

18. Validation

Purpose:

To practice the fundamentals of shooting from various locations on the floor.

Setup:

* Set up cones, floor dots, or painters tape on the floor indicating where players should shoot. Video shows right block (worth 1 point), left baseline (worth 2 points), left elbow (worth 3 points), and right wing (worth 4 points). A coach keeps the score while a teammate helps rebound and pass to each player.

Execution:

- * First player begins shooting from the right block. If they make it, they get 1 point. If they miss, it is 0 points.
- * Player then goes to the left baseline to shoot. If they make it, they get 2 points. If they miss, it is 0 points.
- * Player then goes to left elbow to shoot. If they make it, it's 3 points. If they miss, it's 0 points.
- * Player then shoots from the right wing. If they make it, it's 4 points, if they miss, it's 0 points.
- * In order to validate all of their points earned by those 4 shots, they must make a foul shot. If they make the foul shot, they earn the total of points scored. If they miss, they get 0 total points.

Video at:

<https://www.youtube.com/watch?v=mjQY1epTRto>

Coaching Tips:

- * Focus on the shooting form of all players. This is not a speed drill so stress that players remain under control.
- * This can be a team competition or a personal best competition.