

8. Pull Up Jumpers

Purpose:

Teaches players how to shoot an under control jump shot.

Setup:

* Have your players start a line at the top of the key. The first two players in line should have a ball.

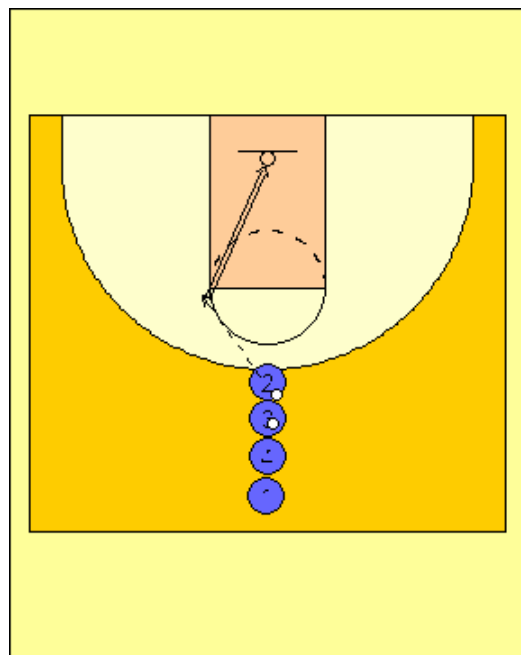
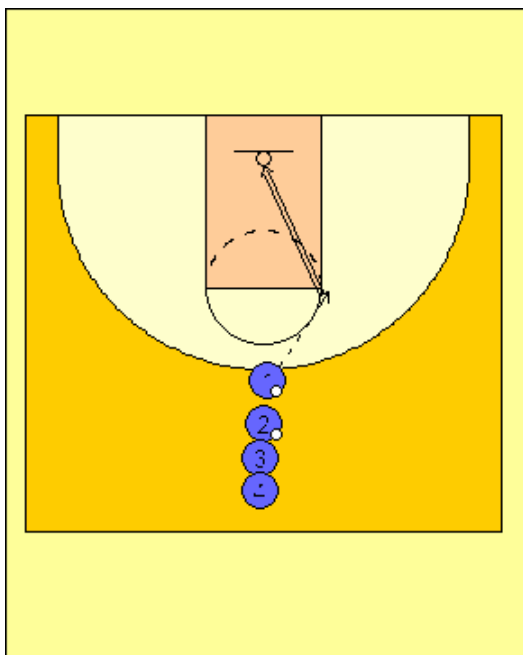
Execution:

* The first player in line will take one hard dribble to either elbow. The player will then pull up and take a jump shot.

* When the first player gathers in their rebound, the second player in line will begin the same sequence.

* The first player will then pass the ball to the next player in line and sprint to the back.

* The process will continue until you feel it necessary to rotate or move on.



Coaching Tips:

* Make sure players are using good shooting form and are under control.