



**The Fundamental Fifteen:  
Shooting and Passing Drills**



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**Fundamental 15: Shooting & Passing**

**What?**

- 15 minute (7:30 shooting/ 7:30 passing & ballhandling) fundamental skill work in groups of 2 or 3 players

**Why?**

- You can never get too much fundamental skill work.
- HS players consistently told me after the season over 10 years that this helped them the most.

**When?**

- We did ours at the beginning of practice to be sure that we got it in, but it is up to you.

**Note:**

- Some years we traded out drills based on our skills and needs. You could even trade out some drills by individual. For example, some years we had post moves like drop steps and up-and-unders in the series. Do whatever fits your players at your level! Adapt, don't blindly adapt!

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**Fundamental 15: Shooting & Passing**

**How?**

- Tell players to group older (veterans) players with younger players (young guns).
- Communication is emphasized—call names on every pass, every drill, every play, every day!
- All players, but especially older or more skilled players are empowered and expected to encourage and give feedback to the others. You do not have to be the oldest player, the best player, or a captain to speak up and help a teammate! We are all in this together and coaches cannot watch every player on every play. Hold each other accountable.
- There is no wasted time or space! Every single player is always active physically and mentally.
- Coaches must go around to each basket and talk/ touch players to build positive relationships.
- ½ of the groups start at a basket of their own & ½ start on center jump circle.

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## Fundamental 15: Shooting & Passing



**How? Basket Group** (other half is at center jump circle)

- **6 Form Shots**
  - 1 step from the basket to force a high follow through. 3 R1, 3H1. Group members all shoot at same goal. Communicate so don't shoot at same time.
- **6 Milan Lavers**
  - Face the baseline to start and jump off one foot for one foot layup, leap the ball high out of the net and step to the other side.
  - Other players stationary ballhandling on baseline, encouraging, counting shots/makes, and giving feedback
- **6 Reverse Mikans**
  - Face the court to start and same as Mikans
  - Other players stationary ballhandling on baseline, encouraging, counting shots/makes, and giving feedback

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## Fundamental 15: Shooting & Passing



**How? Basket Group** (other half is at center jump circle)

- **6 Five Foot Form Shots (Shooting off a stationary catch)**
  - Shooting foot back, show target hand, passer swish the pass, shooter meet the pass, pop your strong foot into knees bent, bag clean, powerful position, then extend into quick, smooth, upright release. Hold high follow through until ball goes through the net and swish.
- **6 Pull up Jumpers (Shooting off the dribble)**
  - Emphasizing form (footwork and shooting form). Start at FT line for younger players, top of key for older players.
  - Rip ball through and cross over step or open/strong side blast step for a 1 dribble pull up.
  - A 1 dribble must return to good balanced position and "stop and pop" get off the floor, under control, two foot jump.
  - If the person in front of you goes right, you go left. Hustle to get rebound and dribble with weak hand back to line.

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## Fundamental 15: Shooting & Passing



**How? Basket Group** (other half is at center jump circle)

- **6 Swamp Jumpers (Shooting off a moving catch)**
  - The area inside the top of the key to the elbow and the FT line is the "swamp." You are not allowed to step into the swamp.
  - This forces you to run the arc, get low/sink your hips, show a target with 10 fingers and hands above elbows, call for the ball, and either head set, 12 step pivot into a squared up position for a powerful jumpshot (no fade, no floating to the side/R, run your hips in the air on the catch so that you land squared up and immediately go up into an on balance jump shot (no fade, no float).
  - Passer must time the pass, call the receiver's name, and "swish" the pass.
- **Free Throws**
  - Shooter shoots 2 and rotates. Others either box out if group of 3, or step into lane if group of 2. If 2 rebounds, both players try to get rebound and immediately score. One boxes out and the other swarms or spins to at least "get even"

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## Fundamental 15: Shooting & Passing



**How? Passing / Ball-handling Group** (other half is at a basket)

- 30 second stationary ball-handling**
  - Some years, I just did on command and picked a different player to lead the drills every day, but I like making it competitive (against the clock and healthy competition with your teammates) better.
  - HS must do 3x in each direction in 30 seconds MS must do 2 HS must do 1. This is great for camp because different abilities can do the same drill at the same time and it is modified for their developmental stage and gives them goals to shoot for.
  - Ideally, everyone has a ball- if you do not have enough basketballs then go in partners or groups.
  - Around the waist (hula hoops)
  - Around both knees (knees together)
  - Around head-waist-knees (tomasos)
  - Right knee only
  - Left knee only
  - Figure 8

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## Fundamental 15: Shooting & Passing



**How? Passing / Ball-handling Group** (other half is at a basket)

- 2 ball passing- 3x each**
  - Every player has a ball
  - Face your partner at a knee's width distance
  - Call names on every pass
  - Right hand punch/flick/push/Nah pass (whatever you call it it must be explosive and compact) 3x
  - Left hand- 3x
  - Right hand bounce- 3x
  - Left hand bounce- 3x
  - Variations (1 bounce and then same sense as above go around one knee and same sense face opposite directions and go behind the back, etc. Use your creativity to keep it fresh.

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## Fundamental 15: Shooting & Passing



**How? Passing / Ball-handling Group** (other half is at a basket)

- 1 Ball Passing- Overhead Pass 3x each**
  - Put one ball down and backup to voke ball lines (about halfway between lane line and sideline)
  - Good players use fakes, any you a good player? Fake pass to make a pass into an overhead pass
  - Step at your target and call names
  - Throw a laser beam, not a punt
  - Receiver show a good target with 10 fingers, hands above elbows, arms extended.
  - Meet the pass, catch with two hands, jumpstop into a strong triple threat position and "create space" low to high or high to low with a front pivot. Eyes up (read a banner, the dock, etc.)- do not look at floor- see your open teammate!
  - Now back up and repeat
  - Note: Some players are strong enough to throw overhead passes sideline to sideline. Others need to be moved closer- always adjust to their level!

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## Fundamental 15: Shooting & Passing



**How? Passing / Ball-handling Group** (other half is at a basket)

- **1 Ball Passing- Baseball Pass 3x each**
  - Back up to sideline.
  - Ball at ear, step to target, follow through to target, and all names.
  - Throw a laser beam, not a punt or a curve ball.
  - Receiver show a good target with 10 fingers, hands above elbows, arms extended.
  - Meet the pass, catch with two hands, jumpstop into a strong triple threat position and "create space" low to high or high to low with a front pivot. Eyes up (real banner, the dock, etc.) do not look at floor see your open teammate!
  - Now back up and repeat.

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## Fundamental 15: Shooting & Passing



**How? Passing / Ball-handling Group** (other half is at a basket)

- **Zig Zag**
  - Must stay within center jump circle width.
  - 1<sup>st</sup> time through offense is half speed and defender must turn the O without reaching.
  - Big chest, arms back when beat O to spot. The drop step and sprint if have to until back in front of the ball and turn them again.
  - Go to other sideline and stop. Next group goes when 1<sup>st</sup> group crosses center jump circle.
  - Switch and come back.
  - 2<sup>nd</sup> time it is live. O is trying to get to other sideline (remember can't go outside of center jump circle width).
  - O try to make one move and beat them. D try and turn them.

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## Fundamental 15: Shooting & Passing



- I like that these drills are progressive, and force communication, cooperation, & competition all at once.
- They use both hands to dribble, pass, and shoot.
- They pass short, medium, and long distance.
- They work on several different kinds of footwork.
- They force communication and can be competitive to self or in healthy competition to others.
- Everyone is active- no standing!
- You don't have to do these drills but you must work fundamentals every day Remember, "The secret to success is consistency of purpose." — Benjamin Disraeli
- Q: Are these the only fundamental drills we did? A: No! We did other skill work, but this was consistent.

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