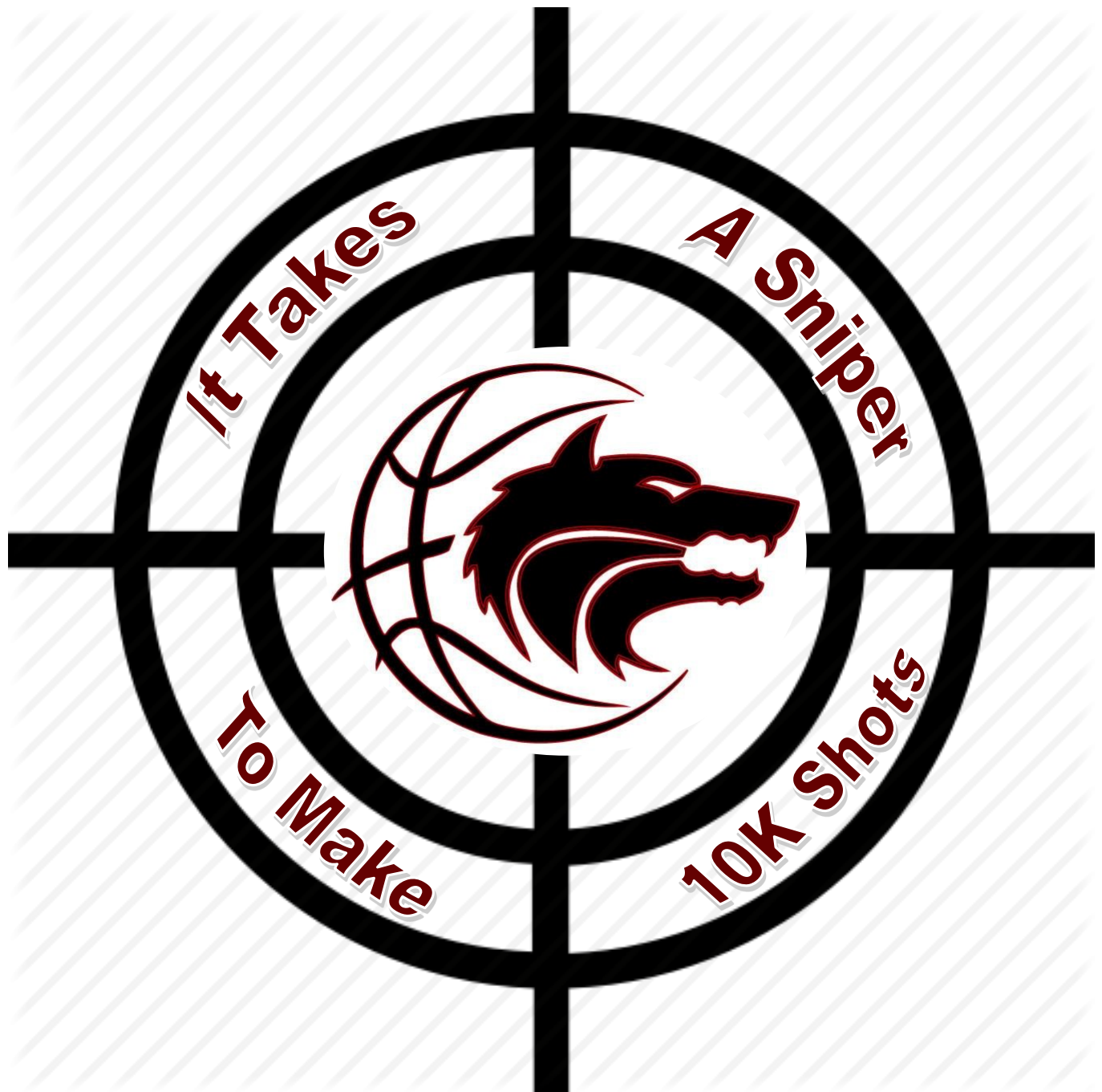


WOLF PACK SHOOTING CLUB



“THE ROAD TO 10,000+ MAKES.”

OBJECTIVE

VISION

As a team we are smart, tough minded, well conditioned, unselfish, and in all that we do our disposition is to attack.

The offseason is a time for individual improvement. In order to be a great basketball player one must put in the time. “Some people want it to happen...some wish it would happen...others make it happen (Michael Jordan).”

GOAL

The **Wolf Pack Shooting Club** is designed to enhance and improve:

- Confidence
- Shooting footwork and form
- Team FG% and individual FG%
- “Shoot 2 Score” mentality
- Ball handling
- Lateral quickness
- Strength and conditioning

EXPECTATIONS

This book was created to guide players in the right direction and to record their progress throughout the off-season. Workouts can be done in the gym, park, driveway, or backyard—you just need a hoop. Workouts are supposed to be hard and short. Our motto is “get in and get out,” not lasting more than 60-75 minutes.

- SHOTS—Preferably midrange and 3 pt. jump shots relevant to our team offense
- Learning the 1.2 Step will be crucial to becoming a great rhythm shooter.
 - * As player awaits the pass the opposite foot is slightly ahead of his strong foot. On the catch, step the strong foot parallel of the opposite foot with the stance being shoulder width apart. Once the 1.2 Step occurs, player needs to have strong leg drive and jump over the “line” on his shot.
- Each player needs to mix in dribbling and rebounding drills within his shooting sessions.

MISSION

Cedarcrest Boys Basketball Players (V/JV/C) will become prestigious members of the **Wolf Pack Shooting Club** once they **make 10,000+ shots**. **Wolf Pack Shooting Club** members will receive a commemorative shirt. Players have until November 15th, 2021 to complete this mission. 2021 Snipers must make 10,000 shots for their membership to be renewed for the 2021-2022 season. (NOTE: This is for fun and not required)

CEDARCREST HIGHSCHOOL SHOOTING 101

BALANCE & FOOTWORK

- “1,2 Step”; butt down, left foot attack basketball (right handed shooters), on catch bring up right foot forward, shoulder width apart.
- L, R foot need to be squared to the basket with your strong foot slightly ahead for balance
- Strong leg drive going upward, weight going towards hoop, land in front of the original position.
- Great shooters do not drift to the left, right or backward.

ELBOW

- Shooting elbow tucked into your rib cage (i.e., side) forming “L” shape towards target
- Do not allow your shooting elbow to “flare” out. Perfecting this mechanic increases your accuracy and rhythm as a shooter.

EYES

- Lock in on target—back of rim, front of rim, rim rings, or top corner square.
- Great shooters “peek at the rim” on every catch.

FORM

- Guide hand vs. shooting hand; Great Shooters shoot with their shooting hand (i.e., “I-hand shooter)
- Guide hand; Make sure your thumb is against your index finger to eliminate using guide hand on your release.
- Shooting hand; Use your finger tips, not palm for accuracy. Always want to use your thumb, index and middle fingers, which are your dominate shooting fingers. Using too much pinky or ring finger takes away proper rotation and spin.

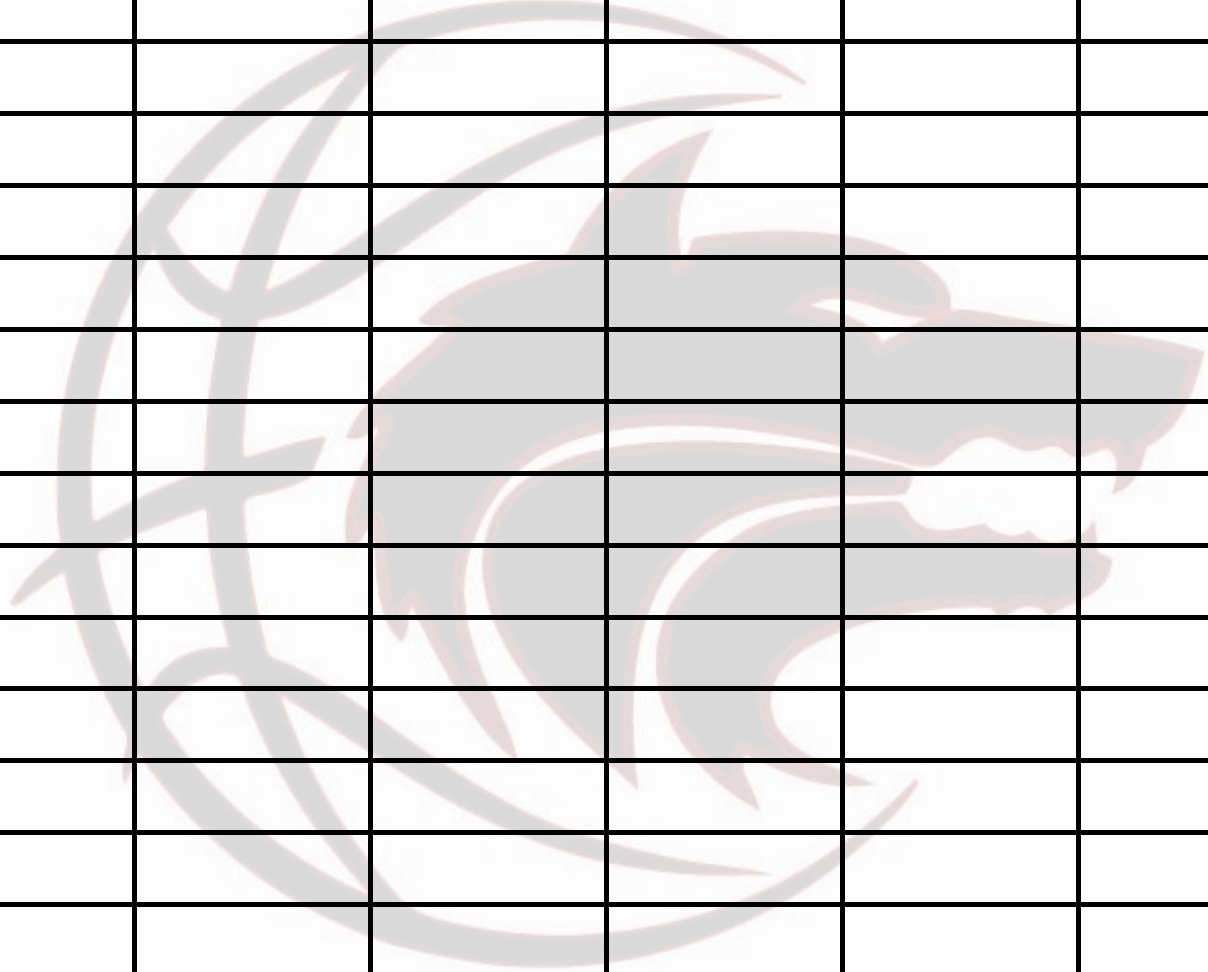
WOLF PACK Shooting Club Initiation—The Road to 10K Makes

SHOOTING LOG

WEEK	MADE LAY-UPS	MADE FTS	MADE MIDRANGE	MADE 3-POINTERS	TOTAL MADE
3/2/2021 @ 1x pw	60	40	45	70	215
3/2/2021 @ 2x pw	120	1280	90	140	430
TOTAL MAKES					

WOLF PACK Shooting Club Initiation—The Road to 10K Makes

SHOOTING LOG



WEEK	MADE LAY-UPS	MADE FTS	MADE MIDRANGE	MADE 3-POINTERS	TOTAL MADE
TOTAL MAKES					

POST WORK OUT #1 (GYM—2 PLAYERS)

CEDARCREST BASKETBALL



1. WARM-UP

- 2 Sets of 10 Mikans
- 2 Sets of 10 Reverse Mikans
- 10 Foul Line & Ins (both sides)
- 10 End Line & Ins (both sides)
- 10 Pastner Rip Slams
- 10 Superman Rebounds

2. BALL HANDLING

- 2 Balls Cone Work—head up, hard & fast!
 - * Normal
 - * Inside out
 - * Hesitation
 - * Combination

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Browns Stationary (:55 seconds) from 5 midrange spots
- 10 Free Throw's
- Triangle Shooting (i.e., elbow-to-elbow shooting) - 10 makes in least amount of time
- 10 Free Throw's
- 1-2 Step Hubie Browns On The Move (:45 seconds). Alternating between two locations. 8 total reps.
- 10 Free Throw's
- 2 In A Row Shooting (5 mins.)
- Celtic (2 mins.)

POST WORK OUT #2 (GYM—2 PLAYERS)

CEDARCREST BASKETBALL



1. WARM-UP

- Ball Series
- McHale Layups (both sides)
- 2 Sets of 10 Mikans
- 2 Sets of 10 Reverse Mikans
- Sideline Touches
- 10 Backboard Slams—Power

2. BALL HANDLING

- 1 Ball Cone Work—head up, hard & fast!
 - * Crossover
 - * Hesitation
 - * Through the legs
 - * Combination
 - * Behind the back
 - * Inside out

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Browns Stationary (:55 seconds) from 5 midrange spots
- 10 Free Throw's
- Triangle Shooting (i.e., elbow-to-elbow shooting) - 10 makes in least amount of time
- 10 Free Throw's
- Ball Screen Shooting
- Short Corner Finish
- 10 Free Throw's
- Salim

POST WORK OUT #3 (PARK 1- PLAYER)

CEDARCREST BASKETBALL



1. WARM-UP

- 10 Shawn Brown Put Backs—on block (both sides)
- 10 Superman Rebounds
- 10 Backboard Slams—Speed
- 2 Sets of 10 Reverse Mikans
- 10 Foul line & Ins (both sides)
- 10 End Line & Ins (both sides)

2. BALL HANDLING

- 2 Ball Stationary Work—head up, hard & fast!
 - * Pound Together (:30 seconds)
 - * High dribble to low dribble (:30 seconds)
 - * Inside out with both basketballs (:30 seconds)
 - * Back and forth with both basketballs (:30 seconds)

3. SHOOTING (*record all shots make or miss*)

- Five Spot Shooting—midrange. 5 spots...10 makes each spot
- 20 Free Throw's
- 10 Step By's. One Long Dribble (both sides)
- 10 Shot Fake & Move from 5 midrange spots
- 10 Post Moves—Hooks (both sides)
- 10 Post Moves—End Line (both sides)
- 10 Free Throw's
- Around The World—No dribble. 10 makes from each spot (5 spots)
- Around The World—1 dribble. 10 makes from each spot (5 spots)

POST WORK OUT #4 (PARK 1- PLAYER)

CEDARCREST BASKETBALL



1. WARM-UP

- 2 sets of 10 Mikans
- 2 sets of 10 Reserve Mikans
- Rebound and Put Back
- 10 Foul line & Ins (both sides)
- 10 End Line & Ins (both sides)
- McHale Layups (both sides)

2. BALL HANDLING

- 2 Ball Dribbling Series (:20 seconds for 2 sets each). Player executes the following in a stand still position with their head up.
 - * Same
 - * Alternate
 - * One high, low
 - * Behind Back
 - *Crossovers

3. SHOOTING (*record all shots make or miss*)

- Post Moves to Basket
- 10 Free Throw's
- Around The World—no dribble. 10 makes rom each spot (5 spots)
- Around The World—1 dribble. 10 makes rom each spot (5 spots)
- 10 Free Throw's
- 10 Elbow X-Outs
- 10 Post Moves
- Bankshot Progression
- 10 Free Throw's

PERIMETER WORK OUT #1 (GYM 2 - PLAYERS)

CEDARCREST BASKETBALL



1. WARM-UP

- Sideline Touches
- 10 Foul line & Ins (both sides)
- 10 End Line & Ins (both sides)
- 10 Pastner Rip Slams
- 10 Superman Rebounds

2. BALL HANDLING

- 1 Ball Cone Work—head up, hard and fast!
 - * Crossover
 - * Through the legs
 - * Behind the back
 - * Inside out
 - * Hesitation
 - * Combination

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Browns Stationary (:55 seconds) from 5 midrange spots
- Triangle Shooting (i.e., elbow-to-elbow shooting) - 10 makes in least amount of time
- 10 Free Throw's
- 1-2 Step Hubie Browns On The Move (:45 seconds). Alternating between two locations. 8 total reps.
- Bankshot Progression
- 10 Free Throw's
- Celtic (2 mins.)
- Salim

PERIMETER WORK OUT #2 (GYM 2 - PLAYERS)

CEDARCREST BASKETBALL

1. WARM-UP

- Sideline Touches
- 10 Foul line & Ins (both sides)
- 10 End Line & Ins (both sides)
- 10 Step By's, One Long Dribble @ Wing Positions (both sides)
- 2 Sets of 10 Mikans
- 10 Backboards Slams—Speed

2. BALL HANDLING

- 2 Balls Cone Work—head up, hard and fast!
 - * Normal
 - * Inside out
 - * Hesitation
 - * Combination

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Browns Stationary (:55 seconds) from 5 midrange spots
- Triangle Shooting (i.e., elbow-to-elbow shooting) - 10 makes in least amount of time
- 10 Free Throw's
- 10 Screen Attack Basket—Midrange (both sides)
- 10 Shoot Behind the Ball Screen—3 pt. (both sides)
- 20 2's from 5 Spots (100 Makes)
- 20 3's from 5 Spots (100 Makes)
- 10 Free Throw's

PERIMETER WORK OUT #3 (PARK 1 - PLAYER)

CEDARCREST BASKETBALL



1. WARM-UP

- 2 Sets of 10 Mikans
- 2 Sets of 10 Reverse Mikans
- 10 Backboards Slams—Speed
- 10 Superman Rebounds
- McHale Layups (both sides)

2. BALL HANDLING

- 2 Ball Dribbling Series (:20 seconds for 2 sets each). Player executes the following in a stand still position with their head up.
 - * Same
 - * Alternate
 - * One high, low
 - * Behind Back
 - * Crossovers
 - * Combination

3. SHOOTING (*record all shots make or miss*)

- Around The World 3's—No Dribble. 10 makes per spot, 5 spots.
- Around the World Midrange—1 Dribble. 10 makes per spot, 5 spots.
- Around The World Midrange—2 Dribbles. 10 makes per spot, 5 spots.
- 10 Free Throw's
- 10 Split The Screen—midrange pull up jump shots (both sides)
- 10 Free Throw's
- Perfect 50
- Bankshot Progression
- 20 Free Throw's

PERIMETER WORK OUT #4 (PARK 1 - PLAYER)

CEDARCREST BASKETBALL

1. WARM-UP

- 2 Sets of 10 Mikans
- 10 Foul Line & Ins (both sides)
- 10 End Line & Ins (both sides)
- 10 Backboard Slams—Height
- 10 Superman Rebounds

2. BALL HANDLING

- 2 Ball Stationary work—head up, hard and fast!
 - * Pound Together (:30 seconds)
 - * High dribble to low dribble (:30 seconds)
 - * Inside out with both basketballs (:30 seconds)
 - * Back and forth with both basketballs (:30 seconds)

3. SHOOTING (*record all shots make or miss*)

- 2 In a Row Shooting (5 mins)
- 10 Step By's, One Long Dribble (both sides)
- 10 Free Throw's
- Fast Break Jumpers
 - * 3's
 - * Midrange
 - * Shot Fake
- 20 2's from 5 spots (100 makes)
- 10 Free Throw's
- 20 3's from 5 spots (100 makes)
- 10 Free Throw's
- Beat The Pro

EXPLANATION OF DRILLS

POST WORKOUT

Warm-Up

BALL SERIES	Big men stationary warm up drill—Palm Slaps, Arm Extension ball on finger tips. Body Circles—around Waist, Head, Both Legs, Single Legs, Figure 8 Around Legs,
MIKANS	1 Ball Mikans—don't let ball drop below player's shoulder. Reps of 20 2 Ball Mikans—don't let ball hit floor. Reps of 10
BACKBOARD SLAMS	10 Backboard Taps—hit glass, dunk the last one. Both sides of basket. Two types—one for speed—up and down as quick as you can. One for power—how high are you getting (how high can you slam basketball against backboard... above
PASTNER RIP SLAMS	1 player with basketball on block... this player is pushing the basketball against the floor. The second player rips basketball out of players 1's hands, jumps up with the ball and slams against backboard (jump as high as you can and pound basketball against
SEYMOUR FINISHING	2 Bigs. Toss ball at hoop, first big rebounds and 2nd big provides dummy defense. On rebound finish through contact. 2nd big rebounds ball, pump fakes and finishes through
McHALE LAYUPS	2 balls are needed for this drill. Place a chair on the right elbow with a ball on the seat. Player has second ball and starts on the right side of the backboard. Players jumps continuously and bangs the ball on the backboard 3 times. On the 4th jump, player puts the ball in the basket (after scoring, that ball goes out of play). If a coach or a 2nd player is available, he should pick up the ball. If not, let the ball roll out of play. Player then immediately cuts up the lane, inside the chair. Players cuts around the chair, scoops the 2nd ball off the chair. Player drives for a 1 dribble layup. Repeat both sides.
2-ON-1 WALL UPS	Three players are involved in this drill. Two offensive players are on a block opposite each other. One defensive players stands between them facing a coach at the foul line who has the ball. The coaches passes the ball to an offensive players and the defender "Walls Up" aggressively. The offensive player then passes the ball back to the coach. The coach continues to pass the ball to each block as defender "Walls Up" on each catch. The defender moves his feet with arms extended staying attached to the offensive player. Don't foul. Repeat several times.

Rebounding Drills

REBOUND AND PUT BACK	With Coach—either shoot ball for rebound or pound on the ground. Player must gather rebound, "chin the ball" and attack the basket while Coach slaps at player with pads. Finish through contact. Two reps of 10.
SUPERMAN REBOUNTING	Player stands on block and tosses ball off backboard—must sprint to opposite side of backboard (opposite block) and rebound. Ball needs to stay above the shoulders on the catch and "chin the ball". Repeat. Reps of 10

EXPLANATION OF DRILLS

...POST WORKOUT

Rebounding Drills

SHAUN BROWN PUT BACKS	Two types—1st Type: Player stands on block and must grab ball off of ground and explode to rim for dunk/power lay-in. No Dribble! 2nd Type: Player receives a hard pass from Coach close range—gathering himself and exploding to rim for dunk power
WEAKSIDE BLOCKOUTS	A defensive player is either attached to the offensive player on the weakside block or is in the lane waiting on the offensive player to crash the offensive glass from the perimeter. A shot is taken by a Coach on the opposite side of the floor. On the shot, the defender blocks out the offensive player. The offensive player can go dummy speed, 50%, 75%, or full speed depending on the day. The defender must get three defensive rebounds in a row above his head. The terminology is “hit, find, snatch” in securing the defensive rebound.

Shooting Drills

TRIANGLE SHOOTING (i.e., Elbow to Elbow Shooting)	The shooter must start at the top of the key. Sprint to elbow for shot. Touch top of key after every shot. Shots are taken between 15-17 feet on the elbows. “One, two, step” on every catch and shoot. Work to develop leg drive and “one, two, step” footwork. Jump over the line with strong leg drive. Keep shooting elbow in, high release, pop your shooting wrist and hold your follow through after release. Must make 10-record time to make 10 shots (work on decreasing the amount of time it takes for 10 makes).
FIVE SPOT SHOOTING	Player chooses 5 different spots on the floor—need to make 10 shots from each spot (total 50 makes). Midrange jumpers. Selected spots should be relevant to teams offensive sets. Count total # of shots to complete drill.
BALL SCREEN SHOOTING	Bigs practice shooting off of ball screens by popping for shots. Use spots on the floor where bigs will be setting screens in the offense. Multiple ways to do drill—use different areas of the floor. Make 10 from each spot on the floor, count # of shots—makes
FAST BREAK JUMPERS	Start at half court, spring the floor, receive a pass at foul line for shot. Big turns around, touches half court and comes back for shot at foul line. Focus on game shots and sprinting the floor. Time how long it take to make 10 jump shots.

Drills From Post

POST MOVES—HOOKS	Bigs catch in post from a pass from a Coach, work on right handed and left handed post moves to middle or end line. The shot will be a one-handed jump hook. Can do solo, dummy defense, or Coach with a pas or with a teammate. Rep both sides.
POST MOVES—ENDLINE	Bigs catch from Coach and spin towards the end line. Or bigs catch from Coach, square to basket and then attack end line. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.
POST MOVES TO BASKET	Bigs catch from Coach in post and attack basket— working on post moves. Work on drop step towards basket and shot fake up and under. Can also practice squaring to basket on catch and then attacking towards middle. Can do solo, dummy defense, or

EXPLANATION OF DRILLS

...POST WORKOUT

Drills From Post

POST MOVE JUMPERS	Bigs catch from Coach in post. Practice shooting jump shots from post going either middle or towards end line. Also work on catching in post, squaring to the basket and shooting over defender. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.
BALL SCREEN—ATTACK BASKET	Bigs run up and set ball screen on perimeter for teammate. Bigs then roll to basket after screen and receive a pass from teammate— practice attacking the basket on catch. Can also work on slipping screens and receiving pass from a teammate to basket. Rep both sides of the floor.
SHUT THE DOOR	2 bigs on each block. Coach passes to either side. Big that gets the ball must shut the door and attack the basket. Opposite bug runs over and does a 2 high-hand wall-up making the offensive player shoot over him. Rep multiple times.
SHORT CORNER FINISH	Coach drives to hoop towards middle of basket. Bigs read drive and sink to short corner. On the pass from the Coach they catch and attack basket. Rep both sides of the floor.
DUNKER SPOT FINISH	Coach drives towards hoop from baseline. Bigs read drive and sink to dunker spot in the paint. On the pass from the Coach they catch and attack basket. Rep both sides of the floor.

X-Outs

ELBOW X-OUTS	Bigs start at one elbow—drives to hoop and finishes—rebound ball and dribble to opposite elbow—drives to hoop and finishes. One minute, count how many baskets they make.
FULL COURT X-OUTS	Bigs catch from Coach and spin towards the end line. Or bigs catch from Coach, square to basket and then attack end line. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.
POST MOVES TO BASKET	Bigs start at half court and pass to Coach—sprint towards basket, receive pass from Coach for finish. Rebound, “chin the ball”, outlet to Coach, sprint the floor on opposite side, receive pass from Coach, finish. Repeat. Designate a number they must make

Competitive Live Drills

WWIII REBOUNDING	Three players in. Coach shoots the basketball, live rebound. Play from there. Every shot and basket is live. On made basket by player the Coach shoots the basket and drill repeats. Once a guy gets three baskets he sits out—either make into competition (last one left runs Sweet 16) or rotate players in that are watching.
1-ON-1 FROM POST	1-ON-1 drills from the post. Emphasize offense and defense. Defense is always using the proper “WALL-UP” technique. Multiple ways to enter pass. Competitive.
2-ON-2 FROM POST	2-ON-2 drills from the post. Emphasize offense and defense. Defense is always using the proper “WALL-UP” technique. Multiple ways to enter pass. Competitive.

EXPLANATION OF DRILLS

PERIMETER WORKOUT

Warm-Up

<p>BALL HANDLING</p>	<p>TWO BALLS—Stationary work. Together and alternate dribble. High dribble to low dribble, head up, hard and fast (pound the ball into the hardwood). Inside out with both basketballs. Back and forth with both basketballs.</p> <p>COURTH LENGTH—Zip Zag, Together and Alternate</p> <p>TWO BALLS—CONE WORK—Weave through cones. Crossover, through the legs, behind the back. Cones close together.</p> <p>ONE BALL—CONE WORK—Crossover, through the legs, behind the back, spin move, inside out, hesitation, combination. Cones close together.</p>
<p>LANE DRIBBLING W/ DEFENDER</p>	<p>Use cones to create a small pathway. State stationary—Coach tries to strip player—be strong with the basketball. Guard dribbles with Coach in small lane, trying to hold onto ball and not turning over.</p>
<p>SIDELINE TOUCHES</p>	<p>Player starts in corner facing half court with a ball, passes the ball to the elbow to a Coach, sprints wide/sideline and touches half court. Players turns and sprints wide sidelines to Coaches Box and angle toward the block receiving a return pass from the Coach. He executes the following and can be repeated in the opposite corner:</p> <ul style="list-style-type: none"> • One Dribble power lay-up • Two or three dribbles, baby hook • Two or three dribbles, pull-up bank shot • Two or three dribbles, stride stop, step thru • Early Catch, speed dribble, reach out lay-up • Early catch, perimeter dribbles into post score
<p>GETTING OPEN PROGRESSION</p>	<p>Players form a single line at a designated spot on the floor. They execute an Arizona Cut. Arizona Cut includes a V Cut, Blast Cut, turn-out, button hook, and pop to catch. One of these cuts is used per day. After executing an Arizona Cut the players, using hip to hip movement, ball swings and step across movements to create initial space verse the on ball defender. Players to one at a time:</p> <ul style="list-style-type: none"> • Backdoor • Catch, “Look, fake go,” power lay-up • Catch, jab, “Eye the rim,” power lay-up • Catch, “Look, fake, go” pull-up • Catch, jab, “Eye the rim”, pull-up <p>After executing the Arizona Cut and the five movements to score, the players line moves to the next spot. Each movement to score (besides backdoor) the players should score going right or left but not both ways on the same day. The Coach chooses the direction, which can change as the spot changes.</p>

EXPLANATION OF DRILLS

...PERIMETER WORKOUT

Warm-Up

SEE THE BALL, DRAW THE CHANGE	Player defends on the ball in the wing area of the court. A skip pass is thrown, the defender reacts, "Sees the ball and his man" and positions himself to "Draw the charge" on a end line drive by the other offensive player. Reps of 10.
2-ON-1 WALL UPS	Three players are involved in this drill. Two offensive players are on a block opposite each other. One defensive player stands between them acting as a coach at the foul line who has the ball. The coach passes the ball to an offensive player and the defender "Walls-Up" aggressively. The offensive players then pass the ball back to the coach. The Coach continues to pass the ball to each block as defender "Walls-Up" on each catch. The defender moves his feet with arms extended staying attached to the offensive players. Don't Foul. Repeat several times.

Drills Attacking Basket

ATTACK BASKET FROM	Guard drives to basket, makes a move a chair and attacks basket to finish. Coach at basket w/ pad—guard finishes through contact. Both sides. 10 Reps.
HOLD THE LINE (PAD)	Guard takes off from wing; rip through, as he drives Coach hits with pad. Guard must maintain his line to basket, not get moved by contact. Work middle and end line drive. Both sides. 10 Reps.

Shooting Drills

ONE, TWO STEP HUBIE BROWN'S STATIONARY	Coach sets time for :55 seconds. Coach at the top of the key as passer. Another player below hoop as rebounder (need 3 people total for this drill). The player that is shooting starts in the corner and stays in the corner for all :55 seconds (stationary). State with midrange (15-17 feet) and each player will shoot in 5 different spots each. Develop the 1-2 step. As the player awaits the pass the opposite foot is slightly ahead of his strong foot. The goal is to get as many makes and best shooting % is :55 seconds. Game passes to the shooters hands. Rotate shooters.... Then move onto next shooting spot.
ONE, TWO STEP HUBIE BROWN'S ON THE MOVE	Coach sets time for :55 seconds. Coach at the top of the key as passer. Another player below hoop as rebounder (need 3 people total for this drill). The player that is shooting starts in the corner and stays in the corner for all :55 seconds (stationary). State with midrange (15-17 feet) and each player will shoot in 5 different spots each. Develop the 1-2 step. As the player awaits the pass the opposite foot is slightly ahead of his strong foot. The goal is to get as many makes and best shooting % is :55 seconds. Coach passes to the shooters hands. Rotate shooters.... Then move onto next shooting spot.

EXPLANATION OF DRILLS

PERIMETER WORKOUT	
Shooting Drills	
SALIM "M" SERIES	1 player and 1 rebounder. Player shoots a total of three 3-pt. shots. Player starts in the dead left corner on the 3-pt. line and shoots the ball. Player sprints full court and touches opposite end line. Player sprints back and catches basketball from rebounder on top of the 3-pt. key and shoots the ball. Player sprints full court and touches opposite corner end line and runs back to catch ball in right dead corner and shoots ball. The drill is repeated until the player makes two out of three 3-pt. shots. *Do last when working out*
TRIANGLE SHOOTING (i.e., Elbow to Elbow Shooting)	The shooter must start at the top of the key. Spring to elbow for shot. Touch top of key after every shot. Shots are taken between 15-17 feet on the elbows. "One, two, step" on every catch and shoot. Work to develop leg drive and "one, two, step" footwork. Jump over the line with strong leg drive. Keep shooting elbow in, high release, pop your shooting wrist and hold your follow through after release. Must make 10—record time to make 10 shots (work on decreasing the amount of time it takes for 10 makes)
STEP BY'S, ONE LONG DRIBBLE	Player with basketball on perimeter (choose location relevant to offense). Coach is defending player. Player needs to learn to attack gaps, step by defender with one dribble. Develop intermediate shooting off of 1-2 step. One dribble is a "long one". Body to body by the defense—great players play in straight lines. Eyes on the rim and make defender believe you are shooting the 3-pt. shot. The second foot touches the ground before stepping by the defense.
2 MEN - 1 BALL	2 players. The clock will be set at 1:00, 1:15 and 1:30. Players will start off shooting the basketball, follow his shot, obtain rebound and pass out to other players who is low/ready to catch pass. Games passes to ready teammate. The progression starts; 15-17 ft. jumpers, 3-pt. shots, one long dribble pull-up, triple threat 2-3 dribbles, run with the dribble (catch the pass a little deeper). Goal is to make as many shots (1 pt. each) in the given amount of time. Beat the other team!
BANKSHOT PROGRESSION	Progression consists of: <ul style="list-style-type: none"> • On the block, (16) shots as a group • 10 ft., (12) shots as a group • 13 ft., (8) shots as a group • Repeat progression in reverse order • Player shoots then gets to the back of the line • "One, two, step", use the glass with a soft touch • Players can shoot on one block or both blocks
TOP OF KEY	Stationary shooting from the top of the key—how many can you make out of 10? Ideal world would have rebounder below rim and passer out on wing using two basketballs.

EXPLANATION OF DRILLS

...PERIMETER WORKOUT

Shooting Drills

<p>AROUND THE WORLD NO DRIBBLE</p>	<p>Player moves around the world. Before leaving the shooting location—need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. Midrange jump shots.</p>
<p>AROUND THE WORLD 1 DRIBBLE</p>	<p>Player moves around the world. Before leaving the shooting location—need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch take one dribble into pull up jumper. Midrange jump shots.</p>
<p>AROUND THE WORLD 2 DRIBBLES</p>	<p>Player moves around the world. Before leaving the shooting location—need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch take two dribbles into pull up jumper. Midrange jump shots.</p>
<p>AROUND THE WORLD SHOT FAKE 1 DRIBBLE</p>	<p>Player moves around the world. Before leaving the shooting location—need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch shot fake, and take one dribble into pull up jumper. Midrange jump shots.</p>
<p>FAST BREAK JUMPERS</p>	<p>THREES—player takes off from half court. Receives a pass from Coach, pulls up from three on fast break. Work both sides of floor and middle.</p> <p>MIDRANGE—player takes off from half court. Receives pass from Coach for a mid-range jump shot on the fast break. Work both sides of floor and middle.</p> <p>SHOT FAKE—player takes off from half court. Receives pass from Coach, shot fake, one dribble pull-up. Work both sides of floor and middle. “</p>

Drills Using Screens

<p>DOWN SCREEN TO BASKET</p>	<p>Player uses large pads to simulate down screen—comes off screen, receives pass from Coach and attacks the basket. Both sides of the floor. Record makes or play first player to a certain number.</p>
<p>DOWN SCREEN FLOATER</p>	<p>Player uses large pads to simulate down screen—comes off screen, receives pass from Coach and shoots a floater while attacking the basket. Both sides of the floor. Record makes or play first player to a certain number.</p>
<p>DOWN SCREEN JUMPERS</p>	<p>Player uses large pads to simulate down screen—comes off screen, receives pass from Coach. Can either curl to the basket, pop out, or fade off of the screen. Both sides of the floor. Record makes or play first player to certain number. *Use teammate or coach</p>

EXPLANATION OF DRILLS

...PERIMETER WORKOUT

Drills Using Screens

FADE JUMPERS	Use pad to simulate fade screens. Shoots off of a fade screen. Work on footwork. Record makes or play first player to a certain number.
SCREEN ATTACK BASKET	Player dribbles up sideline. Receives a ball screen at the wing and attacks basket. Can either drive to hoop or pull up for a jump shot. Both sides of the floor. Record makes.
SHOOT BEHIND THE BALL SCREEN	Player dribbles up sideline. Receives a ball screen at the wing and pulls up for three behind the ball screen simulating a defender going under the screen. Both sides of the floor. Record makes.
SPLIT THE SCREEN	Player dribbles up sideline. Receives a ball screen at the wing. Have coach or teammate simulate a Big “showing” on screen. Split screen and attack basket for shot. Both sides of floor. Record makes.
TWO DRIBBLES OUT, ATTACK BASKET	Player dribbles up sideline. Receive a ball screen at the wing, take two dribbles out to simulate a hard hedge by defender, then attack basket for jump shot. Both sides of the
REJECT BALL SCREEN	Player dribbles up sideline. Receive a ball screen at the wing and rejects screen, attacks basket toward end line. Can either drive to the hoop or pull up for a jump shot. *Use

Shooting Drills w/ Scores for Competition

PERFECT 10	Maximum score is 50. From 7 spots shoot a three, a pull-up jumper and then attack hoop. 3 pts. For threes, 2 pts. For midrange, and 1 pt. for lay-up. Once you get to 42 points (might not get there in your allotted 7 spots) then shoot 8 free throws for 1 pt. each make. Total of 50. Record your score.
PLUS 20, NEGATIVE 5	Can you with midrange jumpers, threes, and pull-up jumpers. Player moves around the court shooting game shots. Every make is worth 1 pt. and every miss is worth -2 pts. Player must get 20 pts. Before they get to -5 pts. (Very similar to beat the pro)
CELTIC	One player with basketball—passer and a rebounder. <ul style="list-style-type: none"> • 2:00 time • Player must make two shots in a row from 10 spots. (Around the world spot locations) • Two balls, a rebounder and passer • “One, Two, Step” emphasis
2 IN A ROW SHOOTING	Player shoots from a spot on the floor and continues to shoot until he misses two in a row. “One, Two, Step” Emphasis. How many shots did you make before missing 2 in a row?
5-POINT COUNTDOWN	Players start with a score of 5. A made shot increases the total by one and a miss decreases the score by one. Once a players total falls to zero, then that player is out.

EXPLANATION OF DRILLS

...PERIMETER WORKOUT

Shooting Drills w/ Scores for Competition

BEAT THE PRO	A player shoots the basketball (+1) on a make, (-2) on a miss. Player attempts to score 11 pts. After scoring 11 pts. The player must make a free throw or he receives a (-3) and has to continue shooting to get back to 11 pts. If the score reaches (-8) the pro wins and the game ends. This can be done using a partner or allowing the player to dribble to his shooting spots. The player is allowed to shoot both 2 pts. and 3 pts. Shots to increase and decrease the difficulty of each spot. If a passer is used, the shooter must shoot around the horn from corner to corner.
1,2,3 SHOOTING to 21	<p>Players begin at the 3-point line.</p> <p>One Point is awarded when a player executes a shot fake, makes a straight-line dribble while keeping the head up on the target and finishes with one dribble to the rim while chinning the ball and making a clean lay-up.</p> <p>Two Points are awarded when the player executes a shot fake, then moves in any direction with one dribble, take the shot and follows through (2 pts. For a made basket)</p> <p>Three Points are awarded for make 3-pt shots and an extra point is given for a swish.</p> <p>The first player to 21 wins and this game can be run with one, two three or four</p>
MAKE 25, DON'T MISS 2 IN A ROW	These rules are simple, make 25 shots without missing two in a row. If the player missed two in a row, he is out of the game. However, give the player missing two in a row another shot and if it swishes, that player is still alive.
4 UP	Players form two teams at each free throw line elbow. Keep track of made shots and a team wins when they have made four more shots than the other team.
3 MINUTE SHOOTING	1 ball, 1 Coach rebounding. Player must go around the world and shoot threes for 5 minutes. Goal is to get 50 makes once time is up. Record makes.

Free Throw Shooting Games

PLUS 2 MINUS 2	A swish is worth one point, a make with the rim is worth nothing, and a miss subtracts one point. Once a player has a -2 score, then that player tries to make as many in a row he can. If a player reaches -2, he must swish the next free throw to stay alive.
16 MAKES IN 6 MINUTES	The player shoots a 1-and-1. If the first shot is missed, the player does a dribble suicide with the weak hand. If the second shot is missed, the player dribbles down the court and back twice. If the player makes both, then he dribbles down the court and back once. The goal is for the player to make 16 free throws in six minutes, which isn't easy considering all of the extra conditioning.

WOLF PACK SHOOTING CLUB MEMBERSHIP

CEDARCREST BASKETBALL

Cedarcrest Boys Basketball Players (V/JV/C) will become prestigious members of the *WOLF PACK SHOOTING CLUB* once they make 10,000+ shots. Club members will receive a commemorative shirt. Players have until November 15th, 2021 to complete this mission.

Upon completion of this mission tear out this page and sign your name below. Please contact Head Coach Joe Ayers to redeem your commemorative shirt.

As a student athlete honesty and integrity are the upmost attributes one can have. Please be honest and forthcoming with your 2021 *Wolf Pack Shooting Club* Records. This mission is not required and do not feel pressured to complete if you do not want to. The sole purpose of becoming a *Wolf Pack Shooting Club* Member is to have fun and improve your basketball skills. Thank you for your efforts. GO RED WOVLES!!

Signature of Player

DATE: _____

Signature of Head Coach Ayers

DATE: _____