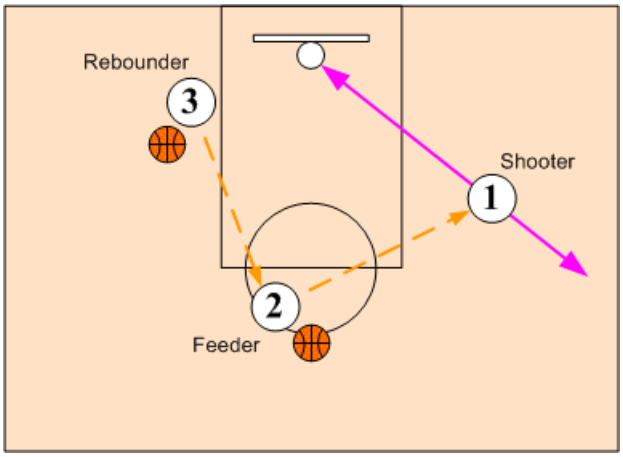
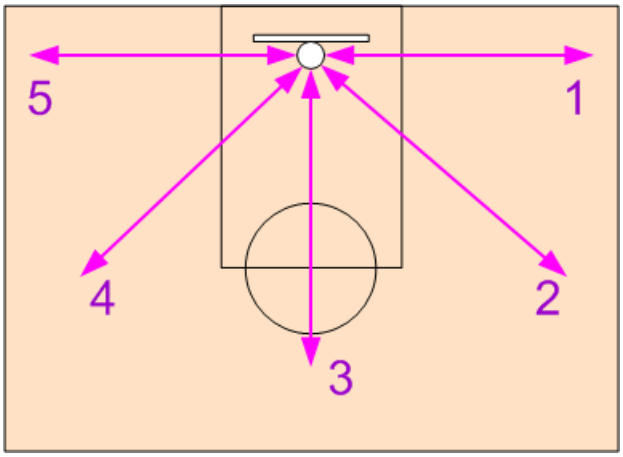
“Range Finder” – *Shooting Drill*



This drill is an excellent drill to establish a player’s shooting range. This drill is best performed with three players (rebounder, feeder and shooter) and two balls. However, it can be done with just two players (rebounder & shooter). The shooter keeps shooting the ball along one of the five designated shooting spokes (area). Any time the shooter makes three shots in a row, they take a step backwards (away from the basket). Any time they miss three shots in a row, they take one step forward. Players will quickly find their comfort range or sweet spot.



Players need to establish their shooting range on each of the five spokes. The distance will vary on each one of the spokes. To be successful, during a game, players should stay disciplined and work hard to get receive and shoot the ball within their comfort ranges. They must not let their ego’s take over in determining their shooting range.

Note: Players should check their ranges periodically as needed. Shooting range can be increased with improved shooting techniques and form (practice) as well as improving physical strength.

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