

# THE SHOOTING SYSTEM COURSE CONTENTS

## INTRODUCTION

### Course Introduction

Shooting Course Introduction with Audio

Re-Thinking Shooting

Is Form Shooting Necessary?

What is "Differential Learning"?

How To Use The CLA with Shooting

Variable Shooting Challenges

A comparison between ecological-dynamic and cognitive approach to improve accuracy in basketball shot

Evidence-Informed Practice

Adding a Defender

Shooting Machines

External Cues

Adaptability

One Size Does Not Fit All

## THEORY

### CLA for Beginners

Traditional Coaching

Constraints

Degrees of Freedom

Variable Shooting

Jungle Shooting

Partner Shooting

Guided Defender

2-on-1 Shooting

Improving Shooter

BRADs

Introducing BRADs

Shot Selection

Differential Learning

Environmental Constraints

Shooting Challenges

Coaching Cues

Why we Use DL

The Adaptive Shooter

## CONSTRAINTS-LED APPROACH

1-on-1 Blind Shooting

1-on-1 Blind Surprise Shooting One or Two Dribble

1-on-1 Blind Triangle Pull-Ups and +1 Off Catch

1-on-1 Blind Triangle Pull-Ups

1-on-1 Combos into Contested Shots

1-on-1 Contest Off Catch and Dribble

1-on-1 Contested Roll-Ups

1-on-1 Continuous Create Separation w: Mixed Actions

1-on-1 Continuous Create Separation

1-on-1 Corner Closeouts Find Window

1-on-1 Corner Closeouts WS Skip

1-on-1 Corner Closeouts WS Skip

1-on-1 Fakeout off Catch, Alternating Bells, Short, Medium, Long

1-on-1 Fakeout off Dribble

1-on-1 Guided Mixed Shooting & Finishing

1-on-1 Hand on Back, 3PT Only

1-on-1 Hot Potato Shooting w: Changing Tempo Jazz

1-on-1 Midrange Pass and Contest Variance

1-on-1 Mosquito Bursts Max Variability

1-on-1 Mosquito Bursts Principles of Play

1-on-1 Mosquito Bursts with Variable Passes

1-on-1 Mosquito Shooting Only BRADs

1-on-1 Mosquito Shooting Swish or BRAD

1-on-1 Mosquito Shooting

1-on-1 Mosquito Variable Movements and Scoring

1-on-1 Off Get

1-on-1 Pick and Roll Guided Shooting

1-on-1 Pick and Roll Guided with Hostage

1-on-1 PNR 3PT Pulls vs Soft Switch

1-on-1 Post Entry and Drift Closeout

1-on-1 Rapid Release Shooting

1-on-1 Same Foot Stops Guided

1-on-1 Saturn's Rings

1-on-1 Single Gap, Re-Space

1-on-1 Stay Alive into Out to Space

1-on-1 Surprise

1-on-1 Tight Space off Dribble

1-on-1 Transition Pulls x3 Trips 1:2 FC

1-on-1+1 Around the Screens Floppy

1-on-1+1 Around the Screens w/ Finish and Re-Trigger Options

1-on-1+1 Around the Screens



TRANSFORMING  
BASKETBALL



1-on-1+1 Blind MIG Find Window into 2-on-2  
 1-on-1+1 Blind Push or Pull, Out to Space  
 1-on-1+1 Closeout Bursts Mosquito  
 1-on-1+1 Closeout Bursts  
 1-on-1+1 Closeout Bursts  
 1-on-1+1 Contested Off-Ball Screen Series  
 1-on-1+1 Curry Shooting  
 1-on-1+1 Extra Pass Only Shooting 3PT  
 1-on-1+1 Find a Window, Out to Space  
 1-on-1+1 Floppy Obstacle Shooting  
 1-on-1+1 Ghost Screen Guided  
 1-on-1+1 Guided Corner Closeouts  
 1-on-1+1 Guided Slot Closeouts  
 1-on-1+1 Lift and Drift Burst, 3PT or Rim  
 1-on-1+1 Mosquito Shooting  
 1-on-1+1 Multi off Wide, Two Balls  
 1-on-1+1 Pick, Get, Flare with DL Short, Medium Longs  
 1-on-1+1 Pick, Get, Flare  
 1-on-1+1 PNR PUN Tag Shooting  
 1-on-1+1 Sideways Closeout Surprise  
 1-on-1+1 Sideways Closeouts Surprise into 2-on-1 Gets  
 1-on-1+1 Skip Pass Only 3PT  
 1-on-1+1 Variable Contests, Two Short Bursts  
 1-on-1+1 Zipper with Obstacles  
 1-on-1+2 Closeout Bursts Only 3PT  
 1-on-1+2 Flare Screen  
 1-on-1+2 SOB Pin Down, Only 3PT  
 1-on-1+2 WS Skip SOB, Only 3PT  
 1-on-1+2 Zipper Shooting  
 1-on-1 Scripted Drive Start into Freeplay  
 2-on-1 Shooting Both Shoot Push or Pull  
 2-on-1 Shooting Changing Points System  
 2-on-1 Shooting Co-Design  
 2-on-1 Shooting Drive or Second Cut  
 2-on-1 Shooting Elbow and No-Look  
 2-on-1 Shooting Must Trigger  
 2-on-1 Shooting Only ROB  
 2-on-1 Shooting Push or Pull  
 2-on-1 Shooting Rapid Bursts, Defensive Deflection  
 2-on-1 Shooting Three Reps, Three Different Constraints  
 2-on-1 Shooting Variable Spacings Push and Pull  
 2-on-1+1 Blind Closeout, Two Shot Burst  
 2-on-1+1 Nash, Re-Space, Trigger  
 2-on-1+1 Shooting Both Shoot  
 2-on-1+1 Two Shot Burst Contest  
 2-on-2 Jungle Shooting  
 2-on-2 Scripted Run off Line Closeout

2-on-2 X Short Closeout Two Ball Shooting  
 2-on-2 X Two Ball Shooting  
 2-on-2+1 Flare Re-Screen Intention  
 2-on-2+1 Flare Screen Reversal  
 2-on-2+1 Off-Ball Screen Interactions  
 2-on-2+1 Scripted Solutions Off-Ball Screens  
 2-on-2+1 Wide or Flare into Get Shooting  
 2-on-2+2 Wide Re-Screen Shooting  
 2-on-2 Double Drag into 3-on-2 Dominoes  
 3-on-2 Jungle Shooting  
 3-on-2 Shooting Bursts Variable Spacings  
 3-on-2 Shooting Can Move and Cut w: Dynamic Start  
 3-on-2 Shooting Dominoes Bursts  
 3-on-2 Shooting Stack PNR into 3-on-2 Dominoes  
 3-on-2+2 PNR Triggers, Everyone Shoots  
 3-on-2+2 Shooting Trigger Mix, Everyone Shoots  
 3-on-2+2 Trigger Execution, Everyone Shoots

## DIFFERENTIAL LEARNING

DL 0-1-2 Step Gaze Fixation  
 DL 0-1-2 Step Left and Right  
 DL 0-1-2 Step off Pass vs Scripted Defender  
 DL 0-1-2 Step Three Rep Variations  
 DL 0-1-2 w: Scripted Contest  
 DL Aggressive Wrist Snap  
 DL Alphabet Spellout  
 DL Alternating Arcs  
 DL Alternating Ball Sizes Short Medium Long  
 DL Alternating Ball Sizes Spot-Ups  
 DL Alternating BRAD and Backboard Varying Stances  
 DL Alternating BRAD and Backboard, Varying Stances, Without Leg Flexion  
 DL Alternating BRAD and Backboard  
 DL Alternating Dips, Self Bounce  
 DL Alternating Jump Without Leg Flexion and Maximum Bend  
 DL Alternating Shooting Hand  
 DL Alternating Without Leg Flexion and Maximum Bend  
 DL Backwards Movements  
 DL Bad Passes and Stance Exploration  
 DL Ball Rolls  
 DL Ball Tap, Retreat and Contest  
 DL Barefoot Balance and Ball Tussle  
 DL Barefoot Calibration  
 DL Barefoot Release Hold  
 DL Barefoot with Bad Passes



TRANSFORMING  
BASKETBALL



DL BRAD Count off Different Passes  
 DL BRAD or Backboard Audio Call  
 DL BRAD or Backboard, Stance Exploration, Dribble  
 DL Bullet Passes  
 DL Change Feet  
 DL Close Contests and Mosquito  
 DL Close Contests  
 DL Deception Shooting and Avoid MIG  
 DL Deception Shooting  
 DL Different Balls and Rims  
 DL Directional Fades, BRAD or Backboard  
 DL Dribble and Footwork Exploration  
 DL Dribble Combos into One Footed Shots  
 DL Dribble Fades  
 DL Dribble Pockets  
 DL Dribble Stepback Exploration  
 DL Exaggerated Follow-Through  
 DL Exit Shooting  
 DL Extended Follow Through  
 DL Extended Range with Obstacles  
 DL Feet Like a Spring  
 DL Floor Steps into Separation  
 DL Floor Taps  
 DL Footwork Exploration  
 DL Free Throws Stance Exploration  
 DL FT and Max Jump Alternating  
 DL Gathers from Floor with Movement  
 DL Gathers from Varied Stances  
 DL High Arc with Principles of Play  
 DL High Arc  
 DL Hop and Step Exploration  
 DL Imaginary Runway Punish Turtle  
 DL Invent Your Own  
 DL Isometric Lunge into Shooting Burst  
 DL Isometric Wall Hold into Shooting Burst  
 DL Lean and Fade Exploration  
 DL Leap and Land Exploration  
 DL Lift and Drift, As Quick as Possible  
 DL Long Range  
 DL Mix and Turnarounds  
 DL NBA Threes off Dribble  
 DL Now Ball, Old Ball BRADs, FIBA and NBA 3PT  
 DL Now Ball, Old Ball BRADs  
 DL off Jabs with Dribble  
 DL Off Jabs  
 DL Off-Ball Screens NBA Threes  
 DL Off-Ball Screens Slide Dribble  
 DL Off-Ball Screens  
 DL One Hand Catches  
 DL One Leg Around Key, BRAD and Glass

DL One Leg Ball Manipulation Land Opposite Leg w: Directional Turn  
 DL One Leg Ball Manipulation Land Opposite Leg  
 DL One Leg Barefoot Off Balance  
 DL One Leg Threes  
 DL One Leg Variable FTs  
 DL One Leg Varied Directional Hops w: Dribble  
 DL One Leg Varied Directional Hops  
 DL Out of Bounds  
 DL PNR Skip Passing and Shooting  
 DL Pops with Contests  
 DL Practice Ball Gather Manipulation  
 DL Practice Ball Shadow into Shots  
 DL Practice Ball Tag into Shots  
 DL Principles of Play Shooting  
 DL Push or Pull into Contest  
 DL Range Variation  
 DL Rapid Dribble and Arc Exploration  
 DL Rapid Dribble One Leg Exploration  
 DL Release Point and Stance Exploration  
 DL Scissors Wide and Narrow Stance  
 DL Scissors  
 DL Scripted or Passive Contest  
 DL Scripted Zero Step Hop vs Contest  
 DL Self Pass and Spins  
 DL Self Pass with Dribble Mix  
 DL Self Pass, Jump and Spin  
 DL Self Toss and Direction  
 DL Self-Pass Alternating Follow Through Timings  
 DL Self-Pass Alternating Release Speeds  
 DL Separation with Slides  
 DL Separation  
 DL Shake Up  
 DL Shoot off Skip Pass  
 DL Shooting Co-Design  
 DL Shooting Invent Own  
 DL Short, Medium, Long off Dribble  
 DL Short, Medium, Long off Dribble and C&S  
 DL Short, Medium, Long  
 DL Short, Medium, Longs with Contests  
 DL Short, Medium, Longs with Variability  
 DL Sideways Hops  
 DL Skate Dribbles  
 DL Skip Pass Catches  
 DL Slide Dribble Exploration  
 DL Spot BRADs with Coach Surprise  
 DL Spring and No Spring Alternating  
 DL Sprint Through and Immediate Release  
 DL Stance and Release Exploration

DL Stance Exploration into Turnarounds  
DL Stepback Exploration  
DL Straight Like a Skyscraper  
DL Surprise Contested Shooting  
DL Tap and Retreat  
DL Variable Catches  
DL Variable FTs Staggered Stance  
DL Variable FTs with Distractions  
DL Variable Three Person Shooting  
DL Varied Actions and Stance Widths  
DL Various Hand Positions  
DL Weak Hand Shooting  
DL Weight Distribution  
DL Without Leg Flexion  
DL Wrap and Self-Passes

## SHOOTING CHALLENGES

### Templates

Combos Into Fight For Feet  
Variable FTs  
BRAD Shooting  
BRAD In A Row 5 Spot Shooting  
BRAD Streaks  
The Killer Ninety  
Crazy In The Corner  
NBA Threes Step Ins  
47 Point Thriller  
Two Minute BRAD Streaks  
Bump Shooting  
Contested 10 Shot Bursts  
Teammate BRAD Shooting  
BRAD Shooting One Step Adjustment  
Ladder Shooting  
NBA Threes Competition  
Team Shooting Game Clear the Cones  
Clear the Spots  
Clear the Junk Shooting

## ALL ACCESS

Free Shooting  
Full Length DL Individual Workout  
Full Length DL Team Workout #1  
Full Length DL Team Workout #2  
Full Length DL Two-Player Workout

