

TRUE HOOPS

High School Level Shooting Routines

High school players can develop their own routines with the drills. You should break up your session into 40% ball handling and 60% shooting. You should work up to an overall workout of one hour. Playing full-court five on five is not a substitute for working on these individual fundamentals each day. If you are going to play pick up ball, make sure you do this workout first.

Toss into a catch for a form shot

- 10 from the free throw line
- 10 from the right elbow
- 10 from the left elbow

Face the Chair Series - Move the chair to areas of the floor where you get your shots.

Face the Chair - Toss - V-Cut - Going Right

- Side step into shot - 10 shots
- Cross step into shot - 10 shots

Face the Chair - Toss - V-Cut - Going Left

- Side step into shot - 10 shots
- Cross step into shot - 10 shots

Dribble into shot - Different areas of the floor

- Cross over, between the legs into shot - 10 shots
- Between the legs, behind the back into shot - 10 shots
- In and out dribble, cross-cross into shot - 10 shots
- You choose two moves - 20 shots (from all the spots on the floor where you will get your shots)