

Shooting Routine – Post Players

This is an excellent shooting routine for youth basketball coaches to use to increase their post players shooting skills and accuracy. The concept of this shooting routine is to take 10 shots at each spot marked on the diagram. Shooting from the same spot develops shot coordination (eye, hand, basket, etc) needed to judge the distance and arm strength needed from each spot to the basket. Keep track of the number of shots made / missed, and tally up your percentages to see how and where you are improving (or not improving).

Post Player Shooting Routine: 10 Shots from each spot.
*** You will need a rebounder in order for this routine to work efficiently.**

