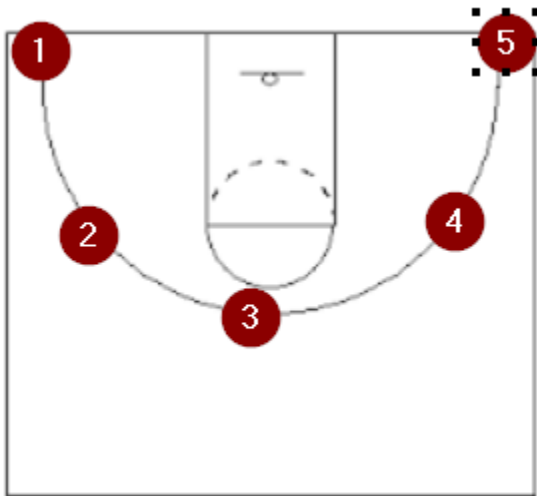


### Shooting drills for elementary/middle school aged kids

Around the World: Shoot from 5 spots around the key, advancing after each made basket.

3 reps



focus free throws. Focus on good shooting form and consistency. 10 reps

walking dribble into midrange shot, focusing on good form. 8 reps

catch and shoot from midrange. From the low post. 15 reps

Swish only. focusing on making shots without hitting the rim, from the key. 20 reps

Knockout. 3 games with all the players.

shoot til you miss. Shoot, if you make it, back up. otherwise go back to starting spot.