

# 17. Advanced Cone Shooting

## **Purpose:**

To practice the fundamentals of shooting from various locations on the floor.

## **Setup:**

\* Set up cones, floor dots, or painters tape on the floor indicating where players should shoot.

## **Execution:**

- \* The coach passes it from underneath the basket to the player at the cone.
- \* Player catches the ball, takes one or two dribbles to the right of the cone and shoots.
- \* Coach retrieves the rebound and passes it again to that same player.
- \* Player catches the ball, takes one or two dribbles to the left of the cone and shoots.
- \* Two lines behind cones at the right and left wings can be formed and players rotate through and then switch lines. Two coaches will be needed to pass and rebound with this setup.

## **Video at:**

[https://www.youtube.com/watch?v=1K\\_jCB1v9Bg](https://www.youtube.com/watch?v=1K_jCB1v9Bg)

## **Coaching Tips:**

- \* Focus on the shooting form of all players. This is not a speed drill so stress that players remain under control.
- \* Additional skills can be added like the video shows.