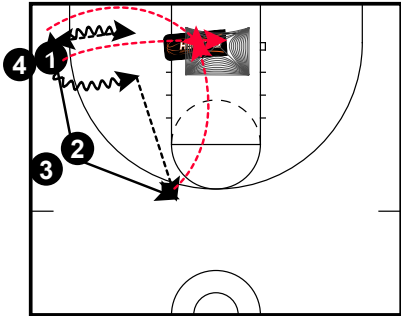
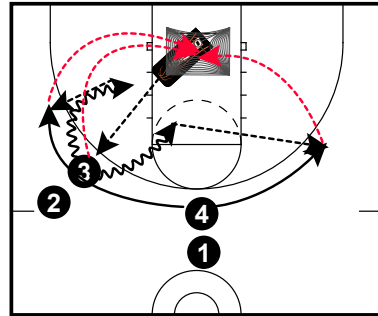


12 Minute Shooting

WTWGBB

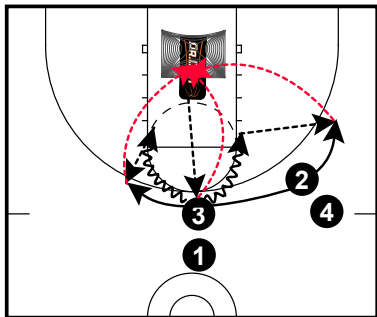


Tempo: 3 (240 Shots in 12 minutes), or 2 (360 shots in 12 minutes). Adjust based on your ...

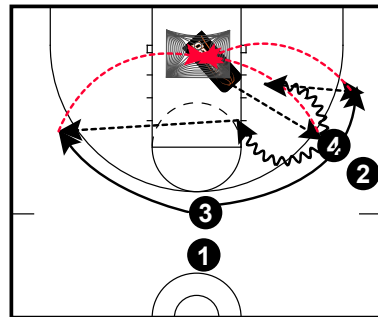


After 2 minutes and 24 seconds, the Dish will rotate to the wing. The corner line should sprint to the wing, while the wing line should sprint to the top of the key.

The drill continues with players filling the space, communicating, and shooting game-like shots.

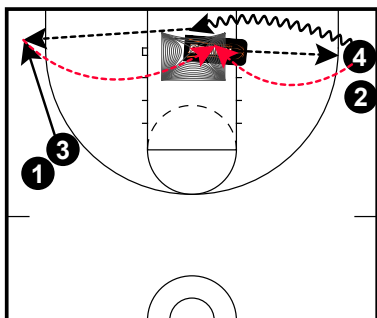


The drill continues from the top and the wing. Ensure emphasis on players filling all the way behind the ballhandler for the safety valve shot.



Lines stay the same as the previous frame, but the passes are now coming to the wing. Action continues.

Pre-programming the Dish allows the coaches to focus on footwork, fundamentals, and teaching. Further, if there are other groups throughout the gym, coaches can devote attention to skill development while players are held accountable to going game speed on the dish.



Final location is the opposite corner from the starting point. For this, we are working the baseline drift, or hammer action. One line should go to the corner, the other to the opposite wing.

Corner receiver should shoot the first one, then drive the second one baseline for the pass across and the shot.

Can add closeouts to any of these shots to make it even more game like.