

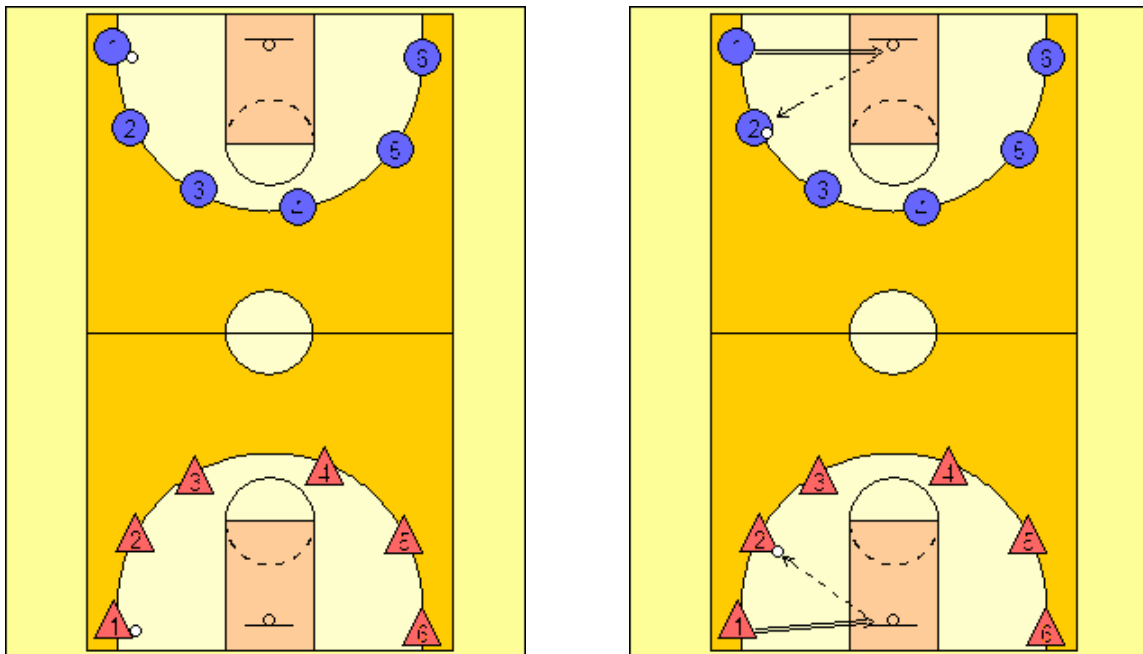
5. Half Moon

Purpose:

Teaches player to catch and shoot, follow their shot, and pass.

Setup:

* Divide your squad into two teams. Scatter your players around the three point line on each end of the court. (Youth – 10 to 15 feet away from hoop) If you only have access to half of the court, you can make this into a team competition and improve how many shots are made each time you play the game.



Execution:

- * Give the ball to one player in the corner (on each end of the court).
- * On the whistle, the player on each side of the court that has the ball will take a shot. They will follow their shot and pass it to the next player.
- * The first shooter will then slide out and put token pressure on the new shooter.
- * This process will continue until one team reaches a set number of baskets and is declared the winner.

Coaching Tips:

- * To get the shot off quickly, bend knees and be prepared for the pass.
- * Continue to stress good form with bending knees, pushing through your shot, and following through.