

# St. Joseph Saints 10K Shot Club Shooting Drills

## 1. Catch and Shoot | Around the World

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. As soon as you catch the ball go right into shooting a jump shot. Make sure you're squared up to the basket when shooting and always go game speed. Shoot 10 shots from 5 different locations on the court. Each shot should be between 10 to 15 feet away from the basket.

## 2. Dribble Drive

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop and shoot a layup. Make sure to explode with your first step with your shoulder low and head up. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing. When driving left always shoot the layup with your left hand.

## 3. Shooting off the Dribble

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop. Make sure to explode with your first step with your shoulder low and head up. Take 1 or 2 dribbles and pull up for a jump shot. Make sure you are square to the basket when you take the shot. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing.

## 4. Mikan Drill

Stand on one side of the basket slightly inside the block facing the baseline. Jump and power the ball up for a layup. Make sure to use the backboard. As soon as you land, jump back up and rebound the ball out of the net. Try to rebound the ball as high as possible. When you grab the ball, keep it above your head. Your jump should transition you to the other side of the hoop. Continue the process side to side working on your left and right hands. Do 3 sets of 20.

## 5. Free Throws

Shoot 10 free throws after each shooting drill for a total of 4 sets.