

**COACH MAC PRESENTS**



**TIPS YOU MUST REMEMBER**

**WHEN RUNNING  
SHOOTING DRILLS**

## 1. All Coaches Must Teach Shooting Technique the Same Way

We all have different techniques and ideas on the way players should shoot the basketball. I'll share my opinions on shooting technique in the following pages.

But even if you disagree with my key points and choose to teach shooting differently, it's super important that all of the coaches at your practice are teaching shooting the exact same way.

There's nothing more confusing for a player than having two different coaches correcting their technique in different ways.

Take the time to go through with the other coaches or parents that are helping out how you want shooting to be taught and the key points they should focus on when correcting players so that you're all on the same page.

## 2. Compete Against Your Own Team

A common trend among basketball drills that are posted online is including how many shots your team should be making in a certain amount of time.

While I've included this in a couple of drills as a baseline for your team to get started, overall these figures won't be a great help to your team.

Why?

Because all teams are at different levels. A high school team learning the game of basketball for the first time can't be expected to make as many shots as a high school team that's been practicing for years.

The alternative is to run the drill initially without a target in mind and then write down the teams score each time you run the drill to track improvement.

This way your players are competing against themselves to improve and will be motivated to beat their previous score each time the drill is run.

### 3. Keep the Drills Short and Intense

One of the biggest battles for a coach of a youth basketball team is keeping players interested.

Players will often become disengaged and begin to play around when they become bored with the current drill you're running.

For this reason, make sure to keep your drills short and intense.

A good amount of time for a basketball drill is 5 - 10 minutes. After 10 minutes, you'll find players begin to lose interest quickly.

Also, it's crucial that you come to practice prepared so that there's a quick transition between drills and players aren't waiting around for you to decide what they'll do next.

### 4. Avoid Lines as Much as You Can

Lines can be a youth basketball coach's worst enemy. They lead to bored players which often leads to players mucking around and distracting each other.

While it can be unavoidable at times, do your best to stay away from drills that have your players waiting in line for too long.

Some of the drills listed in this eBook require lots of players while others require fewer players.

When going through the drills and deciding on which to use, keep in mind how many players you'll have at practice and choose drills accordingly as best you can.

### 5. Be Enthusiastic at Practice

Is there anything worse at practice than a coach with no passion?

You could say unpassionate players, but I've found that a passionate and enthusiastic coach usually means a bunch of passionate and enthusiastic players.

A coach's enthusiasm always wears off onto the players so make sure you bring it every practice!

## 6. Use a Variety of Shooting Drills

Contained in this eBook are 101 basketball team shooting drills. That's a lot.

There's no reason why your players should get bored of a particular shooting drill.

That's not to say you should never use the same one twice, but if you sense your players are getting into a routine and finding it boring, then change it up!