



Basketball Camp (Teamwork & Technique)

Activity Reference Guide



Skyhawks 4-Phase Shooting Drill

Purpose: Shooting

Equipment: Colored Spots, Hula Hoops (or basketball hoops)

Set Up: If you have enough basketball hoops to have 3-kids/hoop, break the players into groups of 3 and assign each group to a basketball hoop. If you don't have enough hoops, set-up as shown below with two large spots and a Hula Hoop per group.



Execution:

- This drill should not be performed for more than 5-minutes. The purpose of this drill is to cover the 4-stages of proper shooting form prior to getting into the shooting skill reinforcement games for the day.
- The drill runs the same for all 4-phases. Each day is just a different focus.
- To start coach should announce each step and have all the players shoot at the same time. Then the coach can have them start shooting the ball back and forth freely while they walk around and work of form/technique.
- Phase 1: Elbow In & Follow Through
 - 1 Ball per pair. Make sure all the balls are starting on one side.
 - Step 1: Players hold the ball straight out in front with their ball up so they are balancing the ball in 1-hand
 - Step 2: Players rotate their hand while balancing the ball so their fingers are pointing towards their forehead
 - Step 3: Players shoot the ball 1-handed and hold the follow through until the ball lands in (or near) the Hula Hoop.
 - On the coaches whistle the teammate receives the ball and preforms the same action. Coach should be announcing each Step..."1, 2, 3".
 - This form forces their elbow to stay in or the ball will fall out of their hand.
 - Coaches cue – Hold the follow through – "Hand in the cookie jar".
- Phase 2: Guide Hand:
 - There are two acceptable ways to for your guide hand to look at the completion of your shot:
 - FINGERS TO THE SKY – for early release shooters
 - THUMB TO THE SKY – for late release shooters
 - Unacceptable ways to for your guide hand to look at the completion of your shot:
 - The Whale Tale
 - High-5 the background
 - The T-Rex
- Phase 3: Footwork
 - There are two kinds of footwork that players should use when going up into the shot.
 - 1-2 step
 - Hop step



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- Teach players both to see what they like more.
- Right hand players should always go Left/Right with the step or hop
- Left hand players should always go Right/Left with the step or hop.
- Phase 4: Alignment:
 - Step 1: Dominant foot (right foot for right handed shooters) facing the basket.
 - Step 2: Knee over tow
 - Step 3: Elbow over Knee