

Improve Your Basketball Shooting Percentage



by **Bobby Bossman**, director of basketball and head coach at SPIRE Institute, Geneva, Ohio

To perfect your shooting form, you have to regularly perform shooting drills that improve your technique. The Gannon Shooting Drill will polish your footwork leading into a shot, quicken your release, and increase your agility and body control. It also improves endurance, so you can maintain your form even when fatigue begins to set in.



Dwyane Wade knows practice makes perfect

Here's how to do it: Gannon Shooting Drill

- Begin at center court with partner standing under basket with ball
- Sprint to free throw line and receive pass from partner
- Shoot and then backpedal as quickly as possible to center court
- Repeat sequence for 60 seconds
- Return to free throw line and shoot two free throws

Sets/Duration: As many sets as desired x 60 seconds

Coaching Points: If shot is missed, partner rebounds ball, prepares for another pass and keeps track of shots made and missed

Refine Stick Handling for Lacrosse

The ability to pass accurately is a difference maker in lacrosse. Here's a quick partner drill from Stephen Duffy, head coach of the MLL's Boston Cannons.

Partner Passing Drill

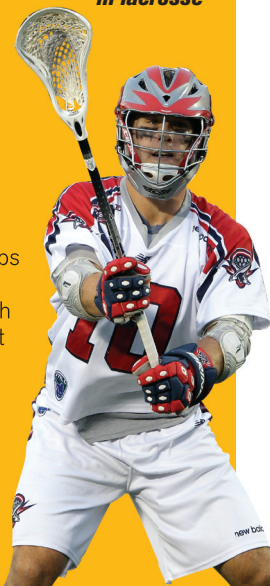
Stand 10 to 15 yards apart and play catch, making straight, crisp passes:

- Catch and throw with right hand, repeat for reps then switch sides
- Catch with right hand, split dodge and throw left; repeat for reps then switch sides
- Catch with right hand, roll away while emphasizing stick protection and throw left; repeat for reps then switch sides
- Quick stick right; repeat for reps then switch sides
- Stick fake and throw; repeat for reps then switch sides
- Catch left over the shoulder, roll away and throw left; repeat for reps then switch sides
- One hand catch and pass with left hand; repeat for reps then switch sides

Sets/Reps:

As many sets as desired x 50 each movement

Stick skills are crucial in lacrosse



STACK.COM

Find more drills for all sports at STACK.com/skills



Kerron Clement shows off solid hurdling form

Run Hurdles Faster

At the 2008 Olympics in Beijing, Kerron Clement won silver in the 400m hurdles. This time around, in London, he's hoping to win gold. Now back with Michael Holloway, his coach at the University of Florida in Gainesville (Clement is an alum), he's getting ready for the Olympic Trials. Here's a drill he does to improve his speed:

The Five-Step Drill

- Set up three or four hurdles at 42 inches high
- Moving at half speed or slower and using proper form, leap over each hurdle in order, leading with same leg
- Keep knee and toes flexed up when going over hurdles

Sets/Reps: 5x4 hurdles