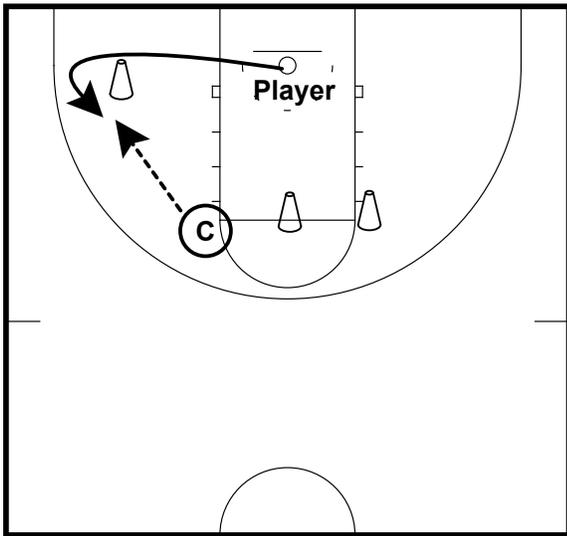


Coach passes from underneath rim

- Spot 1 - Shooter starts in corner, shoots corner 3ptr, sprints to far baseline.
- Spot 2 - Shoots wing 3ptr, sprints to far baseline.
- Spot 3 - Shoots slot 3ptr, sprints to far baseline.
- Spot 4 - Shoots top-of-key 3ptr, sprints to far baseline.
- Spot 5 - Shoots slot 3ptr, sprints to far baseline.
- Spot 6 - Shoots wing 3ptr, sprints to far baseline.
- Spot 7 - Shoots corner 3ptr

Cone Drills

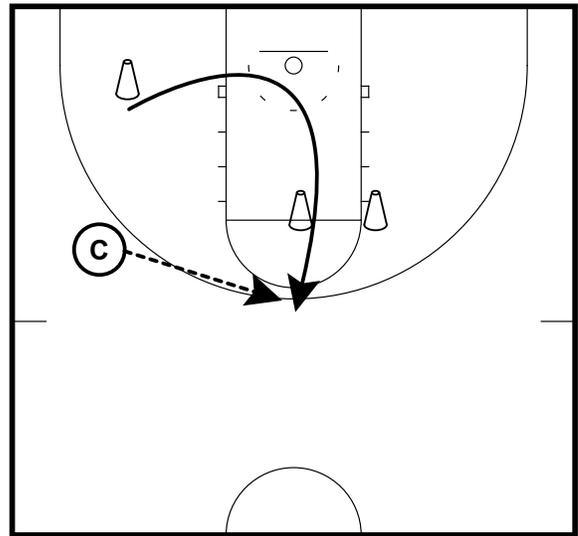
Cone Drill #1



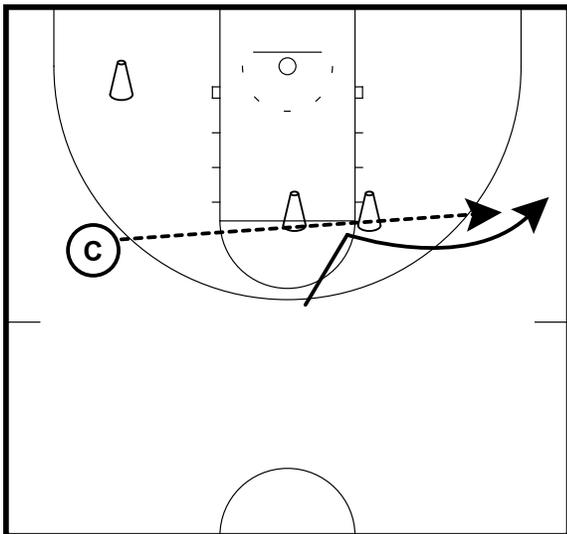
Player starts underneath the rim and sprints to baseline and curls off the cone. Catch and shoot (shot 1).

Coach passes to baseline area from middle of the key area.

NOTE**Coach will need a rebounder and will also have to move during the drill to pass, as the passing angle and spacing will change throughout the drill.



Player walks underneath the rim then sprints (change of speeds!) off the middle cone (up the gut) for the second shot.



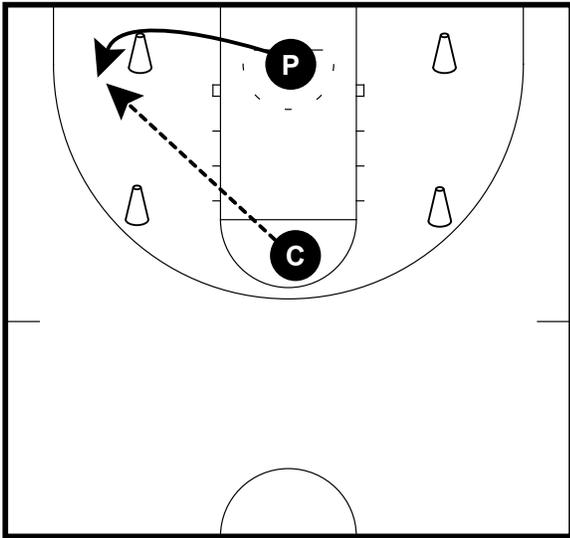
Player walks underneath to the elbow area and uses the fade screen (defensive side, while opening up with player's back to the sideline) for the third shot. Coach skips to wing area.

NOTE**Coach will need a rebounder and will also have to move during the drill to pass, as the passing angle and spacing will change throughout the drill.

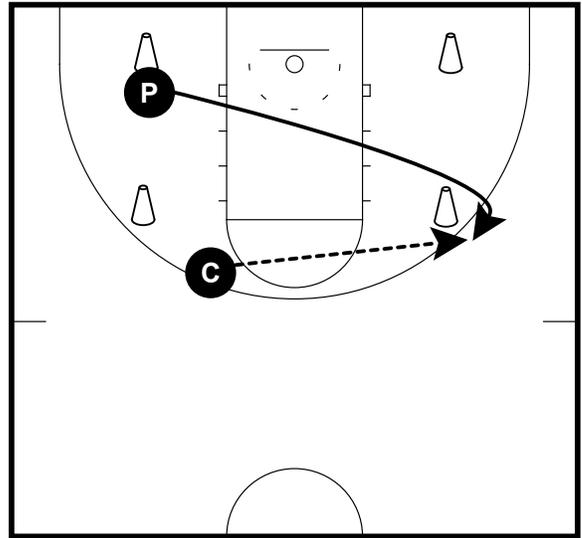
NOTE***Coach can add dribbles to these shots to add difficulty.

Cone Drills

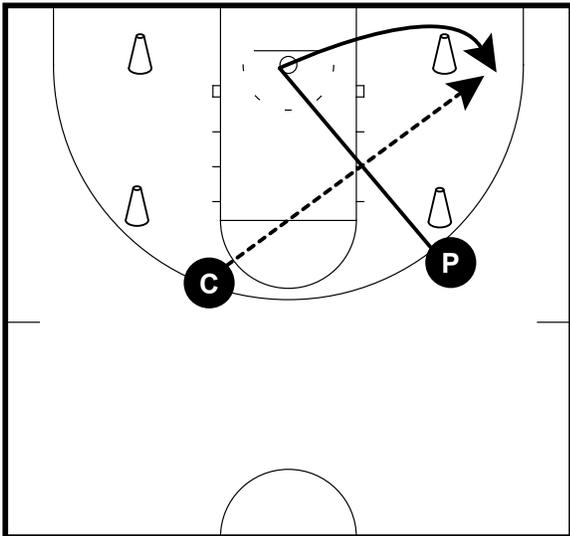
Cone Drill #2



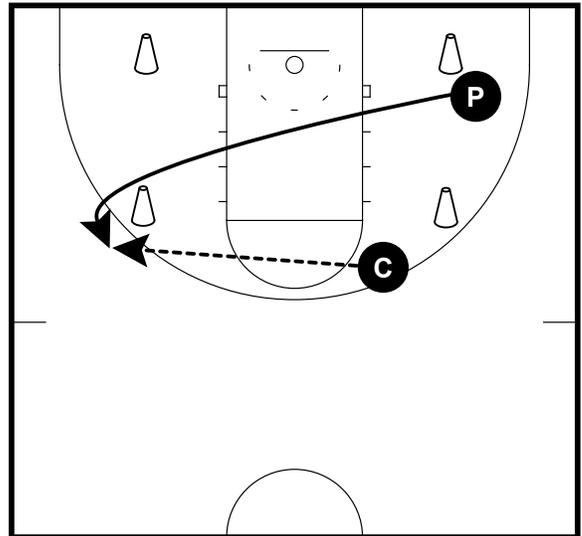
- Player curls off the baseline cone for a jump shot
- Make sure to use inside foot as pivot foot



- Player sprints to opposite cone and takes a curl 3pt shot



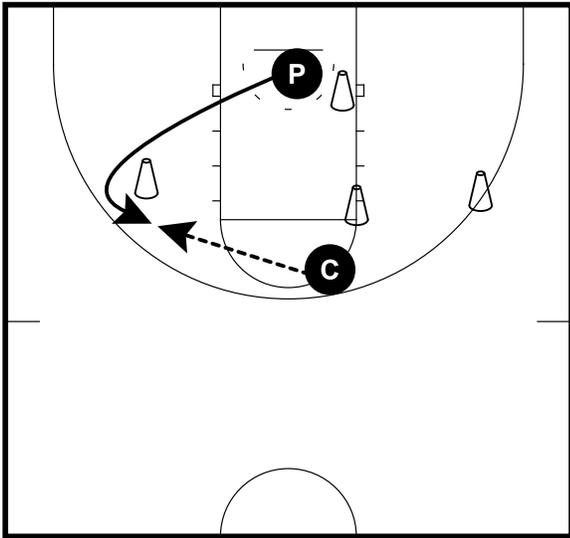
- Player jogs underneath the rim, briefly stops (to change speeds) then sprints to baseline for a jump shot
- Make sure to use inside foot for pivot foot



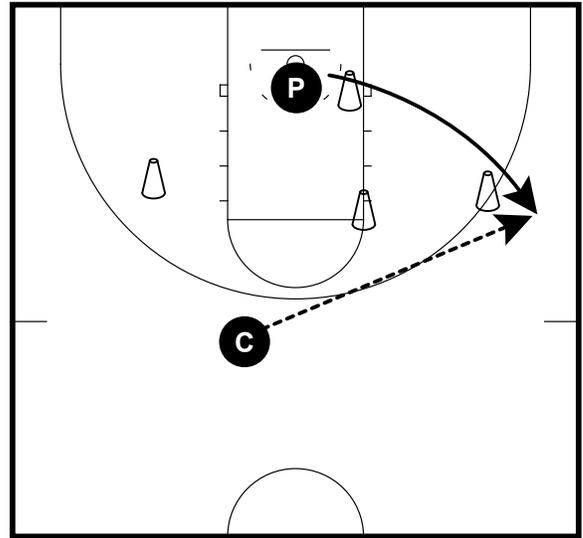
- Player sprints to opposite cone and takes a curl 3pt shot

Cone Drills

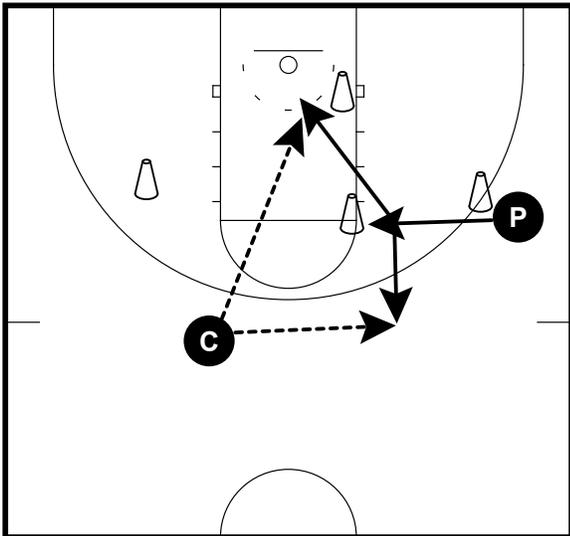
Cone Drill #3



Player starts underneath the rim
Curls to wing for first shot (pass from coach)



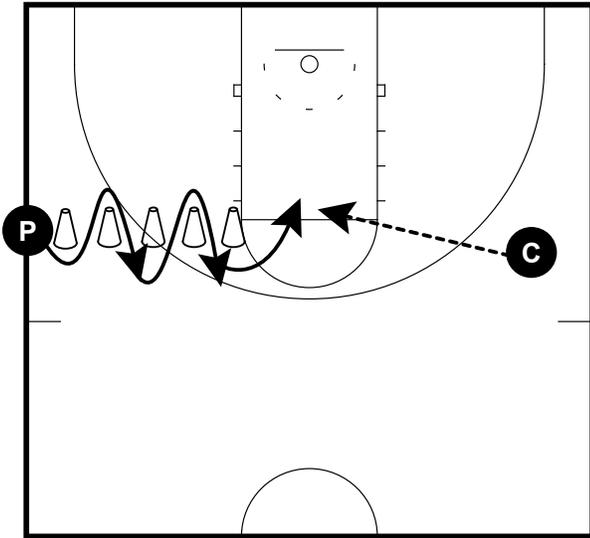
Player jogs underneath rim again, stop for a brief second (to change speeds) then explodes for a 3pt off cone



Player sprints to elbow cone
Coach calls "Pop" or "Cut"
Player responds to coach's command
Player "Plants and pushes" to cut or to pop spot

Cone Drills

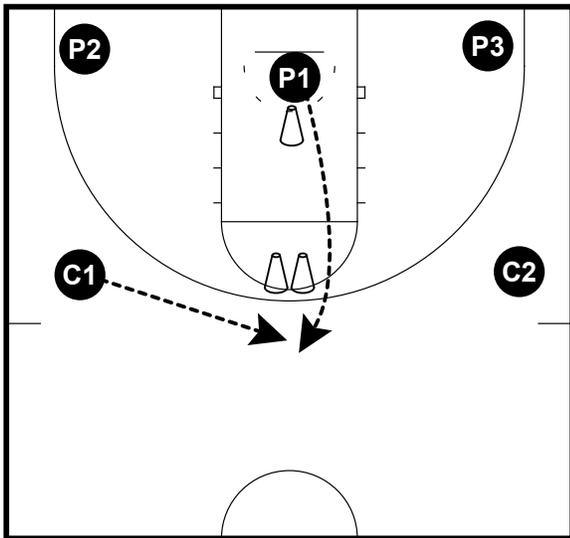
Cone Drill #4 -- CCBC Cone Drill



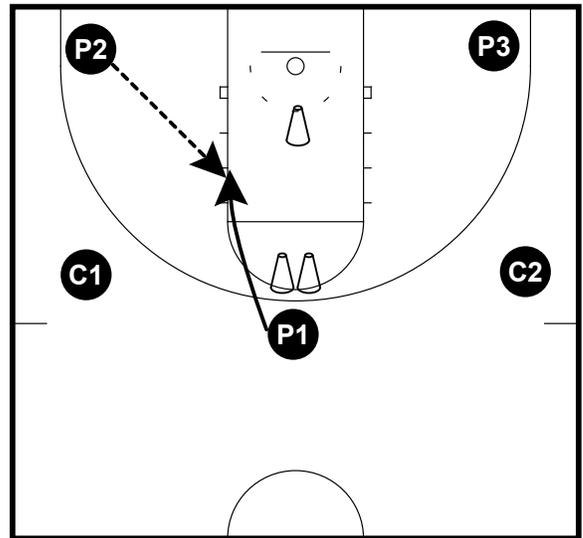
Player uses quick feet (like a cornerback; in low stance)
Coach feed player an early pass - Can take jump shot, 1 dribble
jump shot or layup

Cone Drills

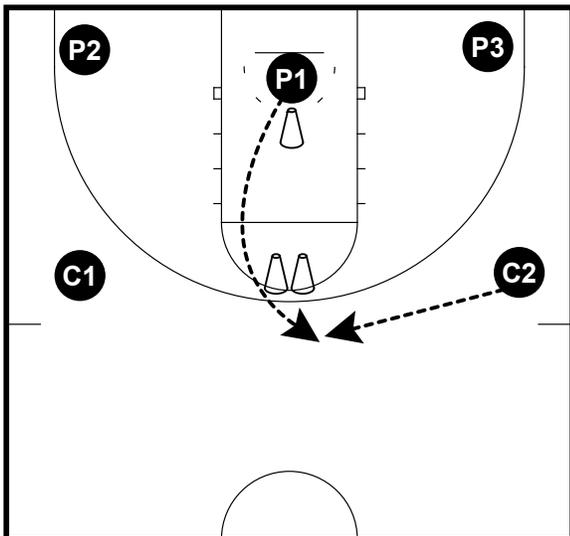
Cone Drill #5



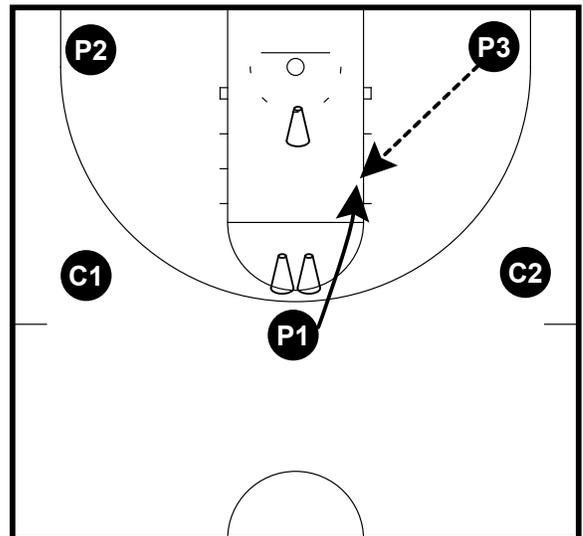
Player 1 starts from underneath the rim
Sprints to top of the key for a pass from Coach 1
Shoots 3pt shot



Player 1 then cuts down the lane
Player 2 passes to Player 1 for a layup
(Player 2 rebounds the layup)



Player 1 starts from underneath the rim
Sprints to top of the key for a pass from Coach 2
Shoots 3pt shot

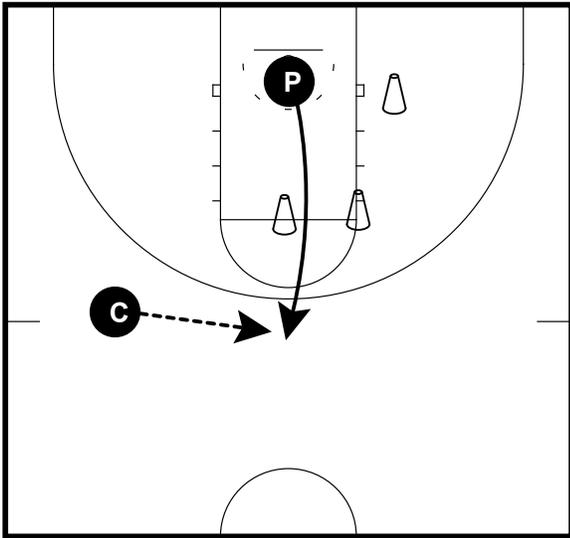


Player 1 then cuts down the lane
Player 3 passes to Player 1 for a layup
(Player 3 rebounds the layup)

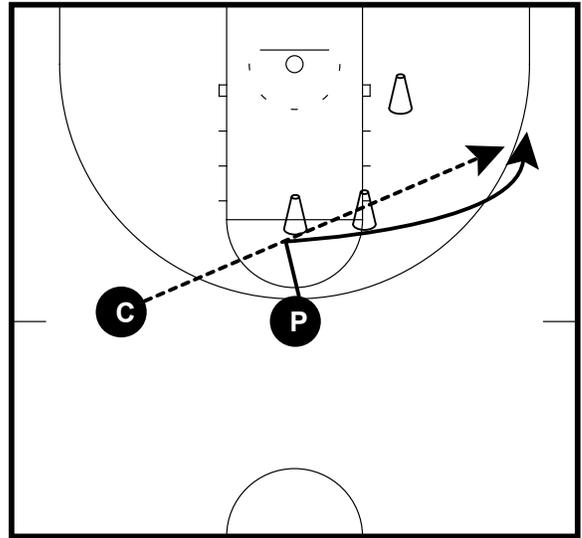
[Repeat cycle for desired number of repetitions]

Cone Drills

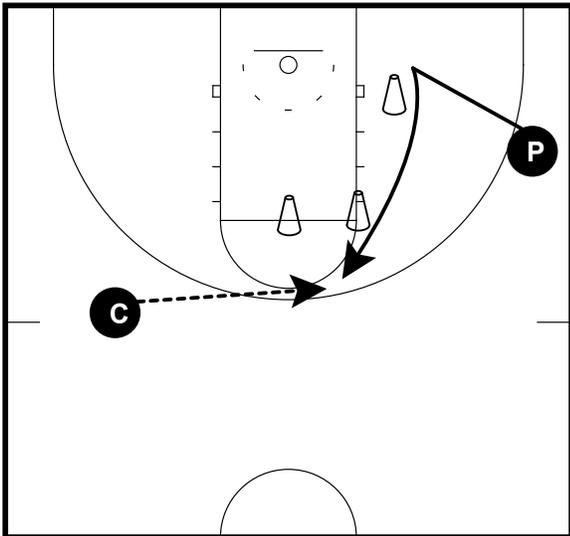
Cone Drill #6



Player zipper cuts for 3pt shot at the top of the key



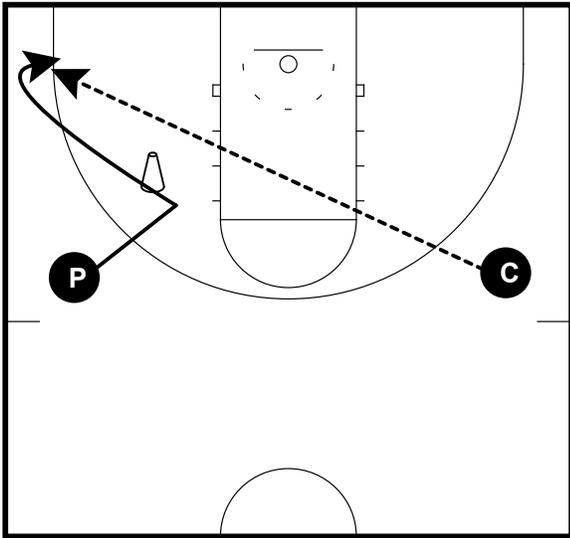
Player comes off a fades screen and tracks down the pass



Player comes off a staggered screen for a jump shot (can add a 1 dribble jump shot or layup here)

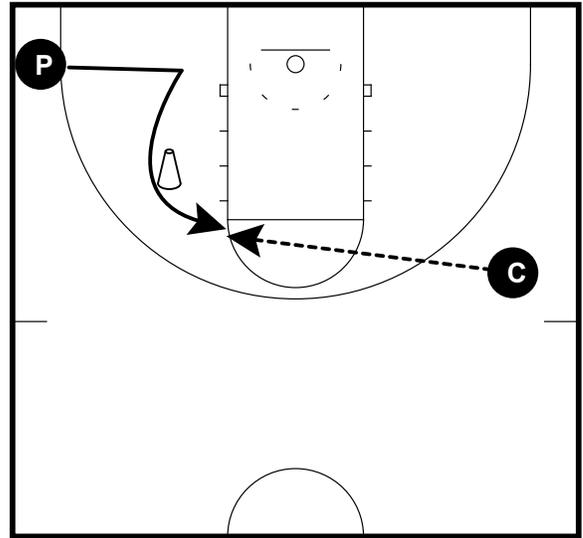
Cone Drills

Cone Drill #7 -- Fundamental Drill

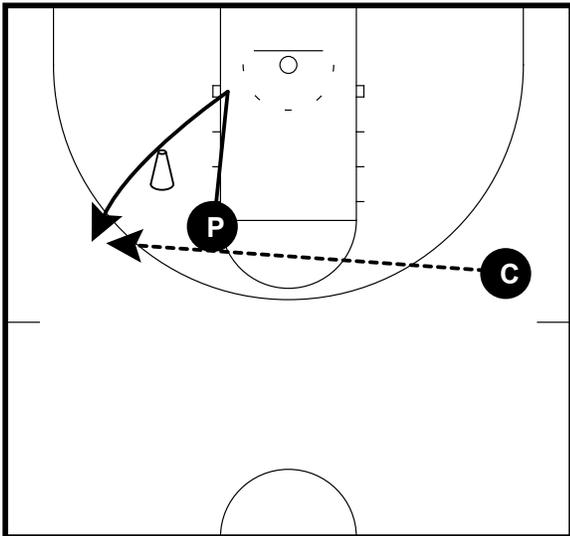


****NOTE**** Can do from a variety of spots

Player walks man into screen and fades to corner for a 3pt shot



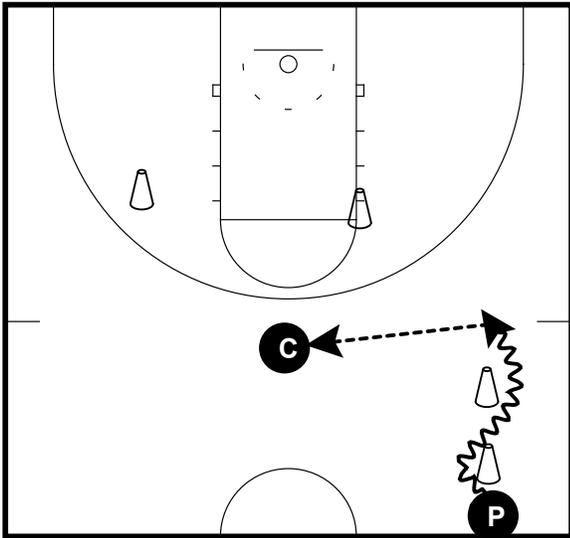
Player walks man into rim and comes off cone for a curl jump shot



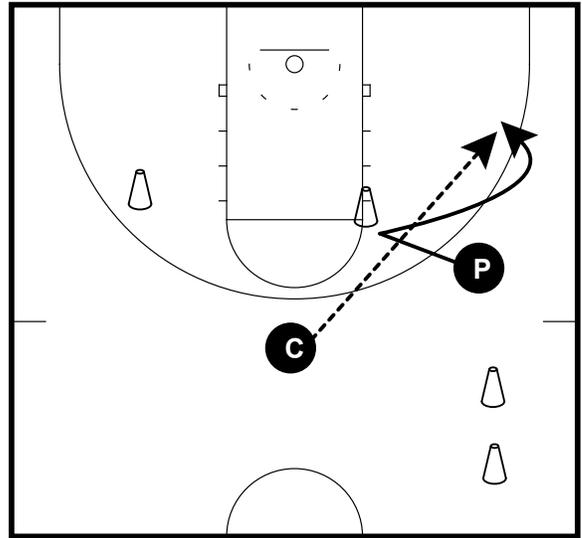
Player walks underneath the rim and sprints right behind the screen for a step back 3pt shot

Cone Drills

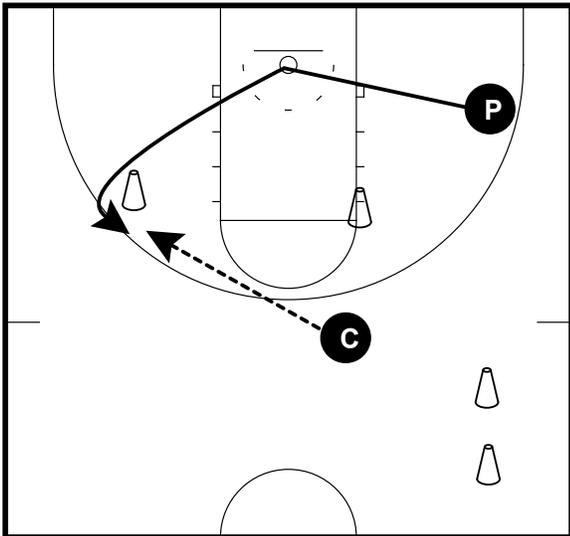
Cone Drill #8



- Player dribbles thru cones (can vary dribble - Low cross, step thru, hesitate, etc.)
- Once player get through cones, player two foot jump stops and throws a chest pass to coach



- Player sprints to cone and comes off a fade for a jump shot (can add 1 dribble jump shot)



- Player jogs underneath rim, then sprints off cone for a jump shot (or 1 dribble jump shot)

Can use combos:

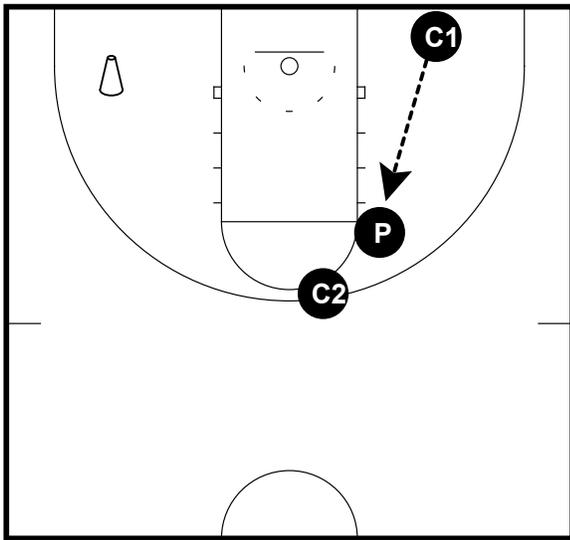
Fade/Curl

1 Dribble Jumper/Fade

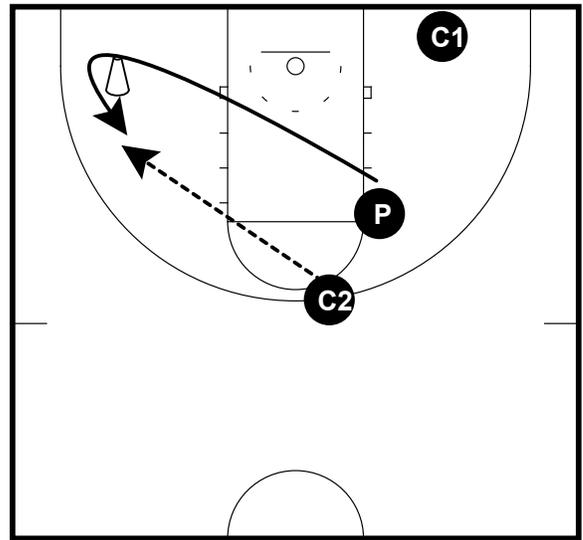
Fade/1 Dribble Jumper

Cone Drills

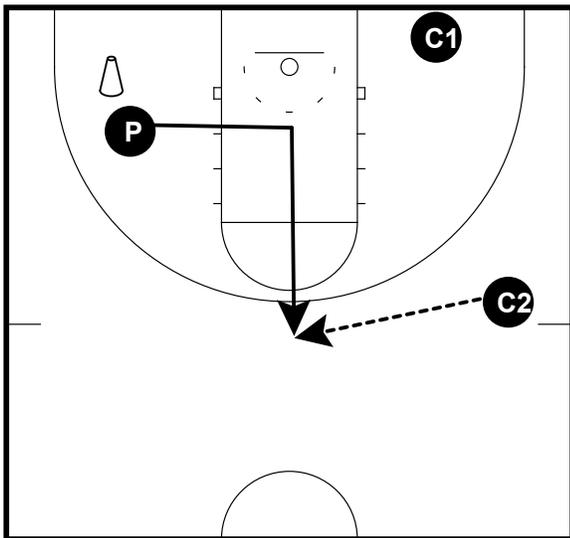
Cone Drill #9 (Post)



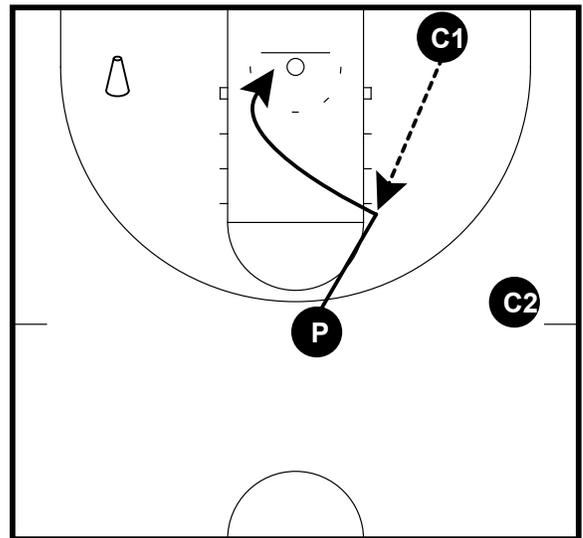
- Coach 1 passes to Player for a jump shot (step to ball)



- Coach 2 passes to Player for a curl baseline jump shot



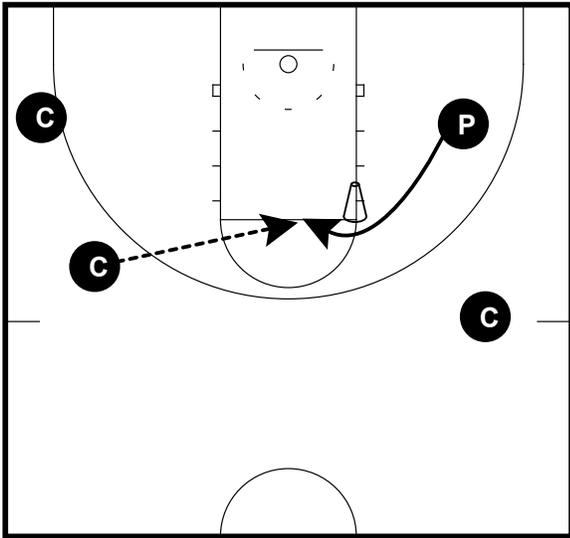
- Coach 2 adjusts passing angle
- Player gets into lane and pops to the top of the 3pt arch for a shot



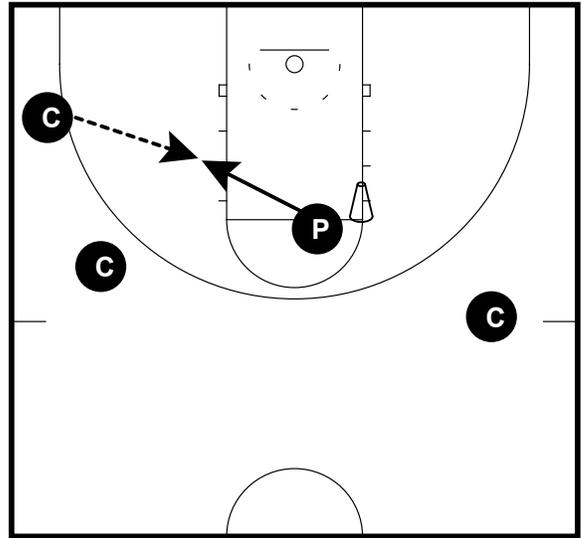
- Player sprints to Coach 1 for pass, spins and finishes at the rim (or spins for a jump shot)

Cone Drills

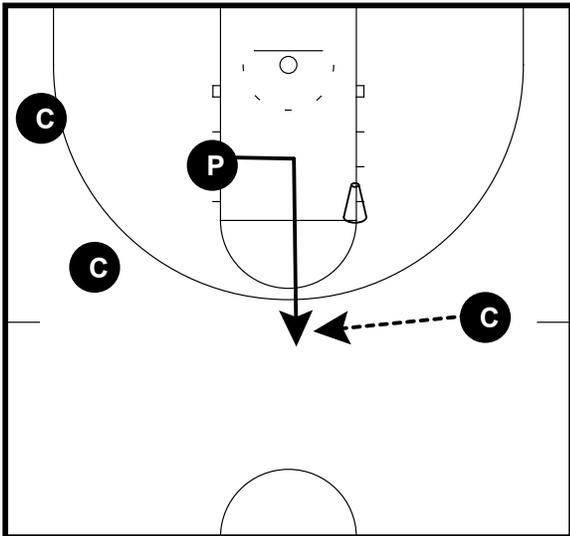
Cone Drill #10 (Post)



Player cuts off of cone and gets a FT area jump shot



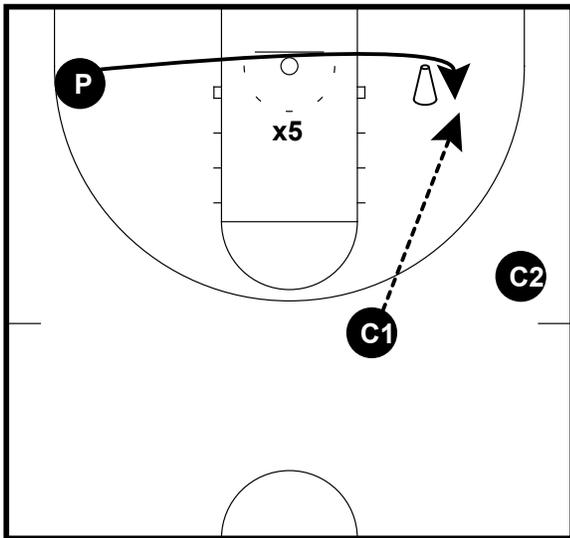
Player flashes to near lane line for jump shot



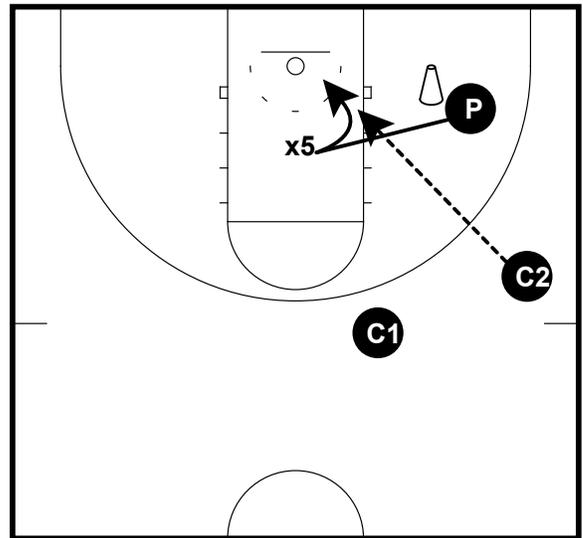
Player steps into lane and makes a sharp cut up the middle for a 3pt shot (use cheat step)

Cone Drills

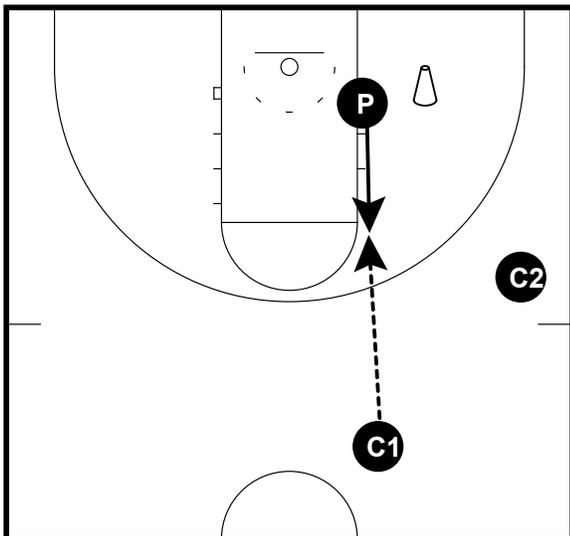
Cone Drill #11



Player sprints along baseline for a curl jump shot



Player gets into defender (X5), spins and seals for a layup



Player moves up the lane, reverse pivots (use outside foot as pivot - left foot on this side) and take a jump shot.

(Can use 1 dribble jump shot as well)