

23 Cones - Shooting Drill

How the Drill Works:

Place 23 cones at the baseline of one end of the floor and split the players up into two teams at the other end of the floor. Players shoot and are 'rewarded' by being allowed to go to the other end of the court and have a chance at collecting a cone IF they make another shot. If they miss, they get nothing and return to the end of their line. The team with the most cones at the end of the game wins.

Purpose:

It's a fun variation to a normal shooting drill that keeps players interested and excited. Players are shooting under a lot of pressure on the second shot.

Setup:

- Place 23 cones at the opposite end of the court.
- Split your group up into two or three teams.
- One basketball per team.
- Preferably, there should be a coach/parent to pass and rebound for each team on the second shot end of the floor.

Instructions:

1. Players start shooting on the coach's whistle.
2. On every make by a team, the person who shoots must rebound the ball and pass it to the next person in line, then they are 'rewarded' by sprinting to the other end of the floor and get the opportunity to shoot a three-pointer to win a cone for their team.
3. The player only gets one attempt. If they miss, they get nothing and return to their group. If they make it, they get to collect a cone for their group.
4. The player then places the cone in their teams 'safehouse' near their line and joins the end of the line.



Scoring System:

- The team with the most amount of cones at the end of the game wins!

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Variations:

Increase or Decrease Cones - I've used this drill with both 13 or 33 cones as well. Use any number of cones as long as it's an odd number so there's a winner.

Shooting Position - Usually adults will shoot three-pointers but obviously teams can shoot from anywhere on the floor.

Coaching Points:

- Make sure players rebound the ball after a make instead of running straight away to get a cone!
- Don't allow teams to just let their best three-point shooters shoot. Everyone has to take it in turns.
- Take note of who your best shooters under pressure are!