

# 11. Rapid Fire

## **Purpose:**

Enhances the jump shot by shooting under the pressure of the clock.

## **Setup:**

\* Three offensive players will be spread out around the perimeter with a ball.  
Three rebounders, one for each player, will be waiting under the basket.

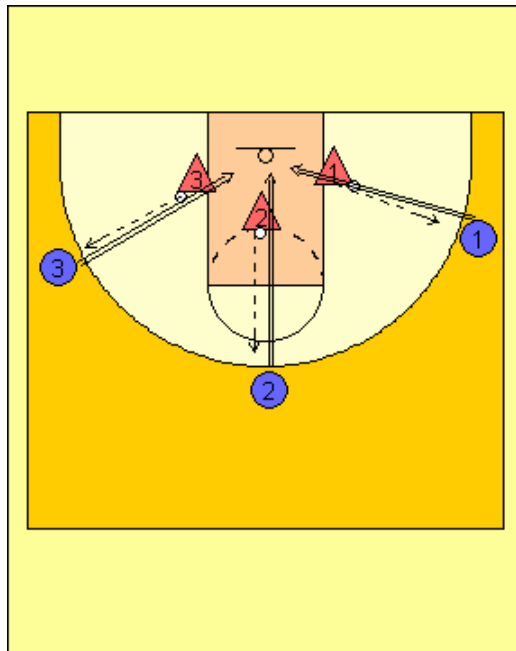
## **Execution:**

\* On the whistle, the perimeter players will shoot and move to a different spot on the floor. The rebounders will retrieve the ball and pass it to the same player every time. Younger players can shoot from the same spot, closer to the basket.

\* In order to receive a return pass, the perimeter players must call for the ball and be ready to shoot.

\* This drill should last anywhere from two to five minutes, and the player that makes the most jump shots is the winner.

\* Once time is up for the first shooter, players will switch roles. The shooter becomes the rebounder and the rebounder becomes the shooter.



**Coaching Tips:**

- \* Make sure players are squared to the basket before shooting.
- \* Focus on shooting form.
- \* Stress the intensity of their cuts and being ready to receive the pass.