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Here is a shooting game that can be used for cool down or as competitive conditioning.



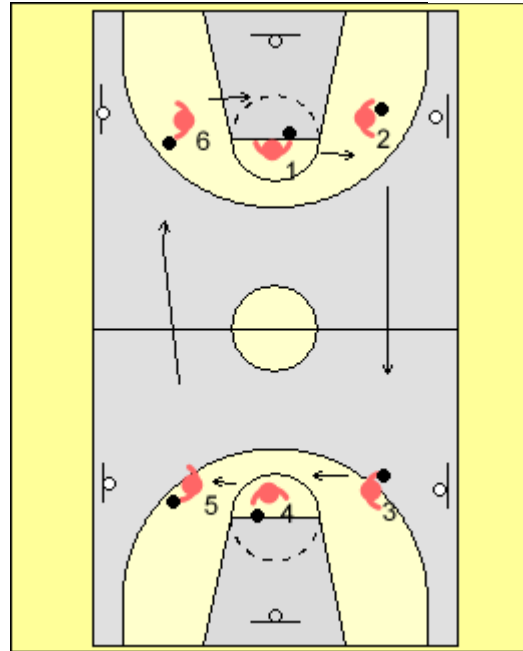
Two in a row

Each player starts at a basket with a ball.
You can have multiple players at a basket.
The coach calls out the type of shot.
"Foul shot"

The player must make **two in a row** before rotating to the next basket. Note: you could have a total number of shot to make as another option. The players move around the gym making two in a row at each basket. The first player to return to his/her original basket wins. This is an excellent cool down game and works on pressure foul shots.

You can also have other shots. This gets a little more intense and is no longer cool down, but great conditioning.

i.e. - elbow jump shots. The players toss the ball to elbow catch square and shoot. They follow and toss to the opposite elbow for the next shot.



Options

Have a designated shot at each basket.

i.e. basket #1 - right hand lay up

#2 - left hand lay up

#3 - foul shot

#4 - right hand jump shot

#5 - left hand jump shot

#6 - 3 point shot

You can decide how many in a row you require. Maybe they only have to make one three point shot but 3 right hand lay ups in a row. The players make the designated shots and then rotate.