

6. Floor Shooting

Purpose:

Improves shooting form.

Setup:

* Players spread out and lay on back with knees up and a basketball.

Execution:

* Player balances ball on the fingertips of shooting hand. Younger players can use non-dominant hand to help balance the ball.

* Player flicks wrist to shoot ball.

* Player catches ball with one hand. Younger players can use both hands to catch ball.

* Players repeat until the number of desired reps is accomplished.

Coaching Tips:

* Make sure players are using good shooting form.

* Walk around and give one-on-one assistance to players who need instruction.