

# BETTER SHOOTING

## 1. MIDRANGE CATCH AND SHOOT

If you have a partner have him pass to you. If not you can toss the ball out to yourself catch it and shoot.

**Reps:** 50 total: 10 Shots from each spot (Both baselines, both wings, and top)



## 2. THE WING SWEEPER

Start under the basket and toss the ball to the wing. Chase it down, sweep it and take 1 or 2 dribbles and take your shot.

**Variations:** 2 dribble pull up, 2 dribble step back

**Reps:** 24 total: 6 of each variation from both wings.



## 3. SPIN MOVE SHOOTING

Start on the wing and take 2 dribbles in 1 direction and then spin back in the opposite direction right into a jump shot. Alternate between going right and left.

**Reps:** 30 total: 10 from both wings and the top



## 4. 3pt CATCH AND SHOOT

If you have a partner have him pass to you. If not, you can toss the ball out to yourself, catch it and shoot.

**Reps:** 50 total: 10 shots from each spot (Both baselines, both wings, and the top)

