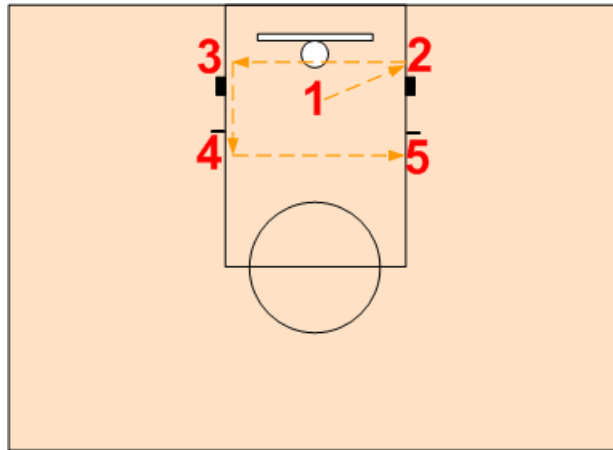


“25” – Five Spots Shooting Drill



This close range drill is an excellent drill to check the release point and follow through of a player's shot. It is a confidence builder as well. Players shoot at five spots close to basket starting directly in front of the basket. Players shoot at each spot until they make five shots in a row. After making five consecutive shots they move to the next spot. However, anytime they miss a shot they go all the way back to the first spot. The objective of this drill is to make 25 consecutive shots.

Mentally, this can be a very challenging drill to start with, namely because most players have never had to make 25 shots in a row. However, once players are able to complete the circuit and make 25 consecutive shots, the drill becomes mute since their release point and follow through is perfect and they possess the confidence that they can do it.

Note: This drill should be reviewed anytime a player experiences shooting problems during the season.