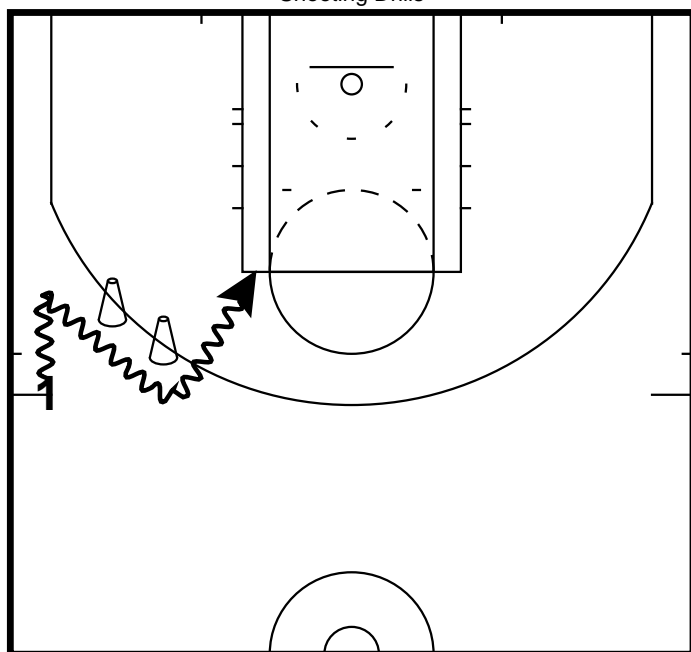


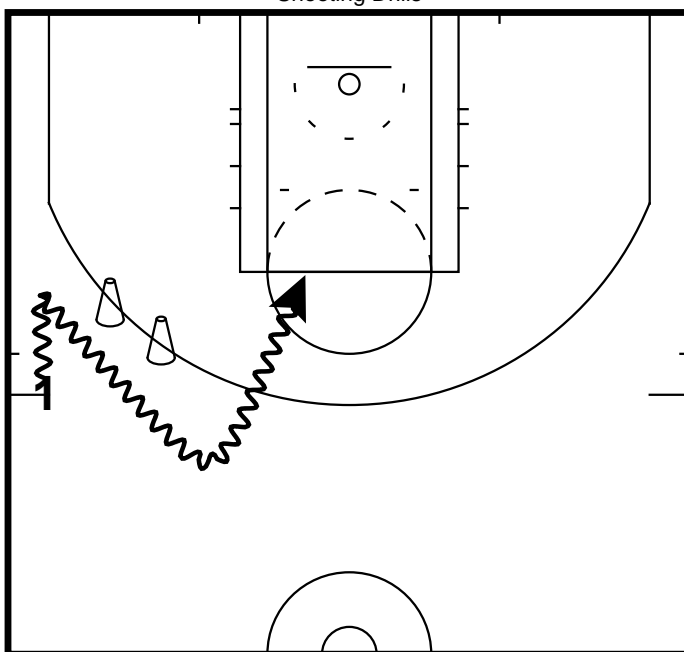
NBA Shooting Drill

76ers
Shooting Drills



Start on the wing with a live dribble. Set up your defender with a quick fake away from the screen, then come shoulder-to-hip with your screen. Simulate the screener's defender is showing, so you will perform a quick evade by quickly jabbing your inside foot between their stance to freeze them, then uphill lunge, and then separate downhill with an explosion dribble for a jump shot.

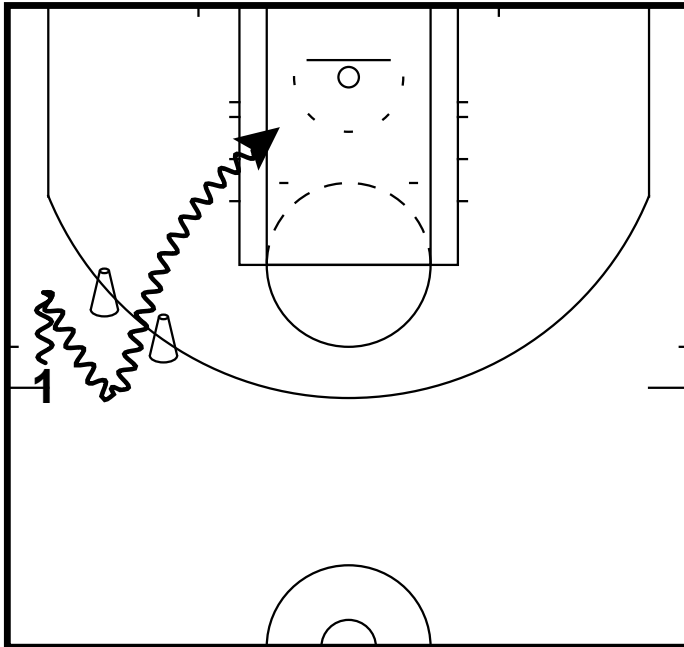
76ers
Shooting Drills



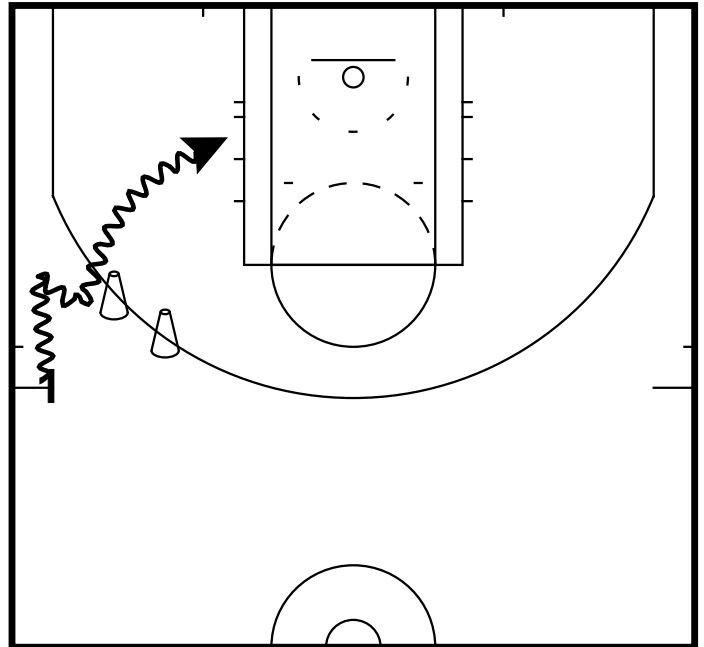
Run back to starting spot, set up your defender, and then come shoulder-to-hip with your screener. This time, simulate the screener's defender is blitzing, so you will perform a top pop by quickly jabbing your inside foot between their stance to freeze them, then pop to the top of the screener's hedge. While squaring your shoulders to the rim, and then separate downhill with an explosion dribble for a jump shot.

NBA Shooting Drill

76ers
Shooting Drills



76ers
Shooting Drills



Run back to starting spot, set up your defender, and then come shoulder-to-hip with your screener. This time, simulate the screener's defender is blitzing but left space between him and the screener, so you will jab and throw your shoulders towards the screener's defender's outside hip, as if you were trying to evade the defender. This will get the screener's defender to slide uphill and create more separation from the screener. When they begin to slide to cut off your evasion step, split between him and your screener, by throwing the ball through space, with a long, low dribble, and finish with a floater.

Run back to your starting spot, set up your defender, and then come shoulder-to-hip with your screener. This time, simulate that your defender leaves space between and the screener while the screener's defender is hedging, so you will split through the space before the screen by throwing the ball through the space with a long, low dribble, and then finish with a floater.

Repeat these four reads and make as many shots as you can in two minutes.

Your Goal: 16 Made Shots