

DYNAMIC SHOOTING DRILLS

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The main goals of these drills are learning the offensive actions, taking game shots in the rhythm of the offence and reinforcing the shots that our team want to take. We must look at layups, shots at the rim and open three point shots. It is important to have in our mind, how the opponent team will play defense against our team. We have to prepare our team for the possible open shots we have to take. The purpose of the drills are to take uncontested layups and open threes. We do this shooting drill as muscle memories for our offence. The top criteria for decision making is spacing, moving without the ball. Players must maintain good spacing, let the defence choose and the pass will be obvious.

When we get to the randomness of playing five on zero basketball, or five on five, we talk a lot about the guy with the ball making quick decisions, a point-five mentality. Most of the time, during the basketball game, everybody watches the guy with the ball. If he's not doing something quick, everything slows down because he's not doing something fast enough. Therefore, the other rule we have, is we always say when you're off the ball, watch the man in front of you, he's going to tell you what to do.