



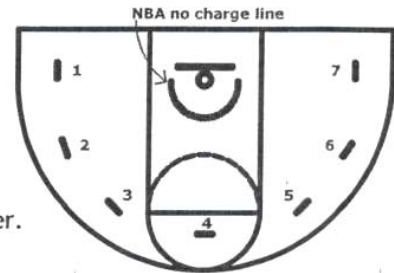
## 7-SPOT SHOOTING SERIES (Partner)

### SET-UP:

Mark on a court seven (7) spots that are 15 feet from the basket (as illustrated below).

### DRILL:

This drill consists of a series of jump shots that utilize the marks as points of reference. These marks help to ensure that the athlete has a physical target on the court that they have to reach. It forces players to be explosive in their movement and dynamically cover ground - all while practicing *game-shots* from *game-spots*.



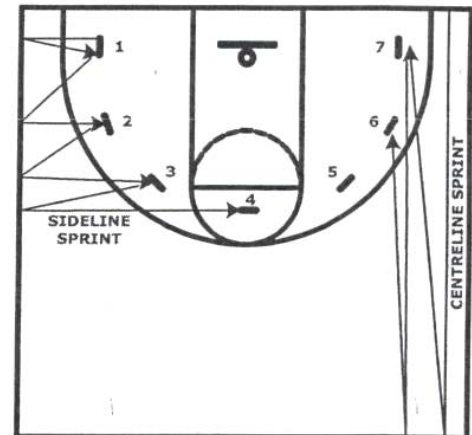
NOTE: The series is to be performed with a coach, or partner as a passer.

### SHOOTING SERIES:

1. Shoot and make ten (10) jump shots from each spot.
2. Beginning at the 3-point line: Catch, explode with 1-dribble pull-up to each mark. (3 makes per spot)
3. Beginning from the 3-point line: Catch, shot fake, explode with 1-dribble to the mark and pull-up.
4. Receive the ball on one spot, shot fake, dribble on the next spot and shoot a pull-up jumper from the following mark (e.g. catch the ball on spot '1', dribble on '2' and shoot from '3').
5. Step back jumpers: Catch, shot fake, take 1-dribble toward the basket, step back to the next spot and shooter jumper. *NOTE: When moving around the basket to the left, players should be dribbling with their left hand and planting their right foot to push back into jump shot (opposite going right).*
6. Shooter must touch the 'NBA no charge line' and then sprint back to spot. Use inside pivot to catch and shoot. (3 makes per spot or 3 times around the arc)

### CONDITIONING SERIES:

1. **Sideline:** Start at one spot, sprint to the sideline and back to the same spot; sprint to sideline and back to the next spot. Repeat until shots have been taken from all the spots. (Hint: Players should touch the sideline closest to the spot).
2. **Centreline:** Similar to above... sprint to centreline.
  - a. Option 1: Catch and shoot
  - b. Option 2: Catch outside the 3-point line, 1-dribble to spot and shoot jumper.



### TIPS:

- Coaches: The "7-Spot Partner Shooting Series" needs to be adjusted based on the age and abilities of the athletes. For instance, reduce the number of reps and distance of the marks from the basket for younger athletes.
- Encourage the passer to deliver hard, crisp game-like passes. Remember, in games passes are thrown quickly and crisply. If you practice receiving soft passes, you're developing bad habits and are not replicating game conditions.