


FIBA

We Are Basketball



by Kevin Sutton

FATIGUE SHOOTING DRILLS

Kevin Sutton is the Head Coach of Montverde Academy in Florida and he is considered one of the best high school coaches in the USA. During the summer he also coaches at some of the best basketball camps, such as the Nike Skillz Academy, the Five Star Camp and the basketball camps of LeBron James, Kobe Bryant and Steve Nash. Moreover, he's also author of several technical publications on DVD.

I. INTRODUCTION

Shooting the ball! The one fundamental in the game that everyone loves, however, not many people shoot the ball well. The shooting percentages continue to be on the decline due by in large to: **POOR SHOOT SELECTION** and **THE INABILITY TO SHOOT THE BALL UNDER FATIGUE**.

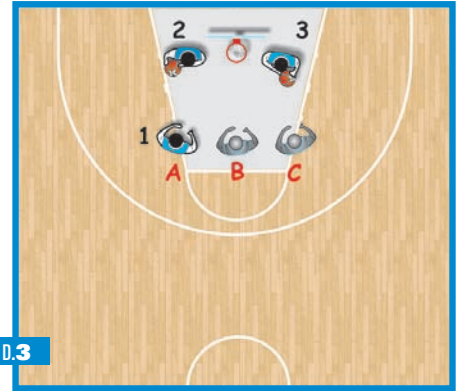
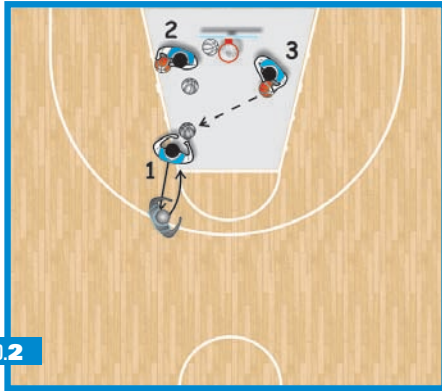
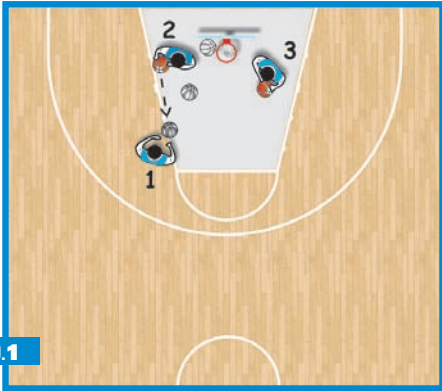
In this article I am going to show you some of the "Fatigue Shooting Drills" that I have designed and used to develop my players over my 20 year coaching career. Guys like:

- ▼ Randolph Childress – 2nd all time leading scorer in ACC tournament history.
- ▼ Curtis Staples – 2nd all time 3 pt. shooter in NCAA history.
- ▼ Jason Conley – lead the nation in scoring in 2001.
- ▼ Marvin Lewis – top 10 all-time 3 pt. shooter in Georgia Tech history.
- ▼ Luc Richard Mbaha Moute – Pacific 10 Rookie of the Year at UCLA.

I want you to remember this as you read this article:

"The opportunity for greatness is given to all of us. It comes in the form of hardwork. What are you will to do to be great?"





II. TEAM STRETCHING WITH BASKETBALL & FOOTWORK DRILLS

I am a big believer in not wasting time. I believe that time is valuable. So I have combined our stretching with ball handling and footwork drills. During the 10 minute routine we will have:

1. Completed a full stretching of our muscles.
2. Handling of the ball.
3. Worked on hand/eye coordination.
4. Worked on footwork drills (pivoting, jab series, etc.).
5. Worked on our communication by "echoing" commands given by the leader.

Our stretching routine consists of the following drills:

Standing drills: 1. two feet together toe touches; 2. one foot over the other toe touches; 3. feet apart middle stretching; 4. feet apart groaning; 5. feet apart lean to the right side toe touches; 6. feet apart lean to the left side toe touches. All while dribbling the ball.

Sitting drills: 1. two feet together toe touches; 2. feet apart toe touches; 3. feet together groaning; 4. hurdler stretching; 5. sit ups; and 6. ball push-ups. All while dribbling the ball.

Footwork & hand/eye coordination drills:

1. Ball slaps/carioca.
2. Heels.
3. Butt kicks.
4. High knees.
5. Punter.
6. Back peddle.
7. Side to Side.
8. Opposites forward.
9. Opposites backward.
10. Dribble Walk – touching body parts (head, chin, chest, toes).
11. Lay-ups.
12. Footwork drills – triple threat, pivoting.

III. COURT FATIGUE SHOOTING DRILLS WORKOUT:

a. Power jumper 45 series

Now we are ready to workout. We begin

the workout close to the basket with our "Power Jumper 45" series of shots. This is a three part shooting drill designed to work on the three aspects of the shot: 1. shot preparation, 2. foot work, and 3. proper release of the shot. In the first part of the drill the player takes 5 shots at the block in a "shot ready/catch & shoot position." (diagr. 1)

In the second part of the drill the player runs out to the three point line and back to the block for 5 shots working on the proper foot work "1-2 step into their shot" (diagr. 2). The third part of the drill the player bounce up & down in the same spot for 5 jumps keeping the ball in a proper shooting position. On the 5th jump the shooter elevates and shoots the ball at the top of their jump. 5 shots are taken. Upon completion, the shooter will have taken 15 shots at one spot. This is repeated at the middle spot and the opposite block from which they started. The total number of shot equaling 45 (diagr. 3).

b. Transition drills

These are drills that I use between the main drills. They are quick. They have a purpose. And they require little explanation. The drills I use are: 1. Free-throw's, 2. Speed dribble sprints, 3. Speed rope, 4. Heavy Rope, 5. Spot Shooting (catch & shoot).

c. Around the world shooting drill

Around the World Shooting Drill is a very good drill to teach proper footwork. I teach my players to use their inside pivot foot. I have found that it enables the shooter to pivot easier and get their shot off quicker. The drill starts with the shooter on the baseline. They shoot the ball and run around the chairs shooting shots until they reach the opposite baseline (diagr. 4, 5, 6).

The teaching points are:

- ▼ Must be shot ready before you receive

- the ball with feet, hands and eyes.
- ▼ Must use inside foot to pivot on (10 toes pointed to the basket).
- ▼ Must run to the next shot.
- ▼ Call for the ball with voice and open hands with thumbs up.

We do 2 sets of the drill with the first set moving from right to left and the second set moving from left to right. The total number of shots taken in this drill is 12 shots.

d. "M" Shooting drill

In the "M" shooting drill I set the chairs up in an "M" shape (2 chairs at 1/2 court and the 3rd chair at the top of the key). The drill starts with the shooter taking his first shot in the corner. Then running around the chair at the ball side 1/2 court to the elbow where they take their second shot. After completing that shot, the shooter then runs around the chair at the top of the key to the opposite elbow for his third shot. After completing that shot, the shooter must run around the chair at half court to the opposite corner for their final shot (diagr. 7).

The teaching points are:

- ▼ Shot ready.
- ▼ Run the floor.
- ▼ Concentration on the drill pattern.
- ▼ Concentration on fundamentals of their shot.

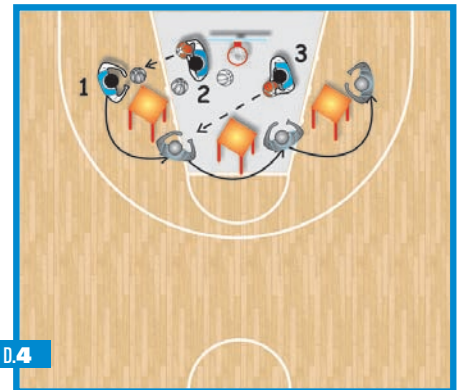
We do 2 sets of 6 shots for a total of 12 shots.

e. "X" Shooting drill

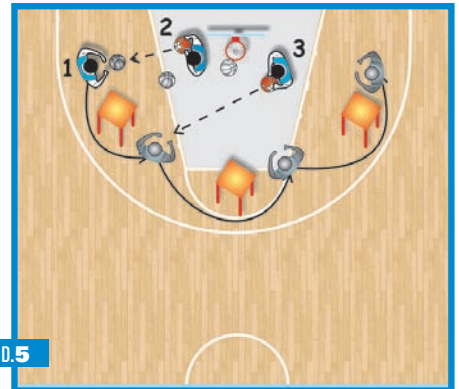
It is an excellent shooting drill that has 3 different variations allows for game like simulation to be a big part of the drill. The 3 variations are:

1. Sprinting (getting back on defense).
2. Backpedaling (getting to press positions).
3. Defend (man to man defense).

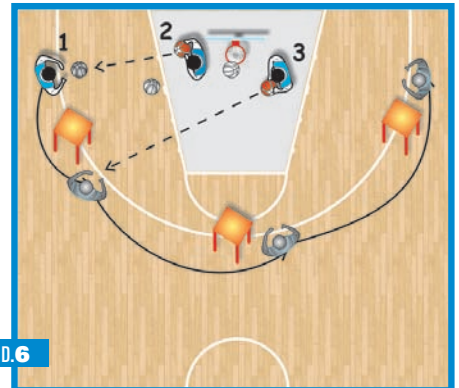
The drill starts with the shooter taking a shot at the elbow and then executing one of the variations that is called for by the coach (sprinting, back pedal, defend) to



D.4



D.5



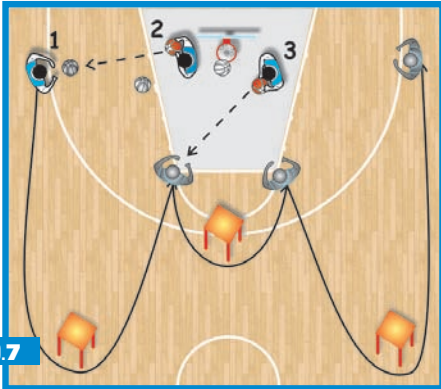
D.6

the first chair at half court near the jump circle (diagr. 8).

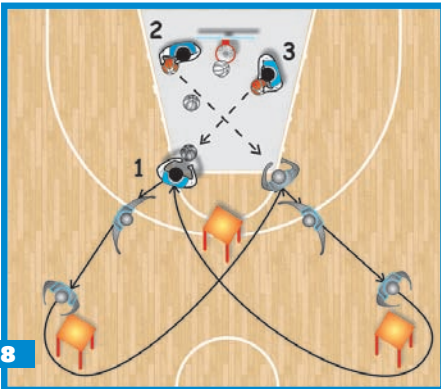
After touching the chair with their hand they run to the opposite elbow for second shot. This pattern is repeated for 3 sets x 6 shots for a total of 18 shots.

The teaching points are:

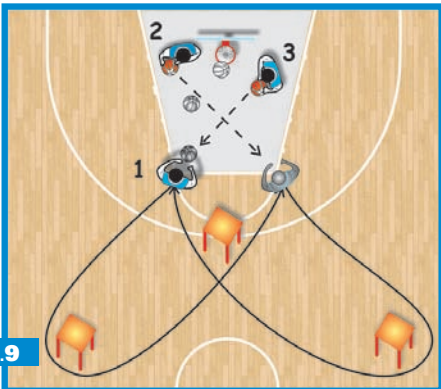




D.7



D.8



D.9

- ▼ Shot ready.
- ▼ React to situations.
- ▼ Proper footwork and concentration.

f. "Side line to side line" shooting drill

The last shooting drill in my "Fatigue Shooting Drills" is the "Side line to Side Line"

OUTLINE OF SAMPLE WORKOUT:

- I. Team stretching with basketballs 10 mins
- II. Workouts:
 - a. Power Jumper 45 series 10 mins
 - b. ½ ct shooting drills 55 mins
 1. Around the World (2 sets x 6 shots = 12 shots)
 2. TRANSITION DRILL – FT'S 5 SHOTS
 3. "M" with variations (2 sets = 12 shots)
 4. TRANSITION DRILL – SPEED ROPE – 30 SECS.
 5. "X" with variations (3 sets x 6 shots = 18 shots)
 6. TRANSITION DRILL – HEAVY ROPE – 15 SECS.
 7. Side line to Side line (2 sets x 6 shots = 12 shots)
 8. TRANSITION DRILL – SPOT SHOOTING/CATCH & SHOOT JUMPER 50 SHOTS.
 - c. Cool down/chair shooting drills 10 mins
 1. 3 spots x 10 shots = 30 shots

Total number of shots = 129 Total minutes of workout = 1hr & 25 mins

shooting drill.

It is a tough drill design to fatigue the shooter. I teach two variations: 1. run and 2. defending. Both are designed to simulate game actions. The drill starts with the shooter taking a shot at the elbow and then touching the near sideline. After touching the sideline the shooter must run around the trash can/chair at the top of the key (diagr. 9). There are 2 sets of 6 shots taken for a total of 12 shots.

The teaching points are:

- ▼ Shot ready.
- ▼ React to situations.
- ▼ Proper footwork.
- ▼ Concentration.

IV. "COOL DOWN" SEATING DRILLS

Equally as important as the "warm up" is the "cool down". After I have fatigued my players throughout the work out, I then like to do the all important "cool down" shooting drills. The "cool down" seating drills

consist of the player sitting down in a chair. They must sit to the front of the chair with a ball between their back and the chair. This forces the shooter to set with their back straight. The shooter shoots 5 shots from the three power jumper spots for a total of 15 shots. The shots must be total swishes.

The teaching points are:

- ▼ Keep the ball high.
- ▼ Full extension on your shot.
- ▼ Total concentration.

V. CONCLUSION

It is said that fatigue makes cowards of us all. So never give into fatigue! Attack these drills with the sole purpose of making yourself a better basketball player. EMBRACE GREATNESS by accepting the challenge to:

1. Learn something new everyday.
2. Give more than you receive.
3. Share what you know.
4. Impact the lives of others.

