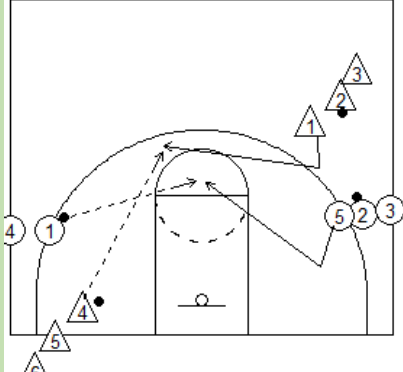
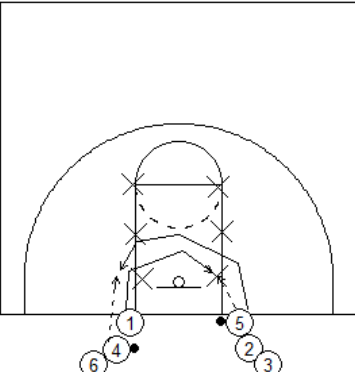
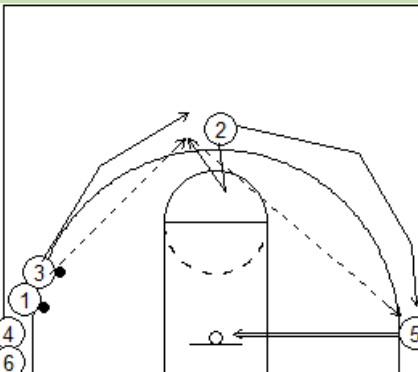
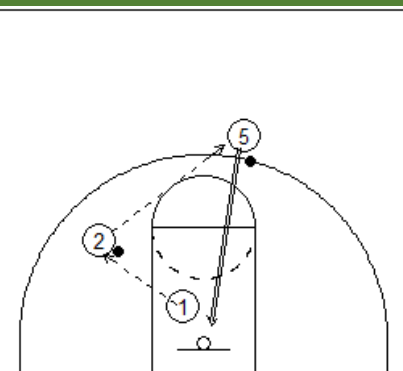
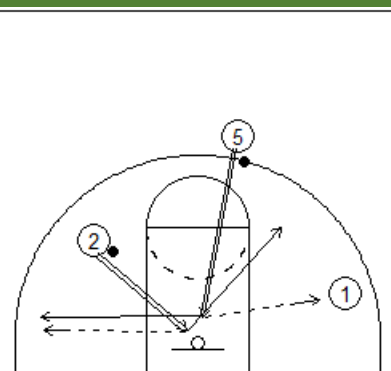
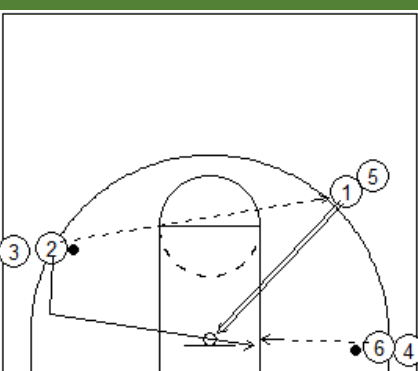


Hodag Shooting Drills

Hodag Continuous	Round up Shooting	Side top side shooting
		
<p>In this drill there are two lines with a ball in each line. Players will V cut to get open and catch and shoot on the move. After passing, that player will become the next shooter. There are 2 groups in this photo because you can have shooters from the center or from the wings, but only one set of lines at a time. You can add sweep drive, one dribble pull ups off catch, and create timed goals to challenge players in this drill.</p>	<p>This drill is similar to Hodag continuous, but with lines on the baseline. Players will practice coming around and squaring up to the basket on the move. After a player passes, they will come around and receive the next pass. Players will get their rebound and switch lines. You can have a goal at each spot (marked with X) and players have to meet a goal before moving out. Forces players to master close up before going out.</p>	<p>This drill has players make side top side passes for a shot. It starts on one wing, pass goes to the top and it swings to the other wing or baseline. Players will follow their pass and the action should be continuous. You can add sweep drive, one dribble pullups, and timing goals. Switch wings halfway.</p>
3 Man 2 Ball	3 Man 2 Ball Continuous	Skip & Dive shooting
		
<p>In this drill 1 is a rebounder, 2 is a passer and 5 is the shooter. For a set time (:30, :45) player 5 will shoot continuously while the other 2 continue to get him the basketball. Three rotations and you will be back to the original shooter. Be sure to do at least 3 sets so they can shoot on each wing and middle. 5 sets allow each baseline, each wing, and middle. You can again add sweep drive, one dribble pull ups, and a goal each must reach.</p>	<p>In this drill you have 3 players and 2 basketballs, but this time the shooter will change each time. Player 5 will shoot first, get his rebound and pass to 3. He will then relocate. 2 will shoot, rebound and pass to 5 and then relocate. After each shot the player must rebound and find the open man without a ball and then relocate. This drill gets shots up while also working on awareness, communication, and players abilities to react.</p>	<p>In this drill player 2 starts by throwing a skip pass to 1, 1 will shoot on the catch. 2 will then make a baseline cut and receive a pass from 6 for a layup. This is good for preparing for a zone defense like a 1-3-1. You have the skip pass and a cut behind the defense. Rotation, 2 goes to 6's line, 6 goes to 1's line, and 1 goes to 2's line.</p>