

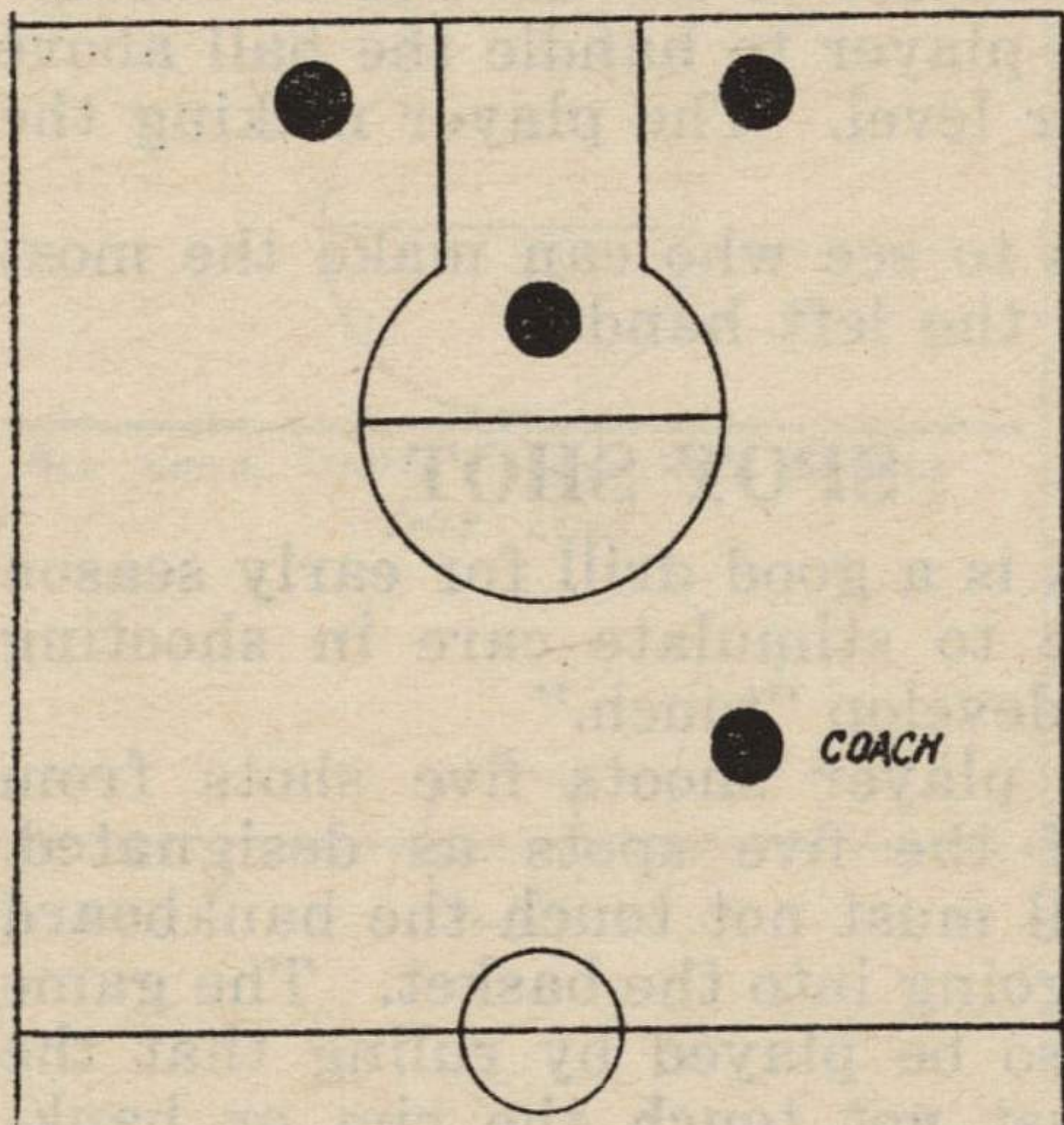
PASS AND SHOOT FROM BEHIND A BLOCK

This drill is a valuable one whether or not your offense is of the screening nature. There are always situations where a man receives a ball in position for a shot but not relaxed and capable of making the proper attempt. In this set-up the men in the center line pass to the man cutting from the sideline and start by the block, stop, and swing back behind the block setting the feet, bending the knees, and relaxing to take the shot. The drill may be executed without opposition to the shooter at first and then a defensive

man may be stationed at the rear of the blocker, who is allowed to shift or to fake at the shooter. This drill is valuable in teaching men to come to a shooting position and not to take running, off-balance shots.

MOST LONG SHOTS

Another interesting game is to divide the players into two squads of five or six men each and shooting back of a designated spot or mark, count the long shots made until a certain total (usually 10) are made. All other members of the squad are encouraged to rebound and return their teammates' shots. This drill will provide wholesome and interesting competition, offers practice on basket shooting under somewhat the stress and hurry of game situations, and encourages proper ball handling in order to obtain the greatest number of shots.



TRIANGULAR REBOUND DRILL

The three players take their positions as shown in the diagram. A fourth player or the coach shoots at the basket from a distance of 15 to 30 feet. It is the duty of the three rebound men to jump and rebound shots at the basket until a goal is made.

If a player is forced to change his position the others should change until the triangular formation is regained.

Players should be warned about "slapping" at the ball and should be taught to catch the ball and shoot while in the air.

Players should be encouraged to tap the ball from time to time to the other two men in the formation. This will make for alertness on the part of all of the men.

A defensive man may be placed in the middle of the group to add to the drill as the participants increase in skill.