



# British Shooting Competition



Name: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_ D.O.B \_\_\_\_\_ Age/Level \_\_\_\_\_

Signature: \_\_\_\_\_

### Foul Line Shooting (15 x 2)

Total Score \_\_\_\_\_/30

### X – Out Lay-ups

Total Score \_\_\_\_/\_\_\_\_ 30 seconds

### NBA Lay-ups (30secs)

Total Score \_\_\_\_\_/4

### Elbow to Elbow (1 min)

Total Score \_\_\_\_/\_\_\_\_ 1 minute

### One bounce jump shot (30)

Spot 1: Left \_\_\_\_/5 Right \_\_\_\_/5

Spot 2: Left \_\_\_\_/5 Right \_\_\_\_/5

Spot 3: Left \_\_\_\_/5 Right \_\_\_\_/5

Total Score \_\_\_\_\_/30

### 3 Point shooting (50 from 5 spots)

Total Score \_\_\_\_\_/50

### 3 Point shooting (2mins)

Total Score \_\_\_\_/\_\_\_\_ 2 minutes

### 11 Minute 3 point shooting drill

Total Score \_\_\_\_/\_\_\_\_ 11 minutes

### Descriptions

**A. 30 x Foul Line Shots**  
Players Shoot 15 sets of 2 free throws.

**B. X-Out Lay-ups (30secs)**  
Player takes lay-ups from alternate elbows getting their own rebounds

**C. NBA Lay-ups (30secs) Diagram**  
Shooter leads and makes catch. Clock starts when shooter makes catch. Shooter must drive full court, make a lay-up and return, and then repeat. i.e. make 4 lay-ups. Goal is to make 4 lay-ups in 30 seconds.

**D. Elbow to Elbow Shooting - 1 Min**  
Player takes shots from alternate elbows.  
2 rebounders and 2 balls

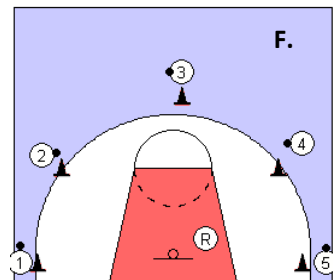
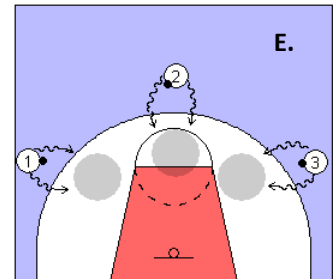
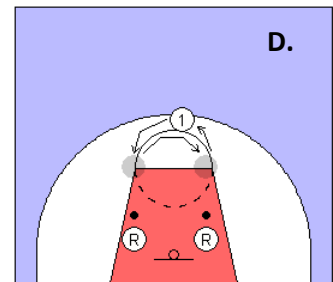
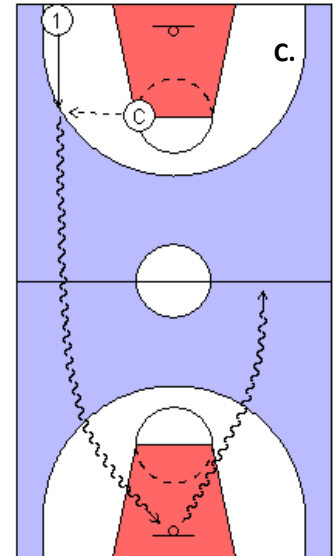
**E. One Dribble Jump Shots (mid range)**  
3 Positions: Left Wing, Top of Key Way and Right Wing  
Player starts from behind the 3pt line, the shooter will catch take 1 dribble to left and shoot. This is repeated 5 times going left and 5 times going right from each position for a total of 30 shots.

**F. 3 point Shots x 50**  
10 shots are taken from each of the 5 positions.

Rebounders are permitted.

**G. 3 Point Shots – 2mins**  
No rebounder players must shoot and rebound for themselves.

**H. 11 minute 3 point shooting**  
Can't take more than 2 shots in a row from the same spot.



Verified by (print name) \_\_\_\_\_ Signed \_\_\_\_\_

Team Name: \_\_\_\_\_

Email: \_\_\_\_\_

Age/Level : \_\_\_\_\_

## Descriptions

### A. 30 x Foul Line Shots

Players Shoot 15 sets of 2 free throws.

### B. X-Out Lay-ups (30secs)

Player takes lay-ups from alternate elbows getting their own rebounds

### C. NBA Lay-ups (30secs) Diagram

Shooter leads and makes catch. Clock starts when shooter makes catch.

Shooter must drive full court; make a lay-up and return, and then repeat i.e. make 4 lay-ups.

Goal is to make 4 lay-ups in 30 seconds.

### D. Elbow to Elbow Shooting - 1 Min

Player takes shots from alternate elbows.

2 rebounders and 2 balls

### E. One Dribble Jump Shots (mid range)

3 Positions: Left Wing, Top of Key Way and Right Wing

Player starts from behind the 3pt line, the shooter will catch take 1 dribble to left and shoot.

This is repeated 5 times going left and 5 times going right from each position for a total of 30 shots.

### F. 3 point Shots x 50

10 shots are taken from each of the following 5 positions Left Baseline, left Wing, Top of Key, Right Wing and Right Baseline.

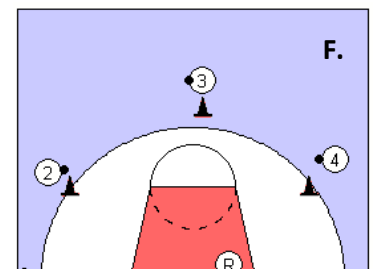
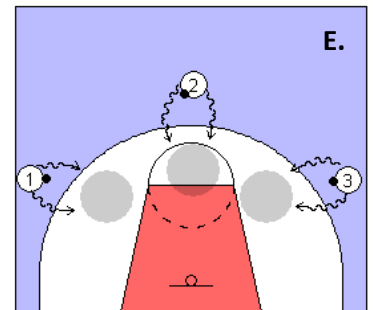
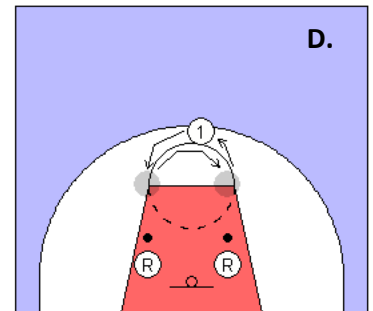
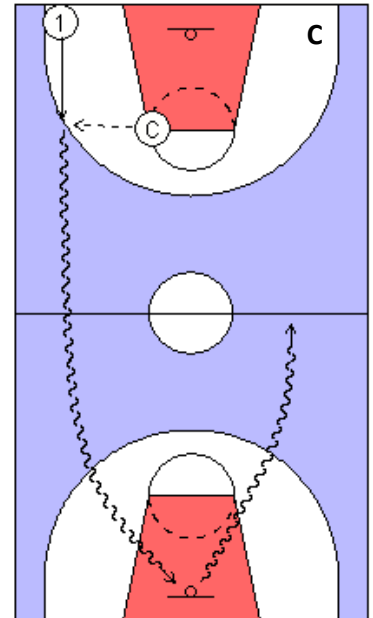
Rebounders are permitted, have 2-3 shooters doing the drill at once and other athletes counting makes/misses from the baseline, (retake shots that hit another shot on the rim)

### G. 3 Point Shots – 2mins

No rebounder players must shoot and rebound for themselves.

### H. 11 minute 3 point shooting

Player shoots from anywhere behind 3pt line but can't take more than 2 shots in a row from the same spot.





## British Shooting Competition

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age/Level: \_\_\_\_\_

Verified by (print name) \_\_\_\_\_

Signature: \_\_\_\_\_

**Foul Line Shooting (15 x 2)** Total Score \_\_\_\_\_ out of 30

**X – Out Lay-ups** Total Score \_\_\_\_\_ out of \_\_\_\_\_ in 30 seconds

**NBA Lay-ups (30secs)** Total Score \_\_\_\_\_ out of 4

**Elbow to Elbow (1 min)** Total Score \_\_\_\_\_ out of \_\_\_\_\_ in 1 minute

**One bounce jump shot (30)** Spot 1: Left \_\_\_\_\_ out of 5 Right \_\_\_\_\_ out of 5

Spot 2: Left \_\_\_\_\_ out of 5 Right \_\_\_\_\_ out of 5

Spot 3: Left \_\_\_\_\_ out of 5 Right \_\_\_\_\_ out of 5

Total Score \_\_\_\_\_ out of 30

**3 Point shooting (50 from 5 spots)** Total Score \_\_\_\_\_ out of 50

**3 Point shooting (2mins)** Total Score \_\_\_\_\_ out of \_\_\_\_\_ in 2 minutes

**11 Minute 3 point shooting drill** Total Score \_\_\_\_\_ out of \_\_\_\_\_ in 11 minutes



