

TRUE HOOPS

Starter to Mid-Level Ball Shooting Routines

You should do these drills for 15 minutes in the morning and 15 minutes in the evening.

Lesson #1 - Introduction to Form Shooting

Shot Pocket - Shooting Side Forward - Pizza - Elevator - Shoot - Follow Through - Hold the Pose

Don't shoot at the basket - just shoot into the air

- 1 minute (dominant hand...whichever hand you shoot with)

Shoot at the front of the rim

- 1 minute (dominant hand...whichever hand you shoot with)

Shoot from the right side of the basket using the backboard

- 1 minute (dominant hand...whichever hand you shoot with)

Shoot from the left side of the basket using the backboard

- 1 minute (dominant hand...whichever hand you shoot with)

Extra Challenge

- Make 5 in a row from each position