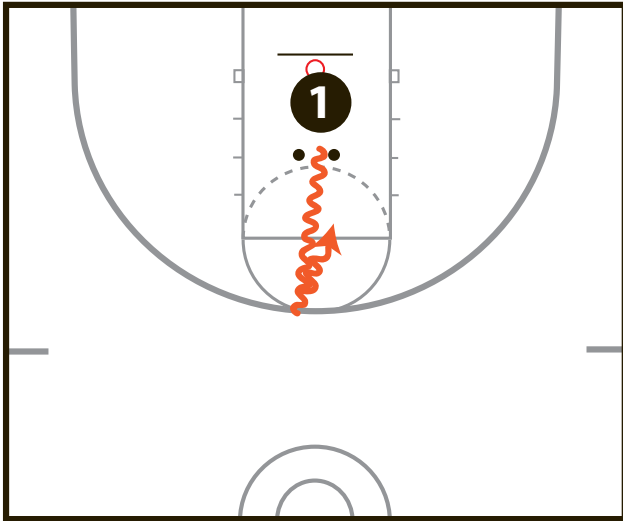
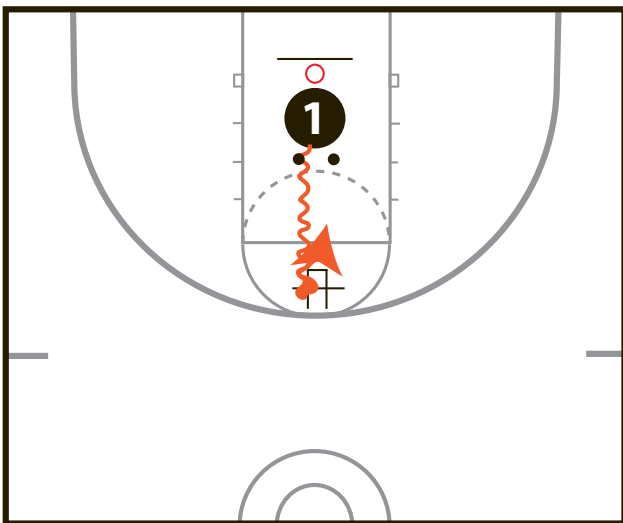


These Noah Shooting Drills are designed to help your players achieve solid straight ahead shots. Noah feedback helps ensure that your players are shooting these shots with the correct angle and distance. If you are using Noah Select set it up on the sideline as usual on Continuous Feedback mode. If you are using Noah Instant the drills can easily be practiced on a side basket.



Two Ball Self Shots

1. Player rhythm dribbles out to the foul line/3-Point line
2. Player bounces one ball and squares (front pivot/reverse pivot) and shoots the first ball
3. Player then drops the drag foot, catches the second ball off of the bounce, squares and shoots the second ball

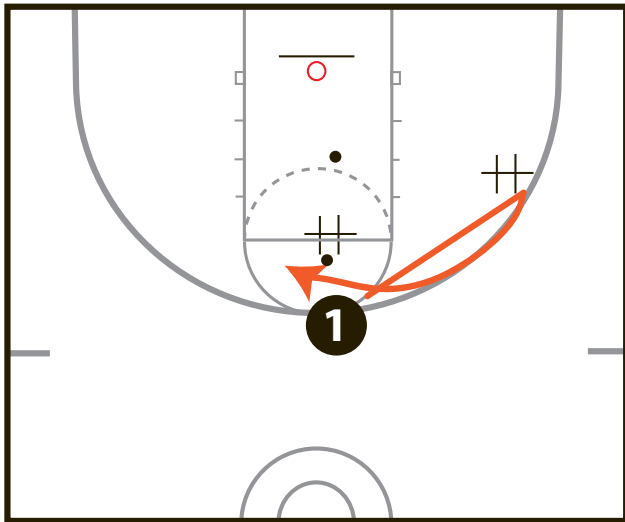


Two Ball Pivot Shooting

If your players cannot do the Two Ball Self Shot Drill this drill is similar, but much easier.

1. Player rhythm dribbles the balls to the chair
2. Player places one ball on the chair, squares and shoots
3. Player then drops their drag foot, takes the ball from the chair, squares and shoots

NOTE: Diversify this drill by adding other two ball dribbles such as: Non-Rhythm, V-Dribble, Push-Pull and live moves such as Between the Legs, Behind the Back, Cross Over, Criss-Cross, and In-Out

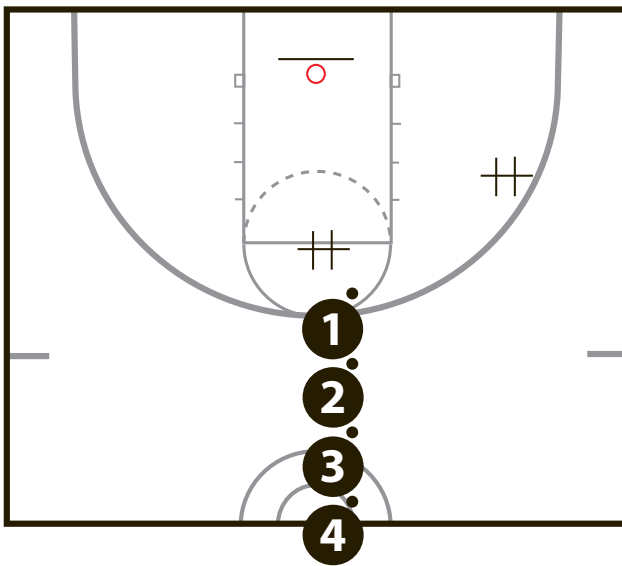


Alford Shooting (Individual)

Timed • Specific Number

1. Player 1 places the ball on the chair and cuts away and touches the other chair
2. Player 1 Sprints back toward the ball and picks it up on the correct pivot foot for the shot
3. Player 1 rebounds their own shot and places the ball on the opposite chair and repeats

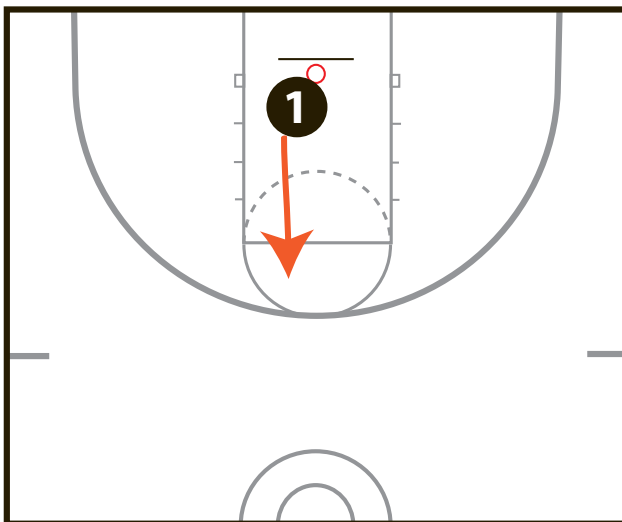
NOTE: Start slow to establish the correct pivot foot and balance



Alford Shooting (Team)

1. Player places the ball on the chair, then cuts away and touches the other chair
2. Player sprints back towards the ball, picks it up on the correct pivot foot and shoots
3. Player then goes to the end of the line

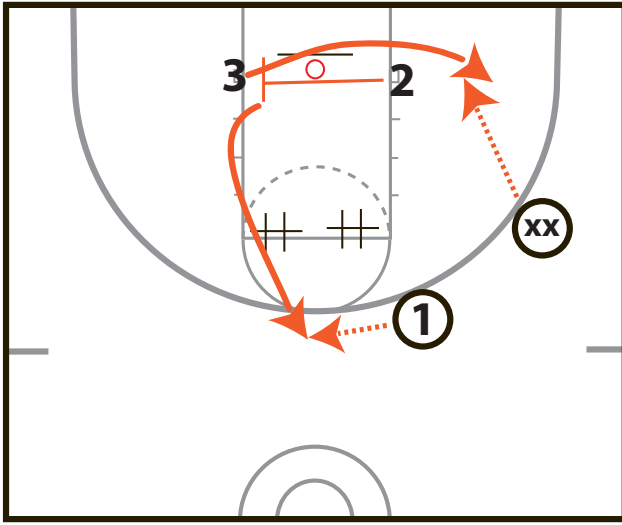
NOTE: Create two teams and use NOAH on one end. Give your players a time limit or goal. Have them switch ends so that each team uses NOAH.



Aggressive Pivoting

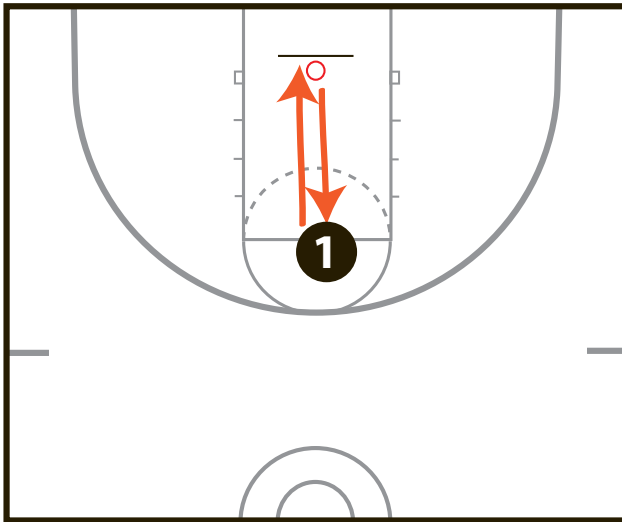
1. Player sprints the ball out to the foul line
IMPORTANT: Player establishes the correct pivot foot
3. Player then faces the basket on an aggressive square and shoots
4. Rebound and repeat, a) Front Pivot b) Reverse Pivot

NOTE: Start slow and get comfortable with the pivot foot to prevent traveling



America's Drill

1. Player 2 screens across for Player 3 then takes a baseline jump shot from the coach
2. Player 2 then comes off a double screen (chairs) from Player 1.

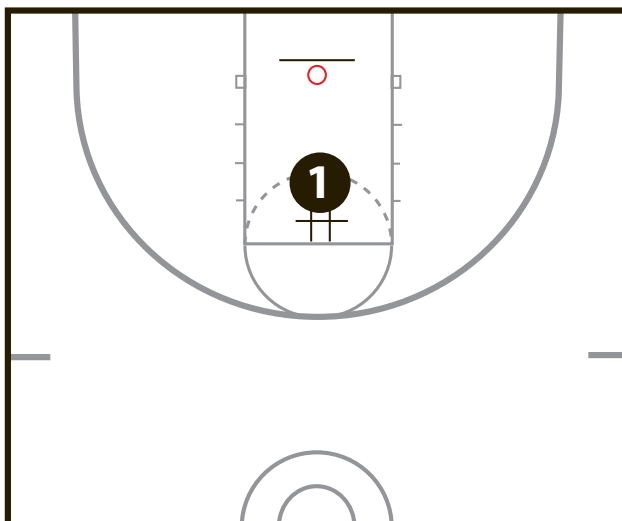


Back Pedal Shooting (Individual)

(30-1 minute)

1. Player shoots the ball and follows the rebound
2. Player retrieves the rebound and back pedals to the middle (nail hole)
3. Repeat

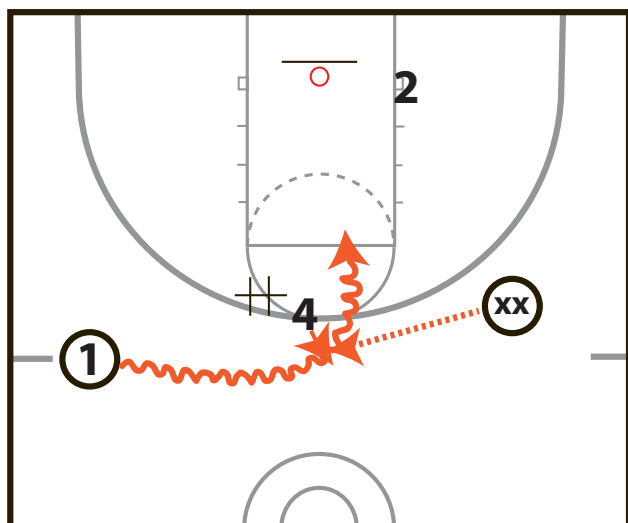
Note: Keep legs underneath and balanced



Chair Shooting

1. Player sits in Triple Threat on the edge of the chair
2. Player pushes up into the shot on the ball of their feet

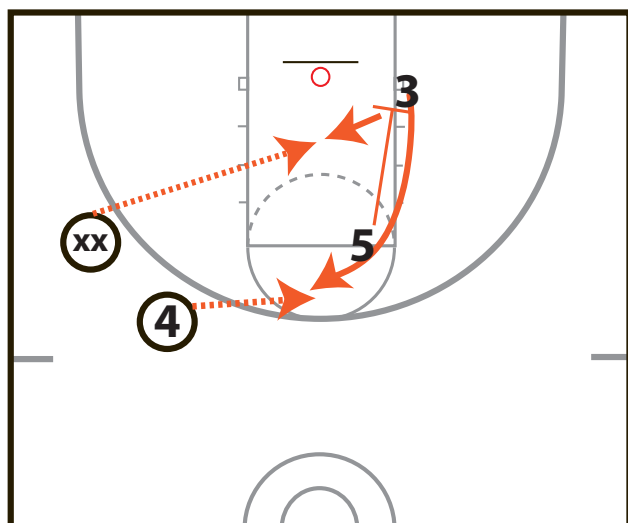
Notes: Keep fingers on the seams. Exaggerate the follow through on the shot. Keep good balance in Triple Threat.



Pick and Pop

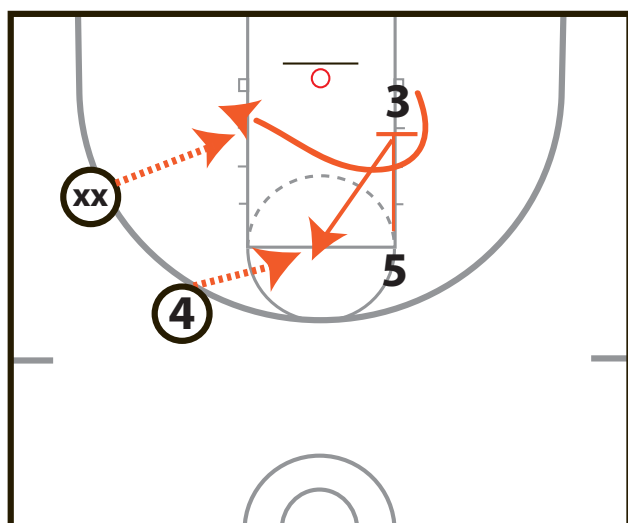
This drill runs a Double High Ball Screen and pops the 4 man.

1. Player 1 goes shoulder to shoulder and hip to hip on the HBS for a Pull-Up Jumper/Lay-Up
2. Player 4 pops to the 3-Point line and gets a pass from the coach for a 3-Point shot



Pin Down (One)

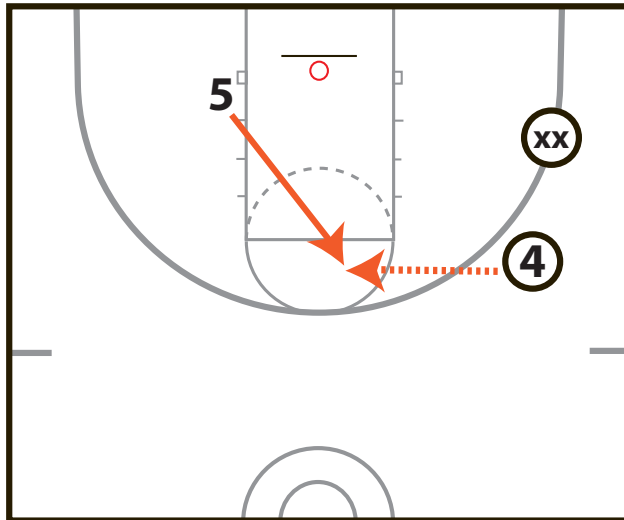
1. Player 5 sets a down screen for Player 3
2. Player 3 cuts off the screen and gets a High Post Jump shot
3. After Player 3 cuts off the screen, Player 5 slips/steps to the ball



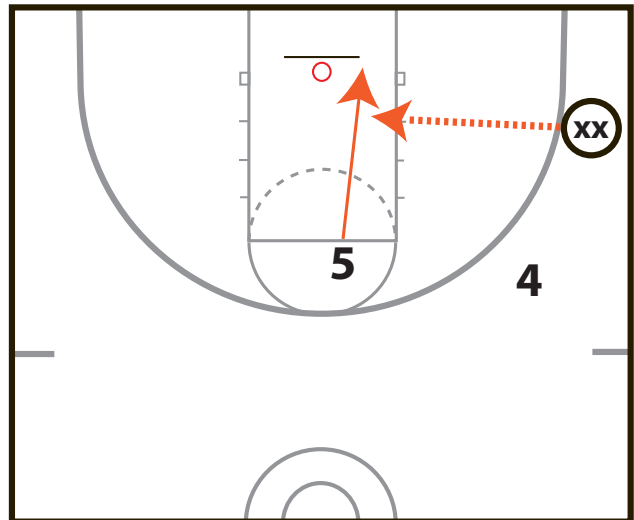
Pin Down (Two)

1. Player 5 sets the Pin Down Screen
2. Player 3 curls off the screen and receives a pass from the coach
3. Player 5 waits for Player 3 to clear and cuts to the high post for a Jump Shot

Pitt Post Drill

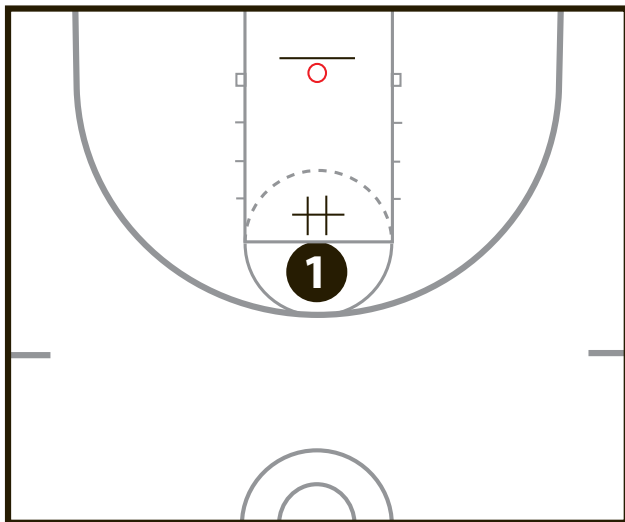


Frame 1



Frame 2

1. Player 5 cuts to the high post for a Jump Shot
2. After a high post Jump Shot, Player 5 dives to the block for a pass from the coach/player

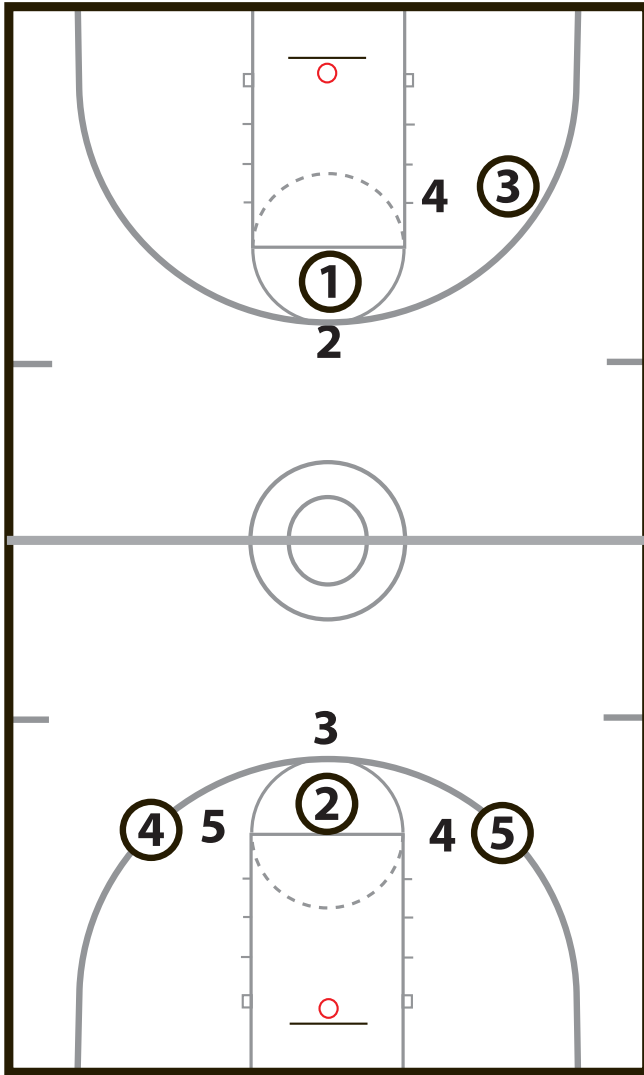


Plant Step Shooting

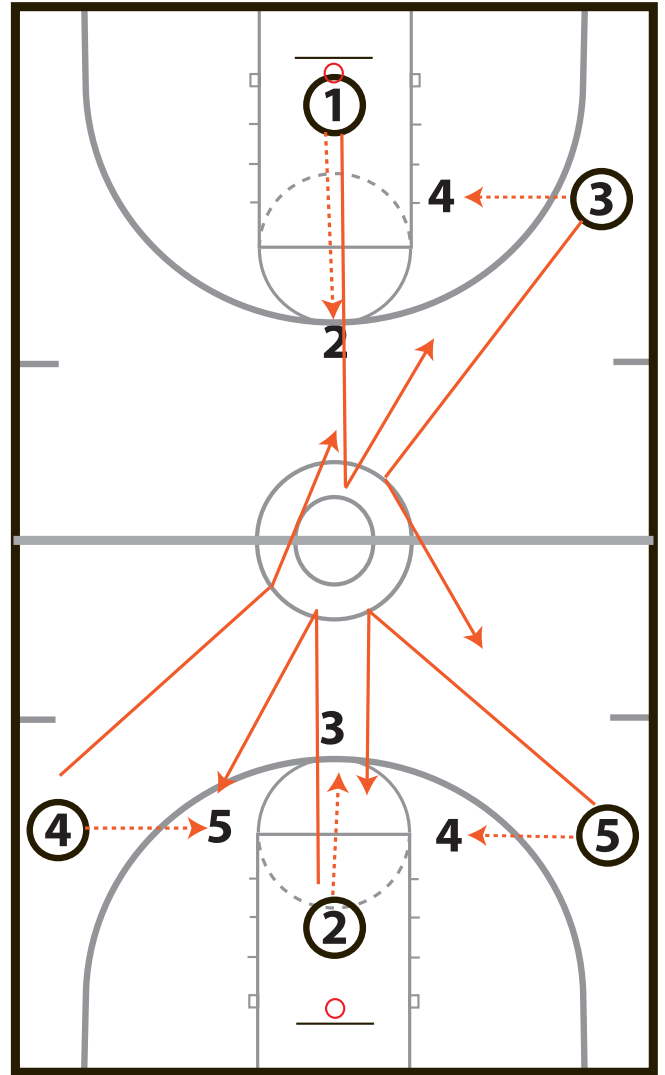
1. Player Plant/Pivots foot forward in a staggered stance
2. Players eyes focus on the rim with the hands on the ball
3. Player steps and shoots

NOTE: Stay low. It may help to remind players about shooting out of a chair

Seattle Shooting



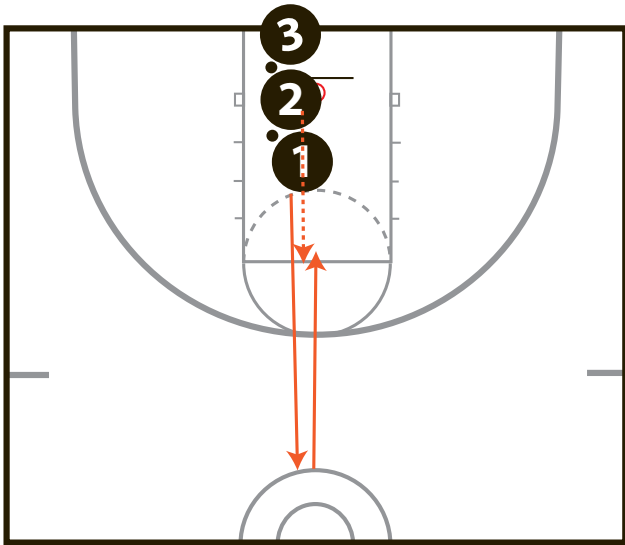
Frame 1



Frame 2

1. Each line has a ball
2. The first Player in line shoots one shot then follows the shot and gets the rebound
3. The player then passes the ball out to the player behind them
4. Next, the player runs, touches the circle at half-court, then sprints to the next basket

NOTE: 2-minutes Clockwise and 2-minutes Counter-Clockwise



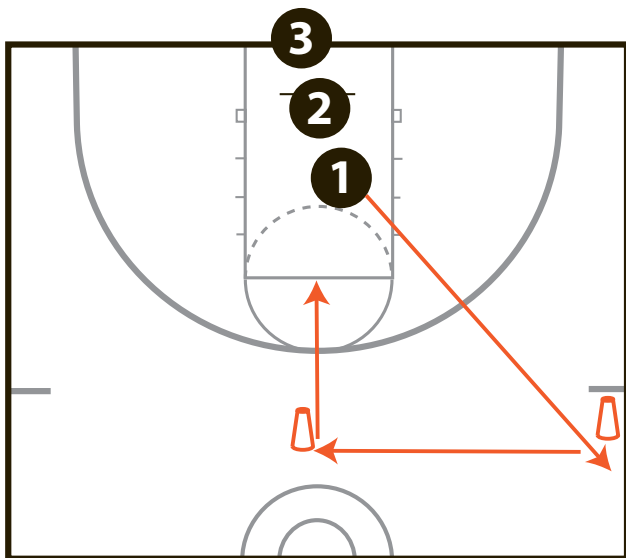
Sprint Shooting (One) (Team Competition)

1. Player 1 sprints and touches the circle at half-court (coach determines the line)
2. Player 1 calls for the ball and steps to the ball with Plant/Pivot foot
3. Player 2 passes Player 1 the ball, then runs and touches the line. The player then may:
 - a. Catch and Shoot
 - b. Shot Fake and Pull-Up

NOTE: Use cones to give players a narrow driving gap so they utilize their dribble and take defense out of the play. Remember, Blow the defenders hip out

- c. Jab and Pull-Up

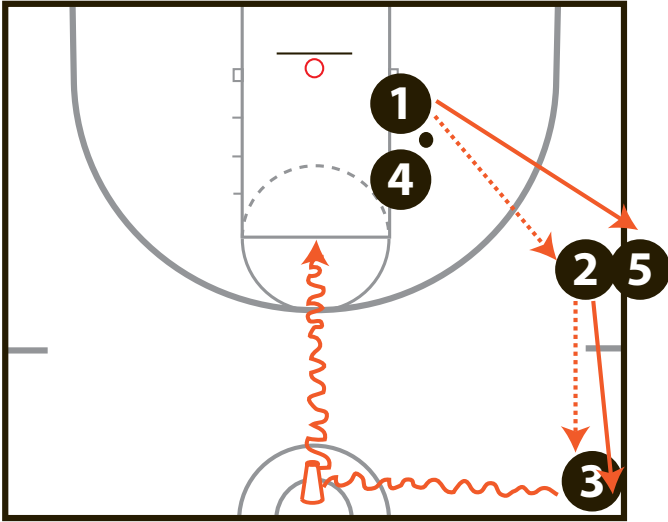
NOTE: When working with a small group, give them a target and time.



Sprint Shooting (Two)

1. Player 1 sprints to the sideline cone
2. Player 1 Reverse Pivots and Defensive Slides to the next cone
3. Once at the second cone Player 1 sprints to the foul line for a Jump Shot

NOTE: When working with a small group, give them a target and time.



Transition Shooting

1. Player 1 starts off with a ball off the backboard then outlets the ball to Player 2
 2. Player 1 follows the pass
 3. Player 2 passes to Player 3 and follows the pass
 4. Player 3 dribbles to the chair/cone at half-court and makes the live ball move
 5. Player 3 pushes the ball up the floor and pulls up for a jump shot in transition
 6. Player 4 will get a rebound off the glass or make and repeat
- Live Ball Moves
- a. Cross
 - b. Between the Legs
 - c. Behind the back
 - d. Spin
 - e. Combos