

15. Cone Shooting

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.

Execution:

* Line 2 players up at each cone. Every player has a basketball.

* The first player at each cone will shoot with proper form, retrieve rebound, and go to the end of the line where they came from.

* The second player shoots, retrieves rebound, and goes to the end of the same line.

* After all players have 5-10 shots at their cone, players will rotate and go to the next cone.

* The drill is completed when all players shoot 5-10 times at each cone on the floor.

Video at:

https://www.youtube.com/watch?time_continue=123&v=hQjpMJrp3lk

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 dribbling to the cone, crossover at the cone, jump shot, pass fake and shot, etc. for older players.