

3. Partner Shooting

Purpose:

Improves shooting off the pass.

Setup:

* Split players into 2 lines at opposite wings. Younger players should be closer to the basket in the paint.

Execution:

- * Player 2 passes the ball to player 1.
- * Player 1 catches the ball and shoots.
- * Player 2 runs after the rebound and passes it to the next person in the line.
- * Player 1 goes to the opposite wing at the end of the line.

Coaching Tips:

- * Make sure players are setting their feet prior to the shot.
- * Stress bending knees and follow through.