

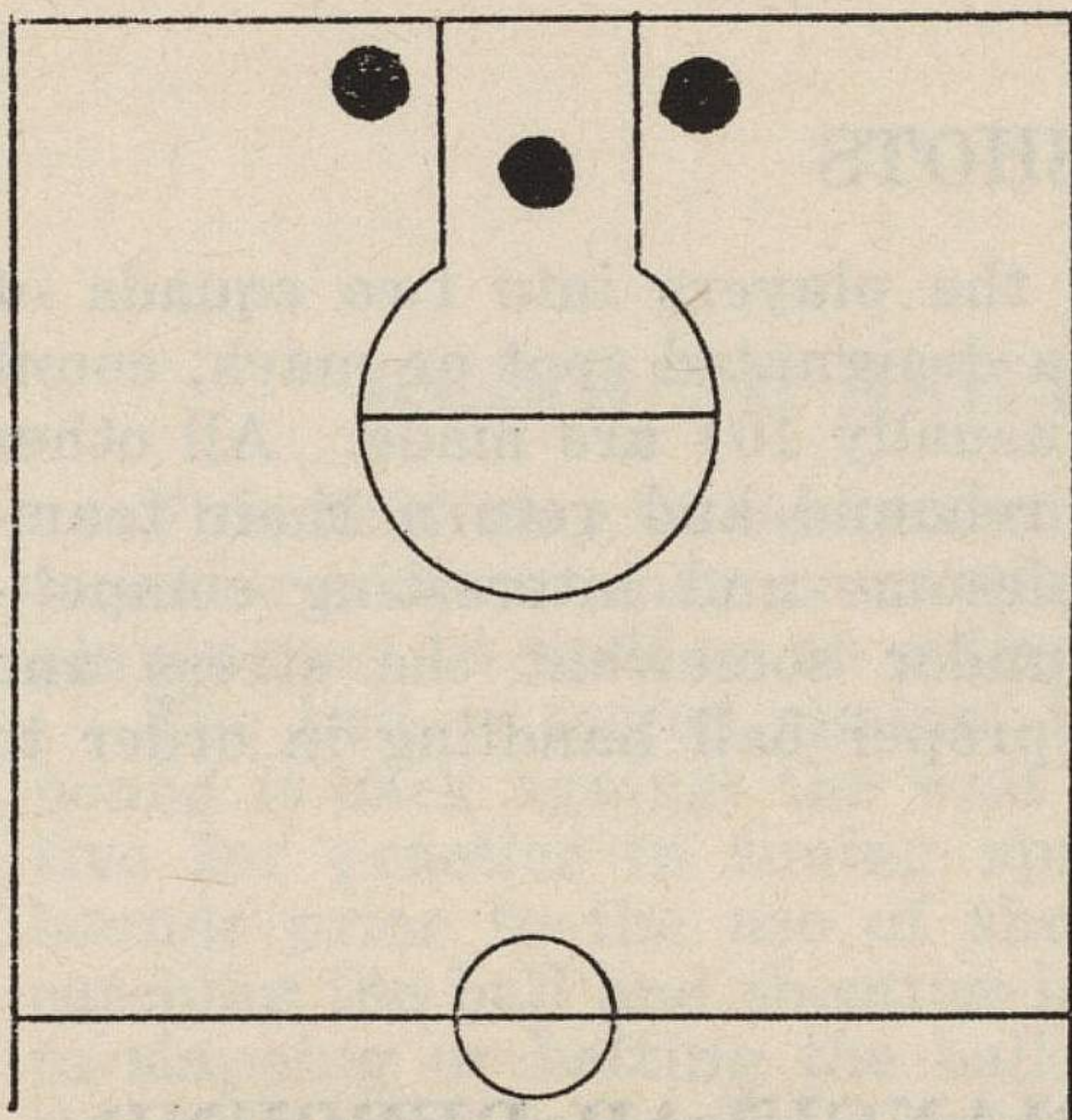
BASKETBALL GOLF

Using a radius of about 15 to 20 feet and with a spot directly under your basket as a center point, describe an arc that meets the end line toward each side line as shown. Locate nine points of approximately equal distances apart. Mark these points with strips of adhesive tape about two feet long or paint them on the floor.

These spots are the equivalent of the tees in golf. The object of the game is to make the basket (the hole) in the least number of shots. The player shoots until the basket is made; his opponent then shoots from the spot until he makes it. The play may be

either match play (by holes) or medal play (by strokes or shots).

Another way of playing this game is to shoot in rotation, each player advancing as he makes the shot, with the first player through winning the contest.



SPEED SHOOTING

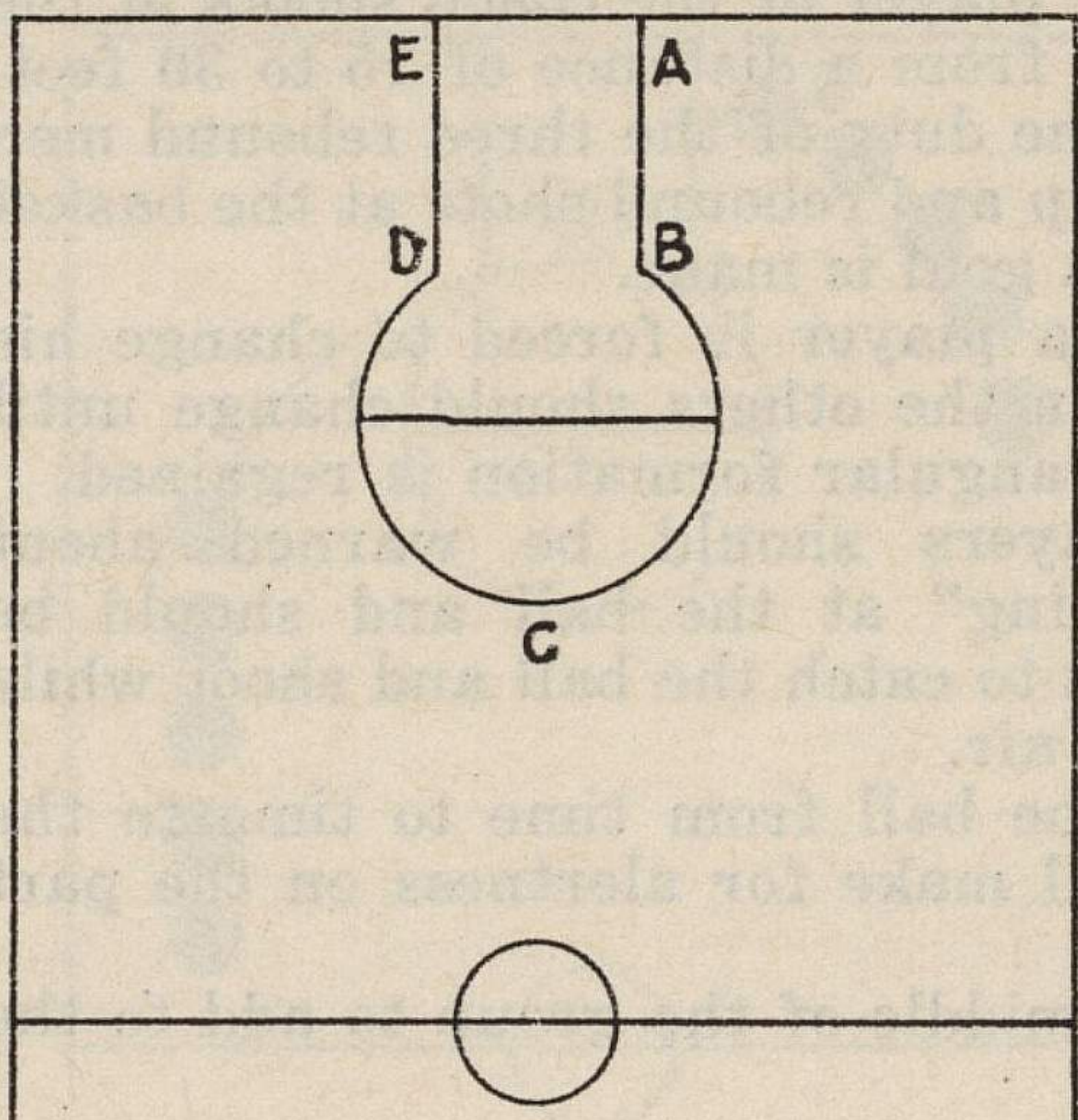
The player is stationed at one of the three positions shown. The objective is to make the greatest number of short shots in a given time (usually fifteen to thirty seconds depending upon the number of balls and baskets available and the size of the squad). A counter is needed for each squad; one timer may time for all groups. A longer period than thirty seconds will involve too much strain.

No one is allowed to touch the ball during the time interval except the shooter.

The object of the drill is to encourage the player to handle the ball above

his head and not bring it below the shoulder level. The player making the most baskets is declared the winner.

An interesting and valuable variation is to see who can make the most baskets in a short time interval using only the left hand.



SPOT SHOT

This is a good drill for early season practice to stimulate care in shooting and to develop "touch."

The player shoots five shots from each of the five spots as designated. The ball must not touch the bankboard before going into the basket. The game may also be played by ruling that the ball must not touch the rim or bankboard. This rule is not advocated as there is considerable difficulty in judging many of the shots with this standard. The player making the most shots of the twenty-five total is the winner.