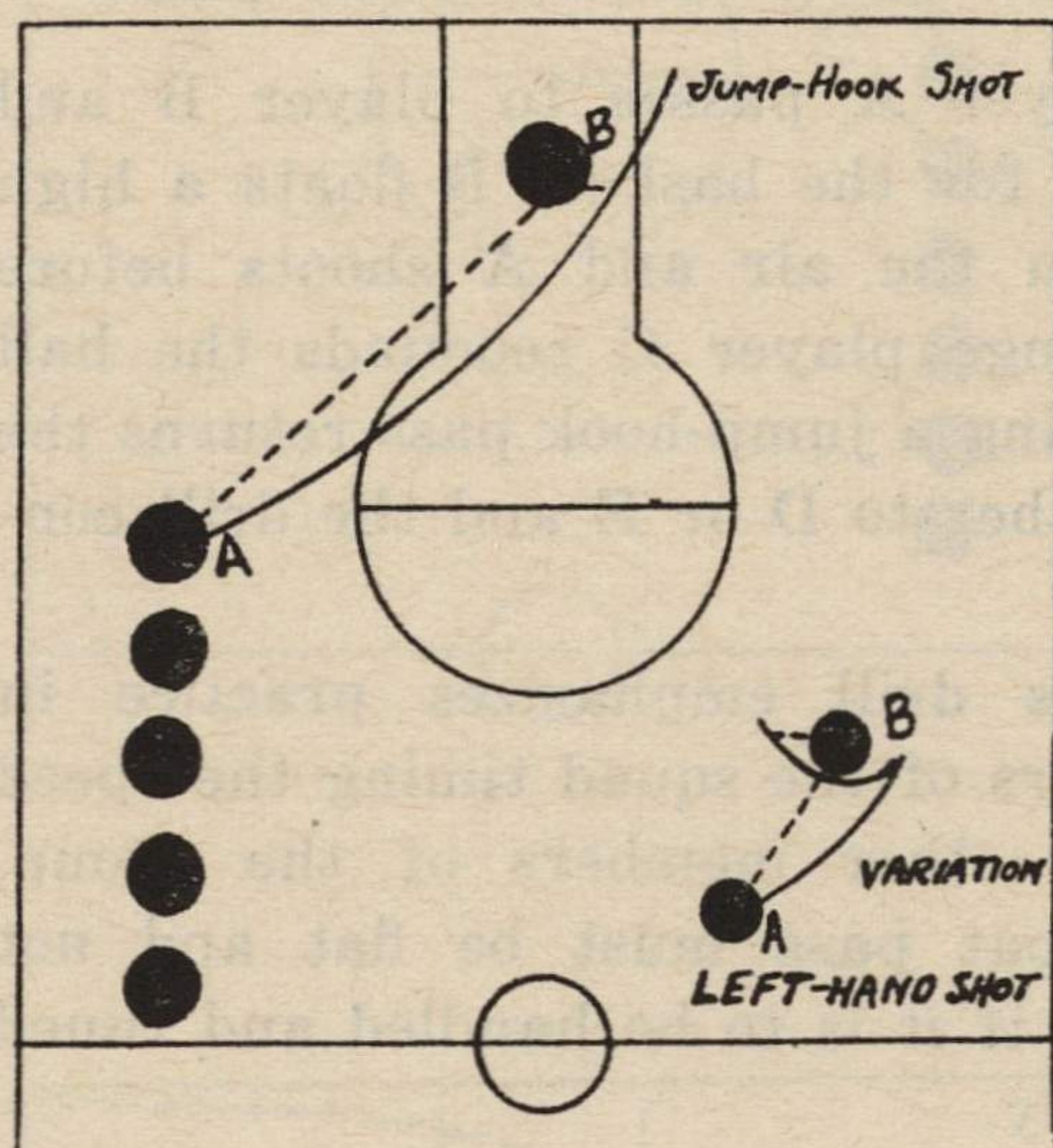


## DRILL FOR TEACHING MEN TO LEAVE FLOOR ON SHORT SHOTS

The coach should obtain some short twigs about four feet long and just large enough in diameter to be rigid. The coach or a manager holds these at a height of about twenty-four inches from the floor and at the position of the greatest height of the feet of the man shooting. The proper place to hold it for each man may easily be determined after a short experience.

This drill is used in some cases by having the man clear a low hurdle or jump over a chair. There is a great element of danger in this method, and the twigs may be safely used in a more effective manner and the men will bear in mind the presence of the twig, but will attend primarily to the shot. With the hurdle or chair, the element of fear will attract their attention to the obstacle and distract their attention from the basket. This is a splendid drill in the early stages of practice.



## JUMP HOOK SHOT DRILL

A passes to the pivot man B and then cuts by, receives the ball again and takes a one-handed hook shot. In the variation shown in the diagram, A passes to the pivot man B and then swings wide past the pivot allowing the imaginary guard to go through with him, then cuts back across the pivot for the ball and takes a left-handed hook shot with the pivot man rebounding and throwing out to the line to continue.

In either case the center or pivot man may fake the pass and spin for the shot himself.

## SPIN SHOT DRILL

The players take a position under the basket with the coach out in front about the foul circle. The coach passes the ball to the man and he feints the spin one way and comes back the other direction for the shot. As the drill progresses add a defensive man playing behind the pivot man and allow him to try to guard the shot. It is now necessary for him to add cleverness and footwork to evade the guard. A further variation is to have the coach's place taken by a player. The player passes to the pivot man and cuts by him. The pivot man may feint to pass to the cutting player and spin or he may pass to that player. This is valuable in teaching the proper timing on the spin shot.