



## 5 Point Finishing + Shooting Drill

- 1 - Retreat dribbling then finish.
- 2 - RIGHT hand low pound dribble in & out of cones then finish
- 3 - cross-overs between cones & then finish
- 4 - LEFT hand low pound dribbles in & out of cone then finish
- 5 - change of direction moves through cones & then finish

**FINISHES:** reverse lay-ups, lay-ups, power lay-ups, mid range shots, runners, counter move + different shot finishes

**DRIBBLING:** low pound dribble (below knees), as many dribbles between cones as possible, eyes up

**POE:** once they reach three point line, then normal dribble, long steps, get to basket or jump shot in 1-2 dribbles

**RULES:** everyone has a ball, 1-2 minutes per finish, 3-4 finishes per spot, mix it up each week, start easy (lay-up with correct footwork) & build, dribbles must be low & hard, eyes up, start everyone at the same spot (3-4 minutes per spot) and move around until completed

I usually allow 15 minutes of this drill at the start of all my training sessions  
Work hard, once the first person has got thru the cones, the next person goes, game speed

