

16. Around the World

Purpose:

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

Setup:

* Set up 5 cones, floor dots, or painters tape on the floor indicating where players should shoot. Recommended locations are right baseline, right wing, foul line, left wing, and left baseline. Distance away from the basket is determined by the age and skill level of the players.

Execution:

- * Give one player the basketball and start them at the cone closest to the baseline.
- * Blow the whistle and have them shoot the ball. If they miss, they retrieve their rebound and go back to the same cone for another shot. They continue shooting at that cone until they make a shot.
- * Once they make a shot from the first cone, they go to the second cone to shoot. They progress to each cone after making a shot.
- * Coach times the player to see how quickly they can make a shot from each cone. It can be a personal best competition or a team competition depending on the age and level of players on your team.

Coaching Tips:

- * Focus on shooting form and hustle.
- * Coach can also be the rebounder and pass the ball to the player at each cone.