1-PLAYER CHALLENGE MODE forces a player to hit a certain number of shots in a row from different spots on the floor. In Coach Hatchell’s drill, she chose wing, point, and wing. Spots and speed of the pass are variable, and so is the # of shots made in a row. In this drill, player #1 catches the ball on the wing and shoots off the catch. Once 3 shots are made IN A ROW, the Gun will move to the point. 

1. Spot - 5, 8, 11
2. Time Delay - 1 or 2
3. SPS - 999
4. 1 Player

Frame 1

ONCE PLAYER #1 hits 3 shots in a row, the Gun automatically moves to the point. Player #1 will now have to make 3 IN A ROW before the Gun moves again.

Frame 2

PLAYER #1 receives the pass from the Gun and shoots jump shots off the catch until 3 are made in a row.

Frame 3

ONCE PLAYER #1 makes 3 in a row from the point, The Gun will automatically move to the wing and player #1 will follow.

Frame 4

PLAYER #1 will then receive the pass from the Gun and shoot the jumper. Player #1 will shoot until 3 shots are made in a row from the wing, then the Gun will rotate back to the point, and the drill continues.
The Gun Drillbook

2-Man Curl and Fade Jumpers

Frame 1

2-MAN CURL AND FADE JUMPERS starts with player #1 in front of the Gun on the wing and player #2 in the opposite corner. As player #1 receives the pass from the Gun, player #2 will curl toward the elbow.

Frame 2

PLAYER #1 will pass to player #2 on the move off the curl and player #2 will take the jumper.

Frame 3

AS PLAYER #1 receives the next pass from the Gun, player #2 will fade to the corner. Player #1 will make an over-head skip pass to the corner.

Frame 4

PLAYER #2 will shoot the jumper off the fade.

Frame 5

AS PLAYER #1 receives the next pass from the Gun, player #2 will run a curl cut and catch the pass on the move for the jumper. This will continue until player #1 makes 5 shots.

Frame 6

ONCE PLAYER #2 hits 5 shots, the Gun will rotate to the opposite wing and player #1 will become the shooter.

Frame 7

PLAYER #2 will then receive the pass from the Gun and player #1 will fade to the corner for the skip pass.

Frame 8

PLAYER #1 will shoot the jumper as player #2 receives the next pass from the Gun.

Frame 9

PLAYER #1 will now curl toward the elbow and receive the pass on the move. Player #1 will run the curls and fades until five shots are made. Then, the Gun will rotate back to the opposite wing and player #2 will become the shooter again.
The Gun Drillbook

2-Man Fade & Fill

Frame 1

2-MAN FADE & FILL uses 4 players. Player #1 and #2 will begin on each wing, while player #3 and #4 begin on each block. Player #2 will be the passer and player #1 will be the shooter. Player #1 will shoot until 3 shots are MADE. Then the Gun will rotate and player #1 will be the passer and player #2 will shoot until 3 shots are made. Player #3 & player #4 are defenders, working on their close-outs. As Coach Hatchell explains, you can adjust the Gun to force players to make any # of shots you choose.

Frame 2

AS PLAYER #2 receives the pass from the Gun, player #1 will fade to the corner to catch the skip pass from player #2. Player #1 will catch the pass on the move.

Frame 3

PLAYER #1 will shoot while player #3 closes out to apply pressure on the shot.

Frame 4

AS PLAYER #2 receives the next pass from the Gun, player #1 will fill to the wing to receive the next pass from player #2. Player #1 will catch the pass on the move. Player #3 drops to the block to prepare for the close-out.

Frame 5

PLAYER #1 will shoot from the wing as player #3 applies pressure on the close-out.

Frame 6

AS PLAYER #2 catches the next pass from the Gun, player #1 fades to the corner to receive the next skip pass. Player #3 drops to the block and prepares to close-out on the shot.

Frame 7

PLAYER #1 shoots from the corner as player #3 closes out to pressure the shot. If the third shot is made, the Gun will rotate to the opposite block.

Frame 8

ONCE PLAYER #1 makes three shots, the Gun will rotate to the opposite wing. Player #1 will move to the wing and become the passer. Player #2 is now the shooter.

Frame 9

AS PLAYER #1 receives the next pass from the Gun, player #2 will fade to the corner and receive the skip pass.
The Gun Drillbook

2-Man Fade & Fill

Frame 10

PLAYER #2 will shoot the jumper from the corner as player #4 closes out to apply pressure.

Frame 11

As PLAYER #1 receives the next pass from the Gun, player #2 will fill on the wing to receive the pass. Player #4 will drop to the block to prepare for the close-out.

Frame 12

PLAYER #2 will shoot the jump shot as player #4 closes out to apply pressure on the shot. Player #2 will shoot until 3 shots are made from the fade and fill positions. The drill will continue until a certain amount of shots are made or a time limit is reached.
The Gun Drillbook

2-Player "One More Pass" Catch & Shoot

Frame 1

2-PLAYER "ONE MORE PASS" CATCH & SHOOT works on the shooter catching off the pass from the point, rather than straight from the Gun. The shooter can work any area of the floor, but in this drill, the shooter is working from the wing.

Frame 2

PLAYER #1 receives the first pass from the Gun and delivers it to player #2 on the wing.

Frame 3

PLAYER #2 will catch and square to shoot the jump shot.

Frame 4

PLAYER #1 will keep receiving the pass from the Gun and delivering the ball to player #2 on the wing. Player #1 is focused on delivering a good pass so player #2 can catch and shoot in rhythm.

Frame 5

PLAYER #2 will continue to catch and square off the pass from the point. The drill continues until a certain number of shots have been taken, made, or a time limit is reached.
The Gun Drillbook
2-Player "One More Pass" Drive & Kick

2-PLAYER "ONE MORE PASS" DRIVE & KICK works on the relationship between the passer and the shooter. The shooter can work on the "circle behind" or the "spot away". As Coach Miller explains, the shooter must recognize whether the defense is playing deep in the gap or closer to the passing lane. This drill simulates the game-like partnership needed between the passer and shooter.

Frame 1
Spot - 8
SPS - 999
Time Delay - 3 or 4
2 players

AS PLAYER #1 receives the pass from the Gun, he/she will attack the elbow. This time, player #1 spots away to the corner to receive the pass in the corner.

Frame 2
PLAYER #2 will catch and square in the corner to shoot the jump shot. Once the shot has been taken, player #2 will relocate to the wing to prepare for the next drive.

Frame 3

Frame 4
PLAYER #1 receives the next pass from the Gun and attacks toward the shooter. This time, player #2 circles behind the attack and catches for the shot.

Frame 5
PLAYER #2 will catch and shoot the jump shot.

Frame 6
AS PLAYER #1 receives the next pass from the Gun, player #2 will move back to the wing and prepare for the next attack. The drill continues until a certain amount of shots have been taken, made, or a time limit is reached.

WordsOnTheBounce.com
2-PLAYER "ONE MORE PASS" CATCH & SHOOT works on the shooter catching off the pass from the point, rather than straight from the Gun. The shooter can work any area of the floor, but in this drill, the shooter is working from the wing.

PLAYER #1 will keep receiving the pass from the Gun and delivering the ball to player #2. This time, player #2 is going to move to the corner and catch off the pass to shoot. Player #1 is focused on delivering a good pass. A chest pass will be delivered to the wing and an overhead pass will be delivered to the corner. Player #2 will have to "fight for his feet" and use game-like footwork to receive the pass in both spots.

PLAYER #2 will catch in the corner and shoot the jump shot.

AS PLAYER #1 receives the next pass from the Gun, player #2 will move back up toward the wing and receive the pass from the point.

PLAYER #2 will shoot the jump shot from the wing. Player #2 will continue to move from wing to corner until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook

2-Player Zone Shooting

Frame 1

IN 2-PLAYER ZONE SHOOTING, player #1 is the passer in front of the Gun and player #2 is the shooter working the opposite side of the floor. Coach Miller emphasizes the importance of pass fakes, a good overhead skip pass, and movement by the shooter on the back side.

Frame 2

PLAYER #1 will receive the pass from the Gun and pass fake to the post and corner, then will throw an overhead skip pass to player #2, who is moving to the corner.

Frame 3

PLAYER #2 will catch off the skip pass and shoot the jump shot from the corner.

Frame 4

AFTER PLAYER #1 receives the next pass from the Gun, he/she will pass fake and then deliver the overhead skip pass to player #2 moving toward the wing.

Frame 5

PLAYER #2 will shoot the jump shot off the catch. Player #1 will continue to work on pass fakes and overhead passes throughout the drill and player #2 will work on catching on the wing and in the corner for jump shots. The drill continues until a certain number of shots have been taken, made, or a time limit has been reached.
IN 2-PLAYER ZONE SHOOTING (HIGH POST), we are now working the relationship between the passer, shooter, and high post. Player #1 is the passer, player #2 is the back-side shooter, and player #3 is the high post.

Frame 1: Spot - 4 or 12
Time Delay - 3 or 4
SPS - 999
3 players

Frame 2: AS PLAYER #1 receives the pass from the Gun, player #3 will flash to the high post to receive the ball. Player #1 will pass fake, then bounce pass to player #3 at the high post.

Frame 3: PLAYER #3 will then open up toward the basket and deliver a cross court pass to player #2 in the corner. Coach Miller emphasizes the importance of player #2 waiting to move until the high post has the ball.

Frame 4: AS PLAYER #2 shoots the jumper from the corner, player #3 returns to the opposite side and prepares to flash to the high post.

Frame 5: AS PLAYER #1 receives the next pass from the Gun, player #3 flashes to the high post. Player #1 pass fakes to the corner and then delivers a bounce pass to player #3.

Frame 6: PLAYER #3 opens up toward the basket and delivers the pass to player #2 on the back-side wing.

Frame 7: PLAYER #2 shoots the jumper from the wing and player #3 returns to the opposite side. The drill continues until a certain number of shots are taken, made, or a time limit is reached.
In 3 OUT Dribble Drives, Player #1 will receive the ball in the corner and attack the middle, kicking out to player #2. Notice, player #2 will fan away from the attack to receive the ball for an open jump shot.

Player #2 will shoot the jump shot off the kick and then return to the point position. Player #1 will clear back to the corner and the Gun will move to the point.

Player #2 will then receive the next pass from the Gun at the point. Player #2 will then drive and kick to player #3 in the corner.

Player #3 will shoot the ball off the kick and player #2 will always clear opposite of the kick. Player #1 will rotate up and fill the point position. The Gun will now move to the corner for the next pass.

Player #3 will then receive the next pass from the Gun. Player #3 will attack middle and kick to player #1, who will fan away from the attack to create an open jump shot.

Player #1 will shoot the jump shot off the kick and then move back to the point to receive the next pass. The Gun will then move back to the point position for the next pass.

Player #1 will then receive the next pass at the point. Player #1 will then attack toward player #2 and kick to the corner.

Player #2 will shoot the jump shot off the kick in the corner. Player #1 will then clear to the opposite corner and player #3 will fill the point position. The Gun will move to the corner for the next pass.

The Gun is now back to the corner where the drill began. Player #2 will catch the pass from the Gun in the corner. Player #2 will attack the middle and kick out to player #3 for the jump shot. The drill will continue with the Gun moving to three spots until a certain number of shots are attempted, made, or a certain time limit expires.
The Gun Drillbook

3 Spot Competitive Shooting

**Frame 1**

IN 3 SPOT COMPETITIVE SHOOTING, three players will fill both corners and the point. Each player will receive a shot in succession. First, player #1 will receive the ball from the Gun and pass to player #2. Player #2 will then pass to player #3 who will take the jump shot in the corner. Throughout the Drill, the Gun will stay stationary and throw passes to player #1.

**Frame 2**

THE NEXT PASS player #1 receives from the Gun will be passed to player #2 at the top of the key. Player #2 will then shoot the jump shot. Coach Alford also explains that this drill can be run with 3's, jump shots, or one-dribble pull-ups.

**Frame 3**

THE NEXT PASS player #1 will shoot on the catch. Each player gets a shot in same progression, with player #3 getting the first shot, then player #2, and then player #1.

**Frame 4**

3 SPOT COMPETITIVE SHOOTING continues as player #1 receives the pass and starts the progression over. Player #1 will pass to player #2 and player #2 will pass to player #3 for the shot. Players can compete in this drill by shooting for a certain # of makes or until a certain time limit expires.
4 IN A ROW SPOT SHOOTING starts with player #1 at the point, and player #2 and #3 on the wing. As player #1 receives the pass from the Gun, player #2 will move up to receive the pass from player #1.

PLAYER #2 will shoot the jumper from the wing.

AS PLAYER #1 receives the next pass from the Gun, player #2 will move to the outside of player #3. Player #3 will move up toward the pass and catch on the move.

PLAYER #3 will shoot the jump shot off the catch from the wing.

AS PLAYER #1 receives the next pass from the Gun, player #3 will move around player #2 who is moving up to receive the pass on the wing. Player #1 will deliver the pass to player #2 on the move.

PLAYER #2 will shoot the jumper from the wing.

AS PLAYER #1 receives the next pass from the Gun, player #2 will move around player #3. Player #3 will move up to receive the pass from player #1 on the wing.

PLAYER #3 will shoot the jumper from the wing. Once 4 shots in a row are made, the drill end or players can change spots on the floor. Obviously, the drill can be adjusted to make the number of shots made in a row, higher or lower.
The Gun Drillbook

4 Man Circle

Frame 1

4 MAN CIRCLE starts with Player #1 on the wing, Player #2 at the top of the key, and two players in the corner. The Gun is pointed toward player #1 and will stay in that position throughout the entire drill. COACH PITINO emphasizes the importance of ball fakes and drawing the defense to open up the shot.

Frame 2

PLAYER #1 will catch and shoot the first pass received from the Gun.

Frame 3

PLAYER #1 will receive the next pass from the Gun and attack the middle to kick opposite. Player #2 will move with the dribble to receive the pass and player #3 will lift from the corner to fill on the wing. Player #4 fills in the corner.

Frame 4

PLAYER #2 will catch and shoot while #3 is receiving the next pass from the Gun. Player #1 will relocate to the point and prepare to move on the attack.

Frame 5

PLAYER #3 will shoot the ball while player #2 cuts underneath the Gun to fill in the opposite corner.

Frame 6

PLAYER #3 will receive the next pass from the Gun and attack the middle to kick opposite. Player #1 will move with the dribble to receive the pass and player #4 will lift from the corner to fill on the wing. Player #2 fills in the corner.

Frame 7

PLAYER #1 will shoot the ball while player #4 receives the next pass from the Gun. Player #3 will space out to the point and prepare to move on the drive.

Frame 8

PLAYER #4 will shoot off the catch and player #1 will cut underneath the Gun to fill on the opposite side.

Frame 9

PLAYER #4 will receive the next pass from the Gun and attack the middle to kick opposite. Player #3 will move with the dribble to receive the pass and player #2 will lift from the corner to fill on the wing. Player #1 fills in the corner.
The Gun Drillbook

4 Man Circle

Frame 10
PLAYER #3 will shoot the ball while player #2 receives the next pass from the Gun. Player #4 will relocate to the point and prepare to move off the attack.

Frame 11
PLAYER #2 will shoot the ball while player #2 cuts underneath the Gun to fill on the opposite side.

Frame 12
PLAYER #2 will receive the next pass from the Gun and attack the middle to kick opposite. Player #4 will move with the dribble to receive the pass and player #1 will lift from the corner to fill on the wing. Player #3 fills in the corner.

Frame 13
PLAYER #4 will shoot the ball as player #1 receives the next pass from the Gun. Player #2 will relocate to the point and prepare to move with the next attack. Notice we are back to where we were when we started the drill. All players move in a circular motion as they learn to create proper spacing on the drive.
The Gun Drillbook

4 Man Circle w/Defense

Frame 1

4 MAN CIRCLE w/DEFENSE starts with Player #1 on the wing, Player #2 at the top of the key, and two players in the corner. The Gun is pointed toward player #1 and will stay in that position throughout the entire drill. The defender will start up the line on player #2 and prepare to help on the drive. COACH PITINO emphasizes the importance of ball fakes and drawing the defense to set up the open shot.

Frame 2

PLAYER #1 will catch and shoot the first pass received from the Gun.

Frame 3

PLAYER #1 will receive the next pass from the Gun and attack the middle to kick opposite. Player #2 will move with the dribble to receive the pass and player #3 will lift from the corner to fill on the wing. Player #4 fits in the corner. The defender will drop into help on the drive and force Player #1 to pass.

Frame 4

PLAYER #2 will catch and shoot while #3 is receiving the next pass from the Gun. Player #1 will relocate to the point and prepare to move on the attack. The defender will close-out on the shooter to pressure the shot.

Frame 5

PLAYER #3 will shoot the ball while player #2 cuts underneath the Gun to fill in the opposite corner. The defender will return to the initial position.

Frame 6

PLAYER #3 will receive the next pass from the Gun and attack the middle to kick opposite. Player #1 will move with the dribble to receive the pass and player #4 will lift from the corner to fill on the wing. Player #2 fits in the corner. The defender will drop to help cut off the drive.

Frame 7

PLAYER #1 will shoot the ball while player #4 receives the next pass from the Gun. Player #3 will space out to the middle and prepare to move on the drive. The defender will close-out on Player #1 to pressure the shot.

Frame 8

PLAYER #4 will shoot off the catch and player #1 will cut underneath the Gun to fill on the opposite side. The defender returns to the initial position.

Frame 9

PLAYER #4 will receive the next pass from the Gun and attack the middle to kick opposite. Player #3 will move with the dribble to receive the pass and player #2 will lift from the corner to fill on the wing. Player #1 fits in the corner. The defender drops to help on the drive and stops the ball.
The Gun Drillbook

4 Man Circle w/Defense

Frame 10
PLAYER #3 will shoot the ball while player #2 receives the next pass from the Gun. Player #4 will relocate to the point and prepare to move off the attack. The defender will close-out on player #3 to pressure the shot.

Frame 11
PLAYER #2 will shoot the ball while player #2 cuts underneath the Gun to fill on the opposite side. The defender will return to the initial position.

Frame 12
PLAYER #2 will receive the next pass from the Gun and attack the middle to kick opposite. Player #4 will move with the dribble to receive the pass and player #1 will lift from the corner to fill on the wing. Player #3 fills in the corner. The defender will drop into help on the drive to stop the ball.

Frame 13
PLAYER #4 will shoot the ball as player #1 receives the next pass from the Gun. Player #2 will relocate to the point and prepare to move with the next attack. The defender will close out on player #4 to pressure the shot. Notice we are back to where we were when we started the drill. All players move in a circular motion as they learn to create proper spacing on the drive.
COACH ALFORD emphasizes the importance of shot prep in this drill. In 5 Spot Shooting, each player will receive a certain number of passes at 5 different spots on the floor. Each player is working on their preparation to shoot off the catch and off the dribble. To begin, Player #1 will receive the ball in the corner and shoot the basketball.

ONCE #1 shoots, #1 will go to the back of the line and #2 will step in and shoot off the catch. Players can alternate shots off the catch and shots off the dribble. Also, players should choose to pick shots that are in their range.

ONCE a certain number of shots have been attempted or made, the Gun will move to the next spot on the floor and the players will continue to work their shot prep from all 5 spots on the floor, which includes both wings, both baselines, and straight away from the point. The drill continues until a total number of shots have been attempted or made, or when a time limit expires.
The Gun Drillbook

7 Spot Partner Shooting

Frame 1

Spot - 0,3,5,8,11,13,16
Time Delay - 1 or 2
SPS - 1
2 players

7 SPOT PARTNER SHOOTING starts with player #1 receiving the pass in the corner and shooting the jumper off the catch. Player #2 will get ready and set to receive the next pass from the Gun when it moves. The focus should be on proper one-two footwork, attacking the ball on the pass, and a proper follow through and finish on the shot.

Frame 2

The Gun will then move to the next spot and Player #2 will receive the pass and shoot off the catch. Player #1 will move behind Player #2 and prepare for the next pass from the next spot.

Frame 3

PLAYER #1 has now moved behind Player #2 and receives the pass from the Gun at the free throw line extended. Player #1 now shoots off the catch as Player #2 moves around Player #1 to receive the next pass.

Frame 4

PLAYER #2 now receives the next pass at the point and shoots the jumper off the catch. Player #1 now starts moving toward the next spot to receive the next pass from the Gun.

Frame 5

PLAYER #1 now receives the next pass from the Gun and shoots a jumper off the catch. Player #2 will follow behind and get ready for the next pass.

Frame 6

PLAYER #2 will now receive the next pass and shoot a jumper off the catch. Player #1 continues around the perimeter and moves to receive the next pass.

Frame 7

PLAYER #1 will receive the pass from the Gun at the 7th spot and shoot a jumper off the catch from the corner. Player #2 will stay at the same spot as the Gun will now rotate back towards the opposite corner. The drill will continue with both players alternating around the perimeter. The drill is designed to build the proper footwork and form while players move around the perimeter.
**The Gun Drillbook**

**Ball Screen & Pull-Up**

**Frame 1**: Ball Screen & Pull-Up begins with three players and the Gun set to rotate around the perimeter. The screeners will set up opposite of the way the Gun is rotating. The shooter will use the screen for a 2 dribble pull-up. The screener will then pop and become the shooter. Coach Izzo emphasizes the importance of going shoulder-to-shoulder off the screen and using the dribble to create space.

**Frame 2**: As Player #1 receives the ball from the Gun, player #2 will set a ball screen for #1 to use.

**Frame 3**: Player #1 will use the ball screen and come off shoulder-to-shoulder for the 2 dribble pull-up. Player #2 will then pop to the next spot to receive the ball from the Gun as it rotates.

**Frame 4**: As Player #2 receives the pass from the Gun off the pop, player #3 will set a ball screen for #2 to use for the 2 dribble pull-up.

**Frame 5**: As Player #3 receives the next pass from the Gun off the pop, player #1 will set a ball screen for #2. Notice #2 getting out of the way and prepared to set the next screen.

**Frame 6**: Player #3 will use the ball screen and come off shoulder-to-shoulder for the 2 dribble pull-up. Player #1 will then pop to the next spot to receive the ball from the Gun as it rotates.

**Frame 7**: As Player #1 receives the next pass from the Gun off the pop, player #3 will set a ball screen for #1. Notice #3 getting out of the way and prepared to set the next screen. Player #1 will then use the screen for the 2 dribble pull-up. The drill continues around the perimeter.

**Frame 8**: Once the Gun gets to the corner, the screeners will have to hustle to set the screen from the other direction. The shooter always wants to come off the screen going opposite of the direction the Gun is turning. Player #1 would catch the ball and go off the screen toward the baseline as the Gun begins to rotate back toward the top of the key. Notice that the screeners (#2 and #3) have switched sides.

**Frame 9**: Player #1 will use the ball screen and come off shoulder-to-shoulder for the 2 dribble pull-up. Player #2 will then pop to the next spot to receive the ball from the Gun as it rotates in the opposite direction. The drill can continue until a goal is met or a time has elapsed.
The Gun Drillbook

Ball Screen Shooting

Frame 1

2 1

3

Spot - 4 or 12
Time Delay - 2 or 3
SPS - 999
3 players

BALL SCREEN SHOOTING requires 3 players. Players #1 and #2 are shooters. Player #3 is the screener. As player #1 receives the first pass from the Gun, player #3 prepares to set the ball screen.

Frame 2

2

1 3

PLAYER #3 comes off the screen set by player #3 and shoots a one-dribble pull-up. This is simulating that there is no hedge on the ball screen.

Frame 3

3 1

2

PLAYER #1 shoots the one-dribble pull-up as player #2 steps up to receive the next pass from the Gun.

Frame 4

2 3

1

PLAYER #2 will then receive the pass from the Gun and player #3 will set a ball screen. Player #1 moves to the back of the line.

Frame 5

2 3

1

PLAYER #2 will use the ball screen and shoot a one-dribble pull-up.

Frame 6

3 1

2

PLAYER #1 will receive the next ball from the Gun and player #3 will set the ball screen. Player #2 will move back to the end of the line for the next pass.

Frame 7

1 3

2

THIS TIME, player #1 will simulate a hard hedge by the defense and hesitate on the dribble and then attack the elbow.

Frame 8

2 3

1

AS PLAYER #1 shoots the pull-up jumper, player #2 steps up and prepares to catch the next pass from the Gun.

Frame 9

1 2

3

PLAYER #2 will receive the next pass from the Gun, and player #3 will set a ball screen. Player #1 will return to the end of the line.
The Gun Drillbook

Ball Screen Shooting

Frame 1.0

PLAYER #2 will use the ball screen, hesitate on the dribble and attack the middle for the pull-up jumper. The drill continues until a certain amount of shots are taken, made, or a time limit is reached.
The Gun Drillbook
Ball Screen with Penetrate & Pitch

Frame 1

Spot 8 & 12
Time Delay - 1
SPS - 1
3 players

BALL SCREEN WITH PENETRATE & PITCH begins with player #2 on the wing, player #3 in the middle, and player #1 at the point ready to receive the pass from the Gun.

Frame 2

AS PLAYER #1 receives the pass from the Gun, player #2 runs a v-cut or "check mark" to get open. Player #1 will deliver the pass to player #2 on the wing. Once player #1 delivers the pass, he/she will take a few steps away to create space for the attack.

Frame 3

PLAYER #3 will then go set a ball screen for player #2. Player #2 will use a jab to set up the screen and come off the ball screen hard attacking the middle. Player #2 will make the pass to player #1 on the wing. NOTICE the Gun is rotating toward the wing while this action is going on.

Frame 4

PLAYER #1 will shoot the jumper off the penetrate and pitch. Player #3 will open up after screening and receive the next pass from the Gun for the jumper. Player #2 will relocate to the point for the next pass from the Gun.

Frame 5

PLAYER #3 will shoot the jumper off the catch, while the Gun rotates back toward the point. Player #1 now rotates to the middle and becomes the screener.

Frame 6

PLAYER #2 receives the next pass from the Gun as player #3 cuts to get open. Player #2 will then deliver the pass to player #3 on the wing. Player #2 takes a few steps away from the ball to create space.

Frame 7

PLAYER #1 will then sprint to set a ball screen for player #3. Player #3 will attack the middle and kick to player #2 on the wing. The Gun will rotate to the wing.

Frame 8

PLAYER #2 shoots the jumper off the catch. Player #1 opens up off the screen and catches the next pass from the Gun, and player #3 relocates to the point to receive the next pass from the Gun.

Frame 9

PLAYER #1 shoots the jumper off the catch as the Gun rotates back to the point. Player #2 drops to the middle and becomes the screener.
The Gun Drillbook
Ball Screen with Penetrate & Pitch

Frame 10

AS PLAYER #3 receives the next pass from the Gun, player #1 runs a v-cut to get open. Player #3 will deliver the pass to player #1 on the wing. Player #3 will then take a few steps away from the pass to create space.

Frame 11

PLAYER #2 will sprint to set a ball screen for player #1. Player #1 will attack the middle and kick to player #3 on the wing for the jumper. The Gun will rotate to the wing for the next shot.

Frame 12

PLAYER #3 will shoot the jumper off the pass. Player #2 will open up off the screen and catch the next pass from the Gun. Player #1 will relocate to the point and prepare for the next pass.

Frame 13

PLAYER #2 will shoot the jumper off the catch as the Gun rotates back towards the point. Player #3 will rotate to the middle and become the screener. We are now back to where the drill began. The drill can be executed until a number of shots are taken, made, or a time limit expires.
**The Gun Drillbook**

**Ball Screen with Penetrate & Pitch Fill Up**

**Frame 1**

BALL SCREEN WITH PENETRATE & PITCH FILL UP begins with player #2 on the wing, player #3 in the middle, and player #1 at the point ready to receive the pass from the Gun.

**Frame 2**

AS PLAYER #1 receives the pass from the Gun, player #2 runs a v-cut or "check mark" to get open. Player #1 will deliver the pass to player #2 on the wing. Once player #1 delivers the pass, he/she will take a few steps away to create space for the attack.

**Frame 3**

PLAYER #3 will then go set a ball screen for player #2. Player #2 will use a jab to set up the screen and come off the ball screen hard attacking the middle. Player #1 will now ill in behind the penetration and shoot the jumper as player #2 delivers the pass. This simulates the defense is dropping flat rather than stepping up. NOTICE the Gun is rotating toward the wing while this action is going on.

**Frame 4**

PLAYER #1 will shoot the jumper off the penetrate and fill. Player #3 will open up after screening and receive the next pass from the Gun for the jumper. Player #2 will relocate to the point for the next pass from the Gun.

**Frame 5**

PLAYER #3 will shoot the jumper off the catch, while the Gun rotates back toward the point. Player #1 now rotates to the middle and becomes the screener.

**Frame 6**

PLAYER #2 receives the next pass from the Gun as player #3 cuts to get open. Player #2 will then deliver the pass to player #5 on the wing. Player #2 takes a few steps away from the ball to create space.

**Frame 7**

PLAYER #1 will then sprint to set a ball screen for player #3. Player #3 will attack the middle and kick to player #2 on the fill. The Gun will rotate to the wing.

**Frame 8**

PLAYER #2 shoots the jumper off the catch. Player #1 opens up off the screen and catches the next pass from the Gun, and player #3 relocates to the point to receive the next pass from the Gun.

**Frame 9**

PLAYER #1 shoots the jumper off the catch as the Gun rotates back to the point. Player #2 drops to the middle and becomes the screener.
The Gun Drillbook
Ball Screen with Penetrate & Pitch Fill Up

Frame 0

AS PLAYER #3 receives the next pass from the Gun, player #1 runs a v-cut to get open. Player #3 will deliver the pass to player #1 on the wing. Player #3 will then take a few steps away from the pass to create space.

Frame 11

PLAYER #2 will sprint to set a ball screen for player #1. Player #1 will attack the middle and kick to player #3 on the fill for the jumper. The Gun will rotate to the wing for the next shot.

Frame 12

PLAYER #3 will shoot the jumper off the pass. Player #2 will open up off the screen and catch the next pass from the Gun. Player #1 will relocate to the point and prepare for the next pass.

Frame 13

PLAYER #2 will shoot the jumper off the catch as the Gun rotates back towards the point. Player #3 will rotate to the middle and become the screener. We are now back to where the drill began. The drill can be executed until a number of shots are taken, made, or a time limit expires.
BANANA CUT begins with player #1 on the sideline. Player #1 will banana cut toward the elbow and catch the basketball from the Gun using his/her inside foot as the pivot (right-left footwork). Player #1 will catch on the move and shoot the jumper.

PLAYER #1 will then back pedal to the sideline and banana cut toward the elbow using right-left footwork and catch the pass from the Gun.

THIS TIME, player #1 will catch, shot fake and take two hard dribbles toward the short corner for a pull-up jump shot.

THE GUN will then rotate to the opposite wing and player #2 will banana cut toward the elbow and catch with his/her inside foot (left-right footwork) as the pivot. Player #2 will catch off the cut and shoot the jump shot.

PLAYER #2 will then back pedal to the sideline and banana cut back toward the elbow and receive the pass from the Gun using left-right footwork.

THIS TIME, player #2 will shot fake and take two hard dribbles toward the short corner for a pull-up jump shot.

THE GUN will then rotate back to the other wing and player #1 will banana cut and receive the pass from the Gun. The drill continues until a certain amount of shots have been taken, made, or a time limit has been reached.
The Gun Drillbook

Banana Cut With Defender

Frame 1

BANANA CUT with DEFENDER has player #1 running a banana cut from the sideline. Player #2 is chasing to simulate getting caught under a pin-down screen. Player #1 will use right-left footwork to beat player #2 to the spot and shoot the jump shot off the catch.

Frame 2

PLAYER #1 will then back pedal to the sideline and banana cut toward the elbow to receive the pass. Player #2 will chase once again.

Frame 3

THIS TIME, player #2 beats player #1 to the spot, so player #1 shot fakes and takes two hard dribbles to the short corner for the pull-up jump shot.

Frame 4

NOW PLAYER #2 becomes the shooter and player #1 becomes the defender. Player #2 banana cuts toward the elbow and beats player #1 to the spot. Player #2 catches on the move and shoots the jump shot.

Frame 5

PLAYER #2 then back pedals to the sideline and banana cuts toward the elbow and catches the ball on the move. Player #1 chases.

Frame 6

THIS TIME, player #1 beats player #2 to the spot. So, player #2 shot fakes and takes two hard dribbles toward the short corner for the pull-up jump shot.

Frame 7

PLAYER #1 alternates back to shooter and player #2 back to defender. Player #1 will banana cut toward the elbow and beat player #2 to the spot. Player #1 will shoot the jump shot off the catch. The drill continues until a certain amount of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Baseline to Wing Jumpers

**Frame 1**

Spot - 5 & 11
Time Delay - 1 or 2
SPS - 1
2 players

BASELINE TO WING JUMPERS starts with player #2 in front of the Gun and player #1 in the opposite corner. Player #2 will catch the first pass from the Gun.

**Frame 2**

PLAYER #2 will shoot the jumper as the Gun rotates to the opposite wing. Player #1 now gets ready to cut to the wing to receive the pass.

**Frame 3**

PLAYER #1 will receive the pass from the Gun at the wing. Player #2 will sprint to the baseline and prepare for the next pass.

**Frame 4**

PLAYER #1 will shoot the jump shot as player #2 moves back toward the wing. The Gun will rotate back to the opposite wing.

**Frame 5**

PLAYER #2 will receive the pass from the Gun at the wing. Player #1 will return to the baseline and prepare for the next pass from the Gun.

**Frame 6**

PLAYER #2 shoots the jump shot as the Gun rotates back to the opposite wing. Player #1 starts cutting to the wing to meet the pass. The drill continues until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Catch & Shoot

Frame 1

The GUN is pointed toward the wing, with two shooters (#1 & #2) ready to receive the pass. Two defenders (D1 & D2) start out on the block ready to close out when the pass is thrown from the Gun. Coach Summit stresses getting the hands and feet ready, catching and keeping the ball high, and adding close-outs to simulate game-like shots.

Frame 2

As PLAYER #1 is catching the ball from the Gun, Defender #1 will close out on the shooter to put pressure on the shot.

Frame 3

PLAYER #1 will then shoot a game-like shot with a defender in his/her face.

Frame 4

Once the shot has been taken, Player #1 and Defender #1 will return to the end of the line in which they started.

Frame 5

PLAYER #2 will then step in and receive the next pass from the Gun while Defender #2 closes out and pressures the shot.

Frame 6

PLAYER #2 will then shoot a game-like shot under pressure.

Frame 7

PLAYER #2 and Defender #2 go to the back of the lines from where they started and the drill continues.

Frame 8

PLAYER #1 will receive the next pass while defender #1 closes out again. The drill continues until a certain amount of shots have been taken, made, or a time limit set.
CLOSE OUT JUMPERS begins with a passer at the top of the key, a player on each wing, and a player on each block. The Gun will remain stationary throughout the drill.
CLOSE-OUT SHOOTING begins with Player #1 in the corner and players #2 and #3 down on the block. The Gun will deliver a pass to Player #1 in the corner.

PLAYER #1 will then shoot the catch and shoot jumper with player #2 closing out to pressure the shot.

PLAYER #2 will then replace Player #1 and receive the next pass from the Gun. Player #1 will then move to the block and prepare to close-out on shooter. Player #1 will fill in behind player #3.

PLAYER #2 will then shoot the jump shot off the catch as Player #3 is closing out to pressure the shot.

PLAYER #3 will then receive the next pass from the Gun as Player #2 moves to the block and prepares to close out on shooter.

PLAYER #3 will then shoot the jump shot off the catch as Player #1 closes out to pressure the shot.

THE GUN will then move to the wing and deliver the next pass to Player #1 on the wing. Player #3 will move to the block behind Player #2. The Drill will continue as the Gun will deliver 3 passes to each spot selected around the perimeter. Each player will shoot off the catch at each spot and a defender will close out to pressure the shot. As Coach Romar explains, they also shoot one-dribble pull-ups off the shot fake.
CLOSE-OUT SHOOTING w/SHOT FAKE begins with Player #1 in the corner and players #2 and #3 down on the block. The Gun will deliver a pass to Player #1 in the corner.

PLAYER #1 will catch the pass delivered from the Gun, shot, fake, and shoot a one-dribble pull-up as player #2 closes out to pressure the shot. Player #1 will pull-up going right on the first time through.

PLAYER #2 will then replace Player #1 and receive the next pass from the Gun. Player #1 will then move to the block and prepare to close-out on shooter. Player #1 will fill in behind player #3.

PLAYER #2 will then catch the next pass delivered from the Gun, shot, fake, and shoot a one-dribble pull-up as Player #3 pressures the shot.

PLAYER #3 will then receive the next pass from the Gun as Player #2 moves to the block and prepares to close out on shooter.

PLAYER #3 will then catch the next pass delivered from the Gun, shot fake, and shoot a one-dribble pull-up vs. pressure.

THE GUN will then deliver the next pass to Player #1 in the corner as Player #3 fills in on the baseline.

PLAYER #1 will then pull-up going the opposite direction. In this case, Player #1 will pull-up going left as player #2 closes out on the shot. The drill will continue with each player getting 2 shots from each spot selected.
CLOSEOUT JUMPERS begins with a passer at the top of the key, a player on each wing, and a player on each block.

Frame 1: Spot - 8
Time Delay - 1 or 2
SPS - 999
5 players

PLAYER #1 will receive the pass from the Gun and deliver it to player #2 on the wing. On the pass from #1 to #2, player #4 will begin to closeout on the catch.

Frame 2: PLAYER #2 will shoot the ball as player #4 closes out to defend the shot. Once the shot is up, player #2 and #4 will switch positions.

Frame 3: PLAYER #1 receives the next pass from the Gun and delivers it to player #3 on the opposite wing. Player #5 will closeout on player #3. Player #2 and #4 are now ready for the pass on their side.

Frame 4: PLAYER #3 will shoot the jump shot as player #5 pressures the shot. Player #1 will receive the next pass from the Gun.

Frame 5: PLAYER #1 will deliver the pass to player #4 on the wing as player #2 closes out. Player #3 and player #5 will switch positions.

Frame 6: PLAYER #4 will shoot the jumper as player #2 pressures the shot. Player #1 will receive the next pass from the Gun.

Frame 7: PLAYER #1 will deliver the pass to player #5 on the wing. Player #3 will close out on the shot as player #2 and player #4 switch positions.

Frame 8: PLAYER #5 will shoot the jump shot under pressure from player #3. Player #1 will receive the next pass from the Gun.
The Gun Drillbook

Closeout Jumpers

PLAYER #1 will deliver the pass to player #2 on the wing as player #4 closes out. Player #3 and player #5 will switch positions. We are now back to where we began the drill. The drill continues until a certain amount of shots have been taken, made, or a time limit has expired. NOTE: Players can also close-out a little tighter in this drill to force shooters to shot fake and use a one-dribble pull-up.
The Gun Drillbook

Communication Drill

COMMUNICATION DRILL starts with the passer at the top of the key and a shooter on each wing. Each shooter will work one side of the floor, creating proper spacing from the passer to receive a good pass. The passer is responsible for following the Gun and communicating to the shooters where to be and when the ball is going. The drill moves extremely fast and communication is essential from the passer.

THE PASSER will pass the ball to player #1 for the shot, but the Gun is still moving and the passer must continue to move and stay in front of the Gun. Player #2 is now trailing to set up for the next shot.

ONCE THE PASSER receives the first ball, he/she will pass it to a shooter of choice, and then move immediately to follow the Gun to the next pass. The passer needs to communicate with the shooter as to where the ball is going. Shooters are expected to move and create proper 15' spacing from the passer.

AS PLAYER #1 shoots the ball, the passer is continuing to move and stay in front of the Gun. Player #2 is now set to receive the next pass from the passer.

PLAYER #2 will shoot the ball as the passer follows the Gun and receives the next pass. Player #1 will move away to create 15' spacing for the next shot. Because of the intensity of the drill, all three players will be moving at all times.

BY NOW, THE PASSER has already passed the ball to player #2 and is continuing to the corner to receive the next pass from the Gun. Player #1 now moves around the passer to establish spacing at the wing. COACH PITINO emphasizes the importance of the passer throwing to the inside of the shooter, so the shooter doesn’t have to reach for the ball and can step into the shot.

AS PLAYER #2 shoots the ball, the passer is receiving the next ball from the Gun. Player #1 has moved behind the passer and established good spacing for the next shot.

PLAYER #1 has now received the pass from the passer while player #2 is preparing to move and keep proper spacing for the next shot. The passer now has to get ready to change directions and follow the Gun around the perimeter.

PLAYER #1 will shoot the shot as the passer receives the next ball from the Gun. Player #2 should be set and ready to catch the pass on the move.
The Gun Drillbook

Communication Drill

Frame 1.0
PLAYER #2 receives the pass from the passer as player #1 moves behind the passer to create space from where the next ball will be received. The passer continues to pass and move while constantly communicating to the shooters.

Frame 1.1
PLAYER #2 will shoot the ball as the passer receives the next ball from the Gun. Player #1 is now ready to receive the pass in the corner and is properly spaced.

Frame 1.2
PLAYER #1 has now received the ball in the corner as the passer continues to follow the Gun around the perimeter. Player #2 is continuing to keep proper spacing around the perimeter.

Frame 1.3
PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is now set and ready to receive the next pass for the shot.

Frame 1.4
PLAYER #2 received the ball from the passer as #1 continues to move up and follow to create the proper space. Each player is now back to where they started the drill. The drill can be continued until a certain amount of shots are taken, made, or players become completely fatigued.
**Communication Drill**

**Frame 1**
COMMUNICATION DRILL begins with a passer at the top...

**Frame 2**
THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players.

**Frame 3**
PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun.

**Frame 4**
ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer.

**Frame 5**
PLAYER #2 shoots the ball as the passer is receiving the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing.

**Frame 6**
AS PLAYER #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

**Frame 7**
PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing.

**Frame 8**
PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

**Frame 9**
PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing.
The Gun Drillbook

Communication Drill

Frame 10

THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11

PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.

Frame 12

THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13

PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook
Communication Drill w/Defense

COMMUNICATION DRILL begins with a passer at the ...

THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players. The defender will be there on the catch to pressure the shooter.

PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun. Once the shot is off, the defender will start to sprint to the opposite wing to pressure the shot on the opposite side. NOTE: The defender must be aware of the ball coming out of the Gun and wait to cross in front of the Gun until the ball comes out!

ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer. The defender will close out on the catch in an attempt to pressure the shot.

PLAYER #2 shoots the ball with a defender applying pressure and the passer receives the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing, and the defender starts sprinting toward the next pass.

AS PLAYER #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing. The defender applies pressure and starts sprinting toward the next shooter.

PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #5 is sprinting to the opposite side to fill the left wing. The defender pressures the shot and prepares to sprint to the next shooter.
The Gun Drillbook
Communication Drill w/Defense

Frame 10
THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11
PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing. The defender pressures the shot and prepares to sprint toward the next shooter.

Frame 12
THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13
PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Player #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. The defender closes out and pressures the shot. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
COMPETITIVE TRANSITION JUMPERS uses two players sprinting from half-court and catching to simulate shooting in transition. As Coach Niekamp explains, this is a great early season way to add conditioning and competition to your workouts. Player #1 and player #2 will start at each elbow extended. They will shoot the jumper off the catch, then sprint around the cone at half-court and attack the basketball ready to shoot.

**Frame 1**: Player #1 and player #2 will start at each elbow extended.

**Frame 2**: Player #2 will receive the first pass from the Gun and shoot the jumper.

**Frame 3**: Player #2 will then sprint to half court as the Gun rotates to the opposite elbow extended. Player #1 will then catch the next pass from the Gun.

**Frame 4**: Player #1 shoots the jumper as the Gun rotates back to the opposite elbow extended. Player #2 will round the cone and prepare to catch the pass from the Gun on the move.

**Frame 5**: Player #2 will receive the pass from the Gun on the move. Player #1 will sprint to half court and prepare to catch the next pass from the Gun on the move.

**Frame 6**: Player #2 will shoot the jumper as the Gun rotates back to the opposite elbow extended. Player #1 will round the cone and prepare to catch the next pass on the move.

**Frame 7**: Player #1 will catch the next pass from the Gun on the move as player #2 sprints to half court.

**Frame 8**: Player #1 shoots the jumper on the move as player #2 rounds the cone and prepares for the next shot. The Gun rotates back to the opposite elbow extended as the drill continues. The drill ends when one player hits a certain number of shots first.
The Gun Drillbook

Corner/Wing Jumpers w/Close Out & Cut Out

1. IN CORNER/WING JUMPERS, the passer will be at the top of the key, both shooters will start in the corners, and the defenders will start on the block. The Gun will be directed toward the top of the key and stay there throughout the drill.

2. AS THE PASSER receives the pass from the Gun, player #2 will cut to the wing to catch for the shot. The passer will pass the ball to #2 on the move in preparation for the shot. Coach Izzo explains the importance of the shooter catching on the inside foot.

3. PLAYER #2 will then shoot the ball with the defender closing out and applying pressure to the shot.

4. AS THE PASSER receives the next ball from the Gun, player #1 will cut to the wing and prepare to catch the ball using the inside foot. The passer will then pass to the shooter’s hands so the shooter can catch the ball in rhythm. Coach Izzo explains the importance of a good pass. Notice the defender on the opposite side drops back down.

5. PLAYER #1 will then shoot the ball off the catch with a defender closing out and applying pressure.

6. AS THE PASSER receives the next ball from the Gun, player #2 will fade to the corner and prepare to catch the ball on the move using the inside foot. The passer will deliver the ball to #2 on the move.

7. PLAYER #2 will shoot the ball off the catch with the defender closing out and applying pressure on the shot.

8. AS THE PASSER receives the next ball from the Gun, player #1 will fade to the corner and prepare to catch the ball on the inside foot. The passer will deliver the ball to #1 on the move.

9. PLAYER #1 will shoot the ball off the catch with the defender closing out and applying pressure on the shot.
The Gun Drillbook
Corner/Wing Jumpers w/Close Out & Cut Out

AS THE PASSER receives the next ball from the Gun, all players are back to where they began the drill. The drill continues until a certain goal is met or a time limit is reached. Players can rotate positions in the drill if so desired.
The Gun Drillbook

Down Screen Shooting

Frame 1

Spots - 6 or 10
Time Delay - 4 or 5
# of players - 3

DOWN SCREEN SHOOTING simulates shooting at the elbow coming off the down screen. As Coach Alford states, this is a great conditioning drill for shooters and works on their shot prep on the move. Player #1 will down screen on player #3 (coach) and player #2 will use the down screen and come off for the jump shot.

Frame 2

PLAYER #2 will shoot the jump shot and player #1 will fan out to receive the next down screen and pass for a jump shot.

Frame 3

PLAYER #2 will then set a down screen for player #1. Player #1 will use the down screen and come off to receive the pass from the Gun for an elbow jump shot.

Frame 4

PLAYER #1 will shoot the elbow jump shot as player #2 fans out and gets ready to receive the down screen.

Frame 5
The Gun Drillbook
Down Screen, React, Shot

Frame 1

Player #1 will receive the first pass from the Gun as player #2 sets a down screen for player #3. Player #3 will come off the down screen and receive a pass from player #1 for the jump shot.

Frame 2

Player #3 will shoot the jump shot as player #1 receives the next pass from the Gun. Player #2 will pop after setting the down screen and prepare to get a pass from player #1 for a jump shot.

Frame 3

Player #1 will pass to player #2 on the pop for the jump shot. Once player #1 passes to player #2, player #1 will get ready to receive the next pass from the Gun.

Frame 4

Player #1 will receive the next pass from the Gun and shoot the jump shot off the catch. Player #3 will now be setting the down screen for player #2. Player #2 will be setting up the down screen and getting ready to use it to receive the pass for a jump shot.

Frame 5

Player #1 will receive the next pass from the Gun and deliver it to player #2 for the jump shot off the down screen.

Frame 6

Player #2 will shoot the jump shot as player #1 gets ready to receive the next pass from the Gun. Player #3 is popping after setting the down screen and preparing to receive the pass from player #1.

Frame 7

Player #1 receives the pass from the Gun and delivers it to player #3 on the pop. Player #3 shoots the jump shot off the catch.

Frame 8

Player #1 then receives the pass from the Gun and delivers a pass to player #3 coming off the down screen. We are now back to where the drill began. The drill continues in the same progression until a certain number of shots have been attempted, made, or a certain time limit has expired.
The Gun will be set to throw passes to the wing. There will be two players on the wing and two at the point. COACH SUMMIT emphasizes the importance of drawing the defense off the dribble and setting up the shooter.

Player #2 shoots the ball as player #3 steps in and receives the next pass from the Gun.

Player #3 shoots the ball while players #1 and #2 move to the back of each line.

When Player #3 catches the next pass from the Gun, he/she will attack off the dribble and kick to #4 who moves with the dribble to create spacing on the perimeter.

Player #4 shoots the ball as player #1 steps in to catch the next pass.

Player #1 shoots the ball as players #3 and #4 move back to the end of each line. And we are back where we started the drill. The drill can continue until a certain number of shots are taken, made, or a time limit has been reached.
The Gun Drillbook

Drive & Kick, Swing, Swing

Frame 1

Spot - 4
Time Delay - 3/4
SPS - 999
5 players

DRIVE & KICK, SWING, SWING uses 5 players, 4 of which are spaced around the perimeter and the defender (#5) on the opposite side block off where the ball is being passed. The Gun will be set to throw a pass to player #2 on the wing and will remain in the same position throughout the drill.

Frame 2

Player #2 will receive the first pass from the Gun and shoot the perimeter jump shot.

Frame 3

WHEN PLAYER #2 receives the 2nd pass from the Gun, he/she will attack the middle. On the attack, Player #3 will fade to the wing and player #4 will fade to the corner. Player #1 will fill in behind the attack to receive the next pass from the Gun.

Frame 4

Once player #2 drives middle, he/she will kick the ball to #2 on the wing. On the closeout from #5, player #3 will then swing the ball to #4 in the corner for the shot. Player #5 (defender) will pressure #3 and then rotate to #4 to pressure the shot.

Frame 5

AS PLAYER #1 receives the next pass from the Gun and shoots the jumper, player #2 will fill the top spot, #3 will stay on the wing, #4 will rotate to the defender spot, and #5 will rotate under the Gun and fill in the opposite corner. Now all the players are in position for the Drive and Kick.

Frame 6

WHEN PLAYER #1 receives the next pass, he/she will attack the middle. Player #2 will fade to the wing and player #2 will fade to the corner. Player #5 will fill behind #1 and prepare to receive the next pass from the Gun.

Frame 7

Once player #1 drives middle, he/she will kick the ball to #2 on the wing. Player #4 will close out on the pass and player #2 will swing the ball to #3 in the corner for the jumper. Player #4 will rotate and pressure the shot from #3.

Frame 8

AS PLAYER #5 receives the pass from the Gun and shoots the jumper, player #1 will rotate to the point, player #2 will stay on the wing, player #3 will rotate to the defender position, and player #4 will move under the Gun and fill in the opposite corner. All players are now in position for the Drive and Kick.

Frame 9

WHEN PLAYER #5 receives the next pass from the Gun, he/she will attack the middle. Player #1 will fade to the wing, player #2 will fade to the corner, and player #4 will fill in behind #5 to receive the next pass from the Gun.
The Gun Drillbook
Drive & Kick, Swing, Swing

Frame 10
ONCE PLAYER #5 drives middle, he/she will kick to player #1 on the wing. If the defender were to anticipate the swing pass to the corner, player #1 will shoot the ball instead of making the extra pass to the corner. Now, player #1 has to make a read on whether to pass or shoot. In this case, player #3 went to the corner, so player #1 took the shot.

Frame 11
AS PLAYER #4 receives the next pass from the Gun and takes the shot, #5 will rotate to the point, #1 will stay on the wing, #2 will rotate to the defender position, and #3 will rotate under the Gun and fill in the opposite corner.

Frame 12
WHEN PLAYER #4 receives the next pass from the Gun, he/she will attack middle. Player #5 will fade to the wing, #1 will fade to the corner, and #3 will fill in behind the attack to receive the next pass from the Gun.

Frame 13
ONCE PLAYER #4 drives middle, he/she will attack and kick to player #5 on the wing. This time, player #2 pressures the pass, so #5 swings the ball to #1 in the corner for the shot.

Frame 14
AS PLAYER #3 receives the next pass and takes the shot, player #4 will move to the point, #5 stays at the wing, #1 rotates to the defender position, and #2 rotates under the Gun to the opposite corner.

Frame 15
WHEN PLAYER #3 receives the next pass from the Gun, he/she will attack middle. Player #4 will fade to the wing, #1 will fade to the corner, and #3 will fill in behind the attack to receive the next pass from the Gun.

Frame 16
PLAYER #3 will then kick to #4 on the wing. This time #1 anticipates the swing pass, so player #4 shoots the jumper.

Frame 17
AS PLAYER #2 receives the next pass from the Gun and takes the shot, #3 will rotate to the point, #4 will stay on the wing, #5 rotates to the defender position, and #1 rotates under the Gun and fills in the opposite corner. We are now back to where each player started. The drill can be continued until a certain # of shots are taken, made, or a time limit has elapsed.
The Gun Drillbook

Euro Cut Continuity

Frame 1

EURO CUT CONTINUITY starts with player #1 at the point, player #2 at the wing in front of the Gun, and player #3 in the corner. Player #2 will receive the first pass from the Gun and attack toward player #1 and execute a dribble hand-off.

Frame 2

PLAYER #1 will then attack off the dribble hand-off and kick out to player #3 who moves up to receive the pass for a shot. The Gun rotates to the top of the key and player #2 opens up to receive the next pass from the Gun at the point.

Frame 3

PLAYER #3 will shoot the ball off the catch as player #2 receives the pass from the Gun at the top of the key. Player #1 will clear to the corner.

Frame 4

PLAYER #2 shoots the jumper at the top of the key. The Gun rotates back to the wing and we are ready to execute another “euro” cut.

Frame 5

THIS TIME, player #3 receive the pass from the Gun and attacks toward player #2 for the dribble hand-off. As the Gun rotates to the top of the key.

Frame 6

PLAYER #2 will attack as player #1 pops to the wing to receive the pass for the shot. Player #3 opens up and prepares to receive the next pass from the Gun at the top of the key.

Frame 7

PLAYER #1 shoots the jump shot from the wing as player #3 receives the next pass from the Gun. Player #2 clears to the corner.

Frame 8

PLAYER #3 takes the jump shot from the top of the key as the Gun rotates back to the wing.

Frame 9

PLAYER #1 receives the next pass from the Gun and attacks toward player #3 for the dribble hand-off. Player #3 cuts toward the attack to receive the ball.
The Gun Drillbook

Euro Cut Continuity

Frame 1.0

PLAYER #3 attacks the middle off the dribble hand-off as player #2 moves to the wing to receive the pass from player #3. Player #1 opens up to receive the next pass from the Gun as it rotates to the top of the key.

Frame 1.1

PLAYER #2 shoots the jump shot from the wing as player #1 receives the pass from the Gun at the top of the key. Player #3 clears to the corner.

Frame 1.2

PLAYER #1 shoots the jump shot at the top of the key. Notice, each player is now back to the position where they began the drill. Each player has been in all three positions and the continuity continues until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Fast Break Shooting

Frame 1

IN FAST BREAK SHOOTING, Player #1 will sprint the lane and catch a pass from the Gun on the move. It is important that player #1 steps into the pass on the catch.

Frame 2

PLAYER #1 will shoot the jump shot off the catch.

Frame 3

PLAYER #1 will then sprint back to the cone (or chair) and sprint back into the catch. Player #1 must focus on cutting and catching at full speed, just like catching off a fast break.

Frame 4

PLAYER #1 will then shoot off the catch.

Frame 5

PLAYER #1 will then sprint back to the cone and then sprint back to catch the ball full speed from the Gun. The drill continues until a certain number of shots have been attempted, made, or a certain time limit has expired.
The Gun Drillbook
Fast Break Simulation

Frame 1

FAST BREAK SIMULATION begins with two players high above the point (1, 4), one player on the block (2), and one player spaced out high on the wing (3). Player 1 will receive the pass from the Gun and dribble drive toward the point and deliver a pass to player 3 on the wing. In the process, player 2 will close-out on the catch and prepare to contest the shot.

Frame 2

PLAYER 3 will shoot the jump shot off the catch as player 2 contests on the close-out! Player 1 will replace player 2 on the block and player 4 will step forward and prepare to catch the next pass from the Gun.

Frame 3

PLAYER 2 will replace player 3 on the high wing as the next shooter and player 3 will move in behind player 4 high beyond the top of the key. Player 4 will now receive the next pass from the Gun.

Frame 4

PLAYER 4 will attack at the point and kick to player 2 on the wing as player 1 prepares to close out on the catch.

Frame 5

PLAYER 2 will shoot the jump shot off the catch as player 1 closes out to pressure the shot. Player 4 replaces player 1 on the block and player 3 moves forward to receive the next pass from the Gun.

Frame 6

PLAYER 1 will replace player 2 on the high wing and player 2 will move behind player 3. The Gun will then throw the next pass to player 3.

Frame 7

PLAYER 3 will attack the point and kick to player 1 on the wing. Player 4 will close-out on the catch and be ready to pressure the shot.

Frame 8

PLAYER 1 will shoot the jumper off the catch as player 4 pressures the shot. Player 3 replaces player 4 on the block and player 2 moves forward to catch the next pass from the Gun.

Frame 9

PLAYER 4 will replace player 1 on the high wing and player 1 will move behind player 2 at center court. Player 2 will now receive the next pass from the Gun.
The Gun Drillbook

Fast Break Simulation

Frame 10

PLAYER #2 will attack the point and kick to player #4 on the wing. Player #3 will close-out on player #4 and pressure the shot on the catch.

Frame 11

PLAYER #4 will shoot the jump shot off the catch as player #3 pressures the shot. Player #2 will replace player #3 on the block and player #1 will move up to receive the next pass from the Gun.

Frame 12

PLAYER #3 will replace player #4 on the high wing and player #4 will move behind player #1 at center court. Player #1 will receive the next pass and we are right back where the drill began. The drill continues until a certain amount of shots are taken, made, or a certain time limit has expired.
The Gun Drillbook

Form Shooting

FRAME 1

Spot - 8
Time Delay - 1 or 2
SPS - Infinite
1 player

FORM SHOOTING is a way for any player to warm-up on the Gun. Focus on attacking the ball and 1-2 footwork on the catch. Coach Martin talks about eliminating any extra motion and going straight on the catch. Player #1 will catch and shoot, with the focus of footwork and proper release.

FRAME 2

PLAYER #1 will step back after each shot and attack the ball off the one-two step. Player #1 will continue to shoot until warmed up or a certain amount of shots have been taken or made. It is all about developing technique and proper repetition.
HALF COURT TRANSITION begins with a passer at the ...

The passer will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players. The defender will be there on the catch to pressure the shooter.

Player #1 will then shoot the ball as the passer is receiving the next ball out of the Gun. Once the shot is off, the defender will start to sprint to the opposite wing to pressure the shot on the opposite side. NOTE: The defender must be aware of the ball coming out of the Gun and wait to cross in front of the Gun until the ball comes out!

Once Player #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer. The defender will close out on the catch in an attempt to pressure the shot.

Player #2 shoots the ball with a defender applying pressure and the passer receives the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing, and the defender starts sprinting toward the next pass.

As Player #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

Player #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing. The defender applies pressure and starts sprinting toward the next shooter.

Player #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

Player #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #5 is sprinting to the opposite side to fill the left wing. The defender pressures the shot and prepares to sprint to the next shooter.
THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing. The defender pressures the shot and prepares to sprint toward the next shooter.

THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Player #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. The defender closes out and pressures the shot. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook
High-Post Zone Shooting

IN HIGH-POST SHOOTING, Player #1 will receive a pass from the Gun on the wing, and Player #2 will flash from the low post to the high post. Player #1 will then deliver a pass to Player #2 at the high post.

Player #2 will then pivot from the high post and find Player #3 re-locating on the weak side. Player #3 will receive the pass and shoot a jump shot off the catch. At the same time, Player #1 will re-locate toward the baseline and the Gun will move and deliver a pass to Player #1.

Player #1 will shoot then shoot the jump shot off the catch from the Gun. Player #2 will replace on the opposite wing and Player #3 will replace strong side wing. Once Player #1 shoots, he/she will replace the post.

The Gun will then rotate back to the wing and deliver a pass to Player #3 on the wing. Player #2 will flash from the low to the high post and and receive a pass from Player #3.

Player #1 will then pivot and deliver a pass to Player #2 who is re-locating on the weak side. Player #2 will then shoot a jump shot off the catch. The Gun will rotate and deliver a pass to Player #3 on the move.

Player #3 will then shoot the jump shot off the catch from the Gun. Player #1 will re-locate to the opposite wing and Player #2 will re-locate to the strong-side wing. Once Player #3 shoots, he/she will become the post. The Gun will rotate back to the wing.

Player #2 will then receive a pass from the Gun and deliver a pass to Player #3 at the high post.

Player #3 will then pivot and deliver a pass to Player #1 on the weak side. The Gun will rotate toward the baseline, and Player #2 will re-locate and receive a pass on the strong side.

Player #2 will then shoot the jump shot off the catch from the Gun. Player #3 will re-locate to the weak side wing and Player #1 will re-locate to the strong side wing. The Gun will rotate back to the wing and Player #2 will go to the post after he/she shoots the ball.
WE ARE now back to where the drill began. Player #1 will receive a pass from the Gun and deliver a pass to Player #2 at the high post. The drill continues until a certain amount of shots have been taken, made, or a time limit has expired.
The Gun Drillbook

Hubies

Frame 1

PLAYER #1 is on the wing in front of the Gun. All shooters (#2, #3, #4) start in the opposite corner.

Frame 2

AS PLAYER #1 receives the pass from the Gun, player #2 will cut toward the passer and receive the ball on the move. Coach Matta stresses running through the ball on the catch, squaring using the inside foot pivot, and getting shoulders square to the basket.

Frame 3

AS PLAYER #2 shoots the jumper, player #1 receives the next pass from the Gun and player #3 cuts toward the ball.

Frame 4

PLAYER #1 will deliver the pass to player #3 on the cut. Player #2 rotates to the back of the line and player #4 begins to cut for the next shot.

Frame 5

PLAYER #3 shoots the jumper as player #1 receives the next pass from the Gun. Player #4 continues to cut toward the ball.

Frame 6

PLAYER #1 then delivers the ball on the cut to player #4 and the player #2 will be the next shooter. The cuts continue until a certain number of shots are taken, made, or a time limit is reached.

Frame 7

HUBIES can also be ran in the opposite direction to work footwork on the fade. As player #1 receives the pass from teh Gun, player #2 fades to the corner to receive the pass for the shot.

Frame 8

PLAYER #2 shoots the jumper as player #1 receives the next pass from the Gun. Player #3 begins the fade cut to the corner.

Frame 9

PLAYER #1 delivers the skip pass to #3 while player #2 returns to the back of the line.
The Gun Drillbook

Hubies

Frame 1.0

PLAYER #3 shoots the jumper as player #1 receives the next pass from the Gun. Player #4 starts the fade cut to the corner.

Frame 1.1

PLAYER #1 makes the skip pass to #4 in the corner as player #3 returns to the back of the line. Player #2 moves up as the next shooter.

Frame 1.2

PLAYER #4 shoots the jumper as player #1 receives the next pass from the Gun. Player #2 starts the fade cut toward the corner. We are now back where we began the drill. The drill continues until a number of shots have been taken, made, or a time limit has been reached.
The Gun Drillbook

Inside Curl Action Drill

Frame 1

INSIDE CURL ACTION DRILL starts with a passer in front of the Gun, player #1 just above the opposite block, and player #2 on the opposite wing. COACH SUMMIT stresses playing "low to high" and proper footwork on the cuts.

Frame 2

AS THE PASSER receives the ball from the Gun, player #1 will work the inside curl action, cutting up from the block. Player #1 will receive the pass when coming off the curl.

Frame 3

PLAYER #1 will shoot the ball as the passer is receiving the next pass from the Gun.

Frame 4

PLAYER #2 will fade to the corner and receive the skip pass from the passer. This is an air-time move, so player #2 will be on the move while the ball is in the air. Player #1 will return to the opposite block.

Frame 5

PLAYER #2 will shoot the ball as the passer receives the next ball from the Gun. Player #1 will be cutting to the top of the key using the inside curl action footwork.

Frame 6

PLAYER #1 will finish the curl cut and receive the ball from the passer. This cut is also an air-time move. The pass will be in the air as player #1 finishes the cut and receives the pass.

Frame 7

PLAYER #1 will shoot the shot as the passer receives the next ball from the Gun.

Frame 8

PLAYER #2 will then "lift" from the corner to receive the skip pass from the passer. The ball will be in the air as player #2 is on the move. Player #1 will return back to the opposite block.

Frame 9

PLAYER #2 will shoot the shot as the passer receives the next ball from the Gun. Once again, player #1 begins the curl cut toward the top of the key.
PLAYER #1 receives the pass on the move while finishing the curl cut. The drill continues with player #1 working the curl cut and player #2 working the back-side lift and fade.
The Gun Drillbook

Inside Curl Action Drill w/Defense

Inside Curl Action Drill w/Defense starts with a passer in front of the Gun, player #1 just above the opposite block, player #2 on the opposite wing, and a defender trailing player #1. COACH SUMMIT stresses playing "low to high" and proper footwork on the cuts.

AS THE PASSER receives the ball from the Gun, player #1 will work the inside curl action, cutting up from the block. Player #1 will receive the pass when coming off the curl. The defender will follow and put pressure on the shot. COACH SUMMIT wants the defender in the drill to create game-like situations.

PLAYER #2 will fade to the corner and receive the skip pass from the passer. This is an air-time move, so player #2 will be on the move while the ball is in the air. They will close-out and pressure the shot by Player #2. Player #1 will return to the opposite block.

PLAYER #2 will shoot the ball with pressure from the defender as the passer receives the next ball from the Gun. Player #1 will be cutting to the top of the key using the inside curl action footwork.

PLAYER #1 will shoot the ball with pressure from the defender as the passer receives the next ball from the Gun. This cut is also an air-time move. The pass will be in the air as player #1 finishes the cut and receives the pass. The defender will close-out and be there on the catch.

PLAYER #1 will shoot the shot under pressure from the defender as the passer receives the next ball from the Gun.

PLAYER #2 will then "lift" from the corner to receive the skip pass from the passer. The ball will be in the air as player #2 is on the move. The defender will work to get there on the catch. Player #1 will return back to the opposite block.

PLAYER #2 will shoot the shot under pressure from the defender as the passer receives the next ball from the Gun. Once again, player #1 begins the curl cut toward the top of the key.
The Gun Drillbook
Inside Curl Action Drill w/Defense

Frame 1.0

PLAYER #1 receives the pass on the move while finishing the curl cut. The defender continues to close out on both players to pressure the shot. The drill continues with player #1 working the curl cut and player #2 working the back-side lift and fade.
Lift Flare Action Drill

Frame 1: LIFT FLARE ACTION DRILL begins with a passer on the wing, a screener at the opposite elbow, and two shooters lined up opposite of the passer (two-guard front look).

Frame 2: AS THE PASSER receives the ball from the Gun, player #1 cuts to the top of the key to set up the screen as the screener comes up to set the screen. Player #1 then uses the screen and flares opposite the passer.

Frame 3: THE PASSER will pass the ball while player #1 is still on the move. As COACH SUMMIT emphasizes, the ball must see through the screen and be delivered for the flare.

Frame 4: PLAYER #1 will then shoot the ball off the flare screen as the passer receives the next ball from the Gun. The screener will drop back to the elbow and prepare to set the next screen.

Frame 5: PLAYER #2 will then set up the screen and flare opposite in preparation for the shot. The screener will set the screen.

Frame 6: ONCE AGAIN the passer will pass the ball while player #2 is still on the move. Player #1 will move up and prepare for the next flare screen.

Frame 7: PLAYER #2 will then shoot the ball off the flare screen as the passer receives the next ball from the Gun. The screener will move back to the elbow.

Frame 8: PLAYER #1 will set up the screen and flare opposite in preparation for the shot. Once again, the screener sets the screen and player #2 moves back up.

Frame 9: ONCE AGAIN the passer will pass the ball while player #1 is still on the move.
The Gun Drillbook

Lift Flare Action Drill

Frame 10

THIS TIME, player #1 will make the catch off the flare screen and shoot a one-dribble pull-up off the swing through. This just gives the shooter an option off the flare screen. COACH SUMMIT wants to simulate game-like situations as often as possible. The drill continues until a certain number of shots have been taken, made, or a time limit has been reached.
The Gun Drillbook

Low to High

Frame 1

LOW TO HIGH begins with a passer on the wing, two shooters on the opposite block, and a defender inside of the shooters. COACH SUMMIT emphasizes the importance of playing "low to high" and a good swing through on the one-dribble pull-up.

Frame 2

AS THE PASSER is receiving the first ball from the Gun, player #1 will run a curl cut to receive the ball from the passer. Player #1 will receive the ball on the move from the passer.

Frame 3

THE DEFENDER will run at the shooter on the catch. Player #1 will then "swing" through and take a one dribble pull-up, separating from the defender.

Frame 4

AS THE PASSER receives the next ball from the Gun, player #2 will cut off the inside curl action and player #1 will return to the block. The defender will also drop and prepare to run at player #2 upon the catch.

Frame 5

PLAYER #2 will receive the ball from the passer and the defender be there on the catch.

Frame 6

PLAYER #2 will then "swing" through and shoot the one dribble pull-up, creating separation from the defender.

Frame 7

AS THE GUN fires the next pass, each player is back to where they were when the drill began. Player #2 drops back to the block and player #1 is ready to run the curl cut from the block. As the passer catches the ball, player #1 will be on the move preparing to catch the pass with the proper inside curl footwork.
MEMPHIS JUMPERS begins with player #1 standing in front of the Gun on the wing, player #2 at the point, and player #3 on the opposite wing.

Frame 1

Frame 2

Frame 3

As player #1 receives the first pass from the Gun, player #2 will sprint to set a down screen for player #3. Player #3 will set it up and curl to the middle of the floor for a jump shot.

Frame 4

Frame 5

Frame 6

Once player #2 and player #3 have taken 3 shots from the top, the Gun will rotate to the top of the key and the shooters will move to the corner. They will then shoot off the down screen from the corner. Player #1 will follow the Gun to the top of the key and continue to be the passer in the drill.

Frame 7

Frame 8

Frame 9

As player #1 receives the next pass from the Gun, player #3 will sprint to set a down screen for player #2. Player #2 will prepare to receive the screen for the next shot.
PLAYER #2 will shoot the jumper and player #3 will prepare for the screen. This can be flipped and ran from the other side also. Once 3 shots have been taken by player #2 and player #3, The Gun will then rotate to the wing.

AS THE GUN rotates to the wing, player #1 follows as the passer, player #2 goes across as the screener, and player #3 is still the next shooter.

AS PLAYER #1 receives the pass from the Gun, player #2 sprints to down screen for player #3. Player #3 will set up the screen and curl to the top of the key to receive the pass.

NOTE: This drill has many options. Screening angles and footwork on both sides of the floor can be practiced daily. The number of shots from each spot can be changed and the challenge mode can be used if so desired.
The Gun Drillbook
One-Dribble Pull-Up & Curl

Frame 1
Spot - 8
SPS - 999
Time Delay - 2 or 3
3 players

ONE-DRIBBLE PULL-UP & CURL starts with player #1 and #2 at the top of the key. Player #3 will start on the block opposite the way of the one-dribble pull-up. Player #1 will receive the first pass from the Gun and shoot a one-dribble pull-up going right.

Frame 2

AS PLAYER #2 receives the next pass from the Gun, player #3 will run a curl cut. Player #2 will deliver the basketball to player #3 on the move. Player #1 will rotate under the Gun and replace player #3.

Frame 3

PLAYER #3 will shoot the jump shot off the curl cut as player #2 receives the next pass from the Gun.

Frame 4

PLAYER #2 will shoot a one-dribble pull-up as player #3 rotates and replaces player #2 at the top of the key.

Frame 5

AS PLAYER #3 receives the next pass from the Gun, player #1 will run a curl cut and receive the ball from player #1, between the elbow and wing. Player #2 will rotate under the Gun and replace player #1.

Frame 6

PLAYER #1 will shoot the jump shot off the curl as player #3 receives the next pass from the Gun.

Frame 7

PLAYER #3 will shoot a one-dribble pull-up going right. Player #1 will replace player #3 at the top of the key.

Frame 8

PLAYER #1 will receive the next pass from the Gun and deliver it to player #2 on the curl cut. Player #3 will rotate under the Gun and replace player #2.

Frame 9

PLAYER #2 will shoot the jump shot off the curl as player #1 receives the next pass from the Gun.
The Gun Drillbook

One-Dribble Pull-Up & Curl

Frame 1.0

PLAYER #1 will shoot a one-dribble pull-up going right as player #2 replaces at the top of the key. We are now back to where the drill began. The drill continues until a certain amount of shots are taken, made, or a time limit is reached. The drill can be ran to both sides.
In the Partner Shooting Series, Player #1 will receive a pass from the Gun and player #2 will close-out on the catch.

First time through, Player #1 will shot fake and step by for the one-dribble pull-up jump shot. Notice the established pivot foot on the attack and pull-up. This is a "step-by" pull-up.

After the close-out, player #2 will step out and receive the pass from the Gun. Player #1 will then close-out on the catch.

Player #2 will then shot fake and step by for the one-dribble pull-up jump shot.

Player #1 will then receive the next pass from the Gun as player #2 closes out on the catch.

This time, Player #1 will "cross over" and attack for the one dribble pull-up.

Player #2 will now step out and receive the next pass from the Gun and player #1 will close out on the catch.

Player #2 will shot fake, cross over, and shoot a one dribble pull-up.

Partner Shooting Series continues with both players getting shots on step-by pull-ups, crossover pull-ups, rip through's, and catch and shoot jumpers. The drill continues until a certain amount of shots have been taken, made, or a time limit has expired.
The Gun Drillbook
Pass, Move, Penetrate, and Kick

Frame 1
IN PASS, MOVE, PENETRATE, and KICK, Player #1 will receive the pass from the Gun at the Point. Player #1 will then deliver a pass to Player #2 on the wing.

Frame 2
PLAYER #2 will then attack the middles and kick to Player #1 on the wing. Player #1 will move as soon as Player #2 receives the ball and attacks the middle.

Frame 3
PLAYER #1 will then shoot the jump shot off the kick from Player #2. Player #3 will then move up and get ready to receive the next pass from the Gun.

Frame 4
PLAYER #2 will then fill in on the wing the shot came from and Player #1 will fill in behind Player #3 at the point.

Frame 5
PLAYER #3 will then receive the next pass from the Gun and deliver a pass to Player #2 on the wing.

Frame 6
PLAYER #2 will then attack the middle and kick to Player #3 who is moving to create space off the penetration.

Frame 7
PLAYER #3 will shoot the jump shot off the kick from Player #2. Player #2 will then fill opposite wing and Player #1 will move up to receive the next pass from the Gun.

Frame 8
PLAYER #1 will receive the next pass from the Gun and deliver a pass to Player #2 on the wing. Player #3 will once again fill in behind Player #1 at the point.

Frame 9
PLAYER #2 will then attack the middle and kick to Player #1 who is moving to create space on the penetration.
The Gun Drillbook
Pass, Move, Penetrate, and Kick

PLAYER #1 will shoot the jump shot off the kick from Player #2. Player #2 will fill in opposite wing and Player #3 will move up to receive the next pass from the Gun. The drill continues until a certain number of shots have been taken, made, or a time limit has expired.
The Gun Drillbook

Pick & Pop

Frame 1

Spot - 8
Time Delay - 3 or 4
SPS - 999
4 Players

PICK & POP uses 4 players. Player #1 will start at the point, player #2 on the elbow, and player #3 in the corner. Player #1 will receive the pass from the Gun.

Frame 2

PLAYER #2 will set a screen for player #1, and player #1 will attack toward the basket. Player #3 will rise from the corner and receive the hand-off from #1.

Frame 3

PLAYER #3 will shoot off the hand-off. Player #1 will clear to the corner and player #2 will pop and open up to receive the next pass from the Gun.

Frame 4

PLAYER #2 will shoot the jump shot off the pop, and player #3 will move in to set the next screen.

Frame 5

AS PLAYER #2 receives the next pass from the Gun, player #3 will set the on-ball screen. Player #3 will attack toward the basket and hand-off to player #1 rising from the corner.

Frame 6

PLAYER #1 will shoot off the dribble hand-off. Player #2 will clear to the corner, and player #3 will open up and pop to receive the next pass from the Gun.

Frame 7

PLAYER #3 shoots off the pop at the top of the key as player #1 relocates to set the screen on the next pass.

Frame 8

AS PLAYER #3 receives the next pass from the Gun, player #1 sets the on-ball screen. Player #3 then attacks toward the basket and hands off to player #2, rising from the corner.

Frame 9

PLAYER #2 then shoots off the dribble hand-off as player #3 clears to the corner. Player #1 pops and receives the next pass from the Gun at the top of the key.
The Gun Drillbook

Pick & Pop

Frame 10

PLAYER #1 shoots off the pop from the top of the key. Player #2 relocates to set the next on-ball screen.

NOTICE, we are now back in the same positions that we started the drill. At anytime, a defender can be added to guard the attack and the shooter. Player #4 will now represent the defender. As player #1 comes off the ball screen, player #4 will hedge to make player #1 give up the ball. Player #3 will rise from the corner and receive the ball off the dribble hand-off.

Frame 12

PLAYER #3 will shoot the jump shot off the dribble hand-off as player #4 applies pressure on the shot. Player #1 clears to the corner and player #2 pops to receive the next pass from the Gun.

Frame 13

PLAYER #2 shoots off the pop. Player #3 relocates to set the screen and the player #4 settles to hedge on the attack. The drill continues until a certain amount of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Post Entry Shooting

Frame 1

IN POST ENTRY SHOOTING, Player #1 will receive the pass from the Gun and deliver a pass to Player #2 on the wing. Player #2 will then deliver a post entry to Player #3 on the low block.

Frame 2

PLAYER #2 will then cut through to the opposite wing and Player #2 will fill the strong side wing. While players are moving, The Gun will also rotate to the weak side wing.

Frame 3

PLAYER #1 will receive the kick-out from Player #3 and shoot the jump shot off the catch. Then Player #2 will receive a kick-out pass from the Gun for a jump shot.

Frame 4

THE GUN will then rotate back to the point. Player #2 will rotate to the point position, Player #3 will rotate to the wing position, and Player #1 will rotate to the post position.

Frame 5

PLAYER #2 will then receive the next pass from the Gun and deliver a pass to Player #3 on the wing. Player #3 will then deliver a post entry pass to Player #1 on the low block.

Frame 6

PLAYER #3 will then cut through to the opposite wing and Player #2 will fill on the strong side wing. The Gun will move to the weak side wing as the players are moving.

Frame 7

PLAYER #1 will kick out to Player #2 for a jump shot and the Gun will deliver a kick out pass to Player #3 for a catch and shoot jump shot.

Frame 8

THE GUN will rotate back to the point, Player #3 will rotate to the point, and Player #1 and Player #2 will swap positions.

Frame 9

PLAYER #3 will then receive the ball from the Gun and deliver a pass to Player #1 on the wing. Player #1 will then deliver a post entry to Player #2.
The Gun Drillbook

Post Entry Shooting

Frame 1.0

PLAYER #1 will then cut through to the opposite wing and Player #3 will fill the strong side wing. As the players are moving, the Gun will rotate to the weak side wing.

Frame 1.1

PLAYER #3 will then receive a kick out pass from Player #2 and shoot a jump shot off the catch. Then, Player #1 will receive a kick out pass from the Gun for a jump shot.

Frame 1.2

PLAYER #1 will rotate back to the point and Player #2 and Player #3 will swap positions. The Gun will rotate back to the point and we are right back where we began the drill. The drill will continue until a certain number of shots have been taken, made, or a time limit has expired.
POST STEP ACROSS AND FLASH will start with player #1 on the wing in front of the Gun, player #2 as the first shooter, player #3 as the defender, and player #4 as the next shooter.

AS PLAYER #1 receives the first pass form the Gun, player #2 will step across player #3 and flash to the top of the key. Player #1 will deliver the pass for the jumper off the move. Player #2 will catch "inside foot pivot" and cheat-step for balance before the shot.

PLAYER #2 will shoot the jumper. Player #4 now steps up and becomes the next shooter.

AS PLAYER #1 receives the next pass from the Gun, player #2 will clear around the drill to the next position in line under the basket. Player #4 will step across player #3 and flash to the top of the key and receive the pass from player #1.

PLAYER #4 will shoot the jumper as player #3 becomes the next shooter and player #2 becomes the next defender.

AS PLAYER #1 receives the next pass from the Gun, player #2 will step across player #3 and flash to the top of the key to receive the pass. Player #4 will rotate to the next position in line.
The Gun Drillbook

Pull-Up Jumpers

Frame 1

In Pull-Up Jumpers, the Gun will deliver the first ball to Player #1 just inside the half-court line. Player #3 will start behind Player #1 and Player #2 will start opposite.

Frame 2

PLAYER #1 will attack the elbow off the dribble and pull up for a jump shot. As Player #1 is shooting, the Gun will rotate to the next spot and pass the next ball to Player #2.

Frame 3

PLAYER #2 will then attack the elbow for a pull-up jump shot. As Player #2 is shooting, the Gun will rotate back and throw a pass to Player #3. Player #1 will move in behind to receive the next pass behind Player #2.

Frame 4

PLAYER #3 will then attack the elbow for a pull-up jump shot and the Gun will rotate and deliver a pass to Player #1. Player #2 will move in behind Player #3.

Frame 5

PLAYER #1 will then attack the elbow and shoot a pull-up jump shot as the Gun rotates back and delivers a pass to Player #2. Player #3 will fill in behind Player #1.

Frame 6

PLAYER #2 will then attack the elbow and shoot a pull-up jump shot as the Gun rotates and delivers a pass to Player #3. Player #1 will move behind Player #2.

Frame 7

PLAYER #3 will then attack the elbow and shoot a pull-up jump shot as the Gun rotates back and delivers a pass to Player #1. Player #2 rotates in behind Player #3 and we are right back to where the drill began. The drill continues until a certain amount of shots have been taken, made, or a time limit expires.

WordsOnTheBounce.com
RHYTHM SHOOTING is a warm-up drill used to "groove" the shot for a player catching off the pass. Player #1 will catch the pass from the Gun and deliver it to player #2 in rhythm for the shot.

PLAYER #2 will catch in rhythm and shoot the jump shot.

PLAYER #1 will continue delivering the pass to player #2 until a certain number of shots are taken, made, or a time limit is reached.

PLAYER #2 will continue shooting until he/she is warmed up or a goal has been met.
RHYTHM SHOOTING is a warm-up drill used to "groove" the shot for a player catching off the pass. Player #1 will catch the pass from the Gun and deliver it to player #2 in rhythm for the shot.

PLAYER #2 will catch in rhythm and shoot the jump shot. Once player #2 shoots, he/she will move to the next spot for the shot.

PLAYER #1 will continue delivering the pass to player #2 until a certain number of shots are taken, made, or a time limit is reached.

PLAYER #2 will now shoot from the next spot. Once player #2 shoots, he/she will move back to the first spot.

PLAYER #2 will receive the next pass from the Gun and deliver it to player #2.

PLAYER #2 will shoot the jumper off the catch in rhythm. The drill continues with player #2 moving from spot-to-spot until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Running the W

Frame 1

Spot - 3, 5, 8, 11, 13
Time Delay - 4
SPS - 1
2 players

RUNNING THE W incorporates shots around the perimeter with running the floor. Player #1 will shoot from 5 different spots around the perimeter. Player #1 will start in the corner and back pedal to the timeline. Then Player #1 will attack the pass on the run, focusing on catching with balance, one-two footwork, and proper technique on the shot.

Frame 2

PLAYER #1 will then back pedal back to half court and attack the next pass. The Gun will rotate to the next spot and Player #1 will catch on the run, get balanced, and shoot the jumper.

Frame 3

PLAYER #1 will then back pedal back to half court and attack the next pass from the Gun. Player #1 will catch on balance and shoot the jumper with proper technique.

Frame 4

PLAYER #1 will then back pedal back to half court and attack the next pass on the wing. Player #1 will catch on the move, get balanced, and shoot the jumper with proper technique.

Frame 5

AS THE GUN moves to the next spot, Player #1 will step off and Player #2 will step in and back pedal to the timeline and attack the pass. Player #2 will catch on the move, get balanced, and shoot the jumper.

Frame 6

PLAYER #2 will then back pedal back to half court and attack the next pass from the Gun on the wing. Player #2 will catch on balance and shoot the jumper.

Frame 7

PLAYER #2 will then back pedal back to half court and attack the pass at the point. Player #2 will shoot the jumper on the move and continue around the perimeter shooting at the spots selected. Player #1 and Player #2 will continue alternating each time the Gun gets to the corner. Each player will shoot and alternate until a certain amount of shots have been taken, made, or a time limit is reached.
The Gun Drillbook
Running the W with Defender

RUNNING THE W with DEFENDER incorporates shots on the move and shooting under pressure. Player #1 will shoot from 5 different spots around the perimeter. Player #1 will start in the corner and back pedal to the timeline. Then Player #1 will attack the pass on the run, focusing on catching with balance, one-two footwork, and proper technique on the shot. Player #2 will close out and pressure the shot!

PLAYER #1 will then back pedal back to half court and attack the next pass. The Gun will rotate to the next spot and Player #1 will catch on the run, get balanced, and shoot the jumper. Player #2 will close out and pressure the shot!

PLAYER #1 will then back pedal to half court and attack the next pass from the Gun. Player #1 will catch on balance and shoot the jumper with proper technique. Player #2 will close out and pressure the shot!

PLAYER #1 will then back pedal to half court and attack the next pass on the wing. Player #1 will catch on the move, get balanced, and shoot the jumper with proper technique. Player #2 will close out and pressure the shot!

AS THE GUN moves to the next spot, Player #1 will step off and Player #2 will step in and back pedal to the timeline and attack the pass. Player #2 will catch on the move, get balanced, and shoot the jumper. Now player #1 becomes the defender and closes out and pressures the shot!

PLAYER #2 will then back pedal to half court and attack the next pass from the Gun on the wing. Player #2 will catch on balance and shoot the jumper. Player #1 will close out and pressure the shot!

PLAYER #2 will then back pedal to half court and attack the pass at the point. Player #2 will shoot the jumper on the move and continue around the perimeter shooting at the spots selected. Player #1 and Player #2 will continue alternating each time the Gun gets to the corner. Each player will shoot and alternate until a certain amount of shots have been taken, made, or a time limit is reached.
The Gun Drillbook

Screen the Screener

Screen the Screener uses three players. Player #1 will start directly in front of the Gun and be the passer. Player #2 will start at the point as the screener. Player #3 will start opposite of the passer and be the shooter. The passer will become the screener, the screener will become the shooter, and the shooter will become the passer. In this drill, you are able to control the amount of shots that players get from each side.

Frame 1

AS PLAYER #1 receives the pass from the Gun, player #2 will set a down screen for player #3. Player #3 will come off the screen and receive the pass from player #1 in the middle of the floor.

Frame 2

PLAYER #3 will shoot the jump shot off the screen. Player #2 now moves down and becomes the shooter, player #1 moves over and becomes the screener, and player #3 will move over and become the passer.

Frame 3

PLAYER #3 will receive the next pass from the Gun. Player #1 will screen down and player #2 will use the screen and receive the pass from player #3 in the middle of the floor.

Frame 4

PLAYER #2 will shoot the jump shot coming off the screen and then move over and replace player #3. Player #3 will move to the screening position, and player #1 will move down and become the shooter.

Frame 5

PLAYER #2 will receive the next pass from the Gun. Player #3 will down screen for player #1. Player #1 will use the screen and receive the pass from player #2 in the middle of the floor.

Frame 6

PLAYER #1 will shoot the jump shot coming off the screen and then replace player #2. Player #2 will move to the top of the key and become the screener. Player #3 will drop and become the shooter. At this point, each player has shot one shot from this side. For demonstration, we will now swap the Gun to the opposite side and work the drill from the other side. A coach or player may choose how many shots he/she wants before the Gun moves to the opposite side.

Frame 7

SINCE THE GUN has now rotated to the other side, player #3 will move out and become the passer while player #1 drops down and becomes the shooter. This adds the element of communication to the drill. Players must talk on change of sides.

Frame 8

PLAYER #3 will receive the pass from the Gun. Player #2 will set a down screen for player #1. Player #1 will use the screen and receive the ball from player #3 in the middle of the floor.

Frame 9
The Gun Drillbook

Screen the Screener

Frame 10

PLAYER #1 will shoot the jumper coming off the screen and then replace player #3. Player #3 will become the screener and player #2 will drop down and become the shooter. The drill rotation continues on this side until a certain amount of shots have been taken, made, or a time limit has been reached. The Gun will continue to swap sides until expectations have been met.
The Gun Drillbook

Shooting off Screens

Frame 1

THE PASSER starts on the wing with two shooters at the top of the key and one in the corner. The Gun is directed to the wing and will stay there throughout the drill.

Frame 2

THE PASSER will receive the first ball from the Gun and pass it to #1 at the top of the key. The first pass will always go to the line with the most shooters.

Frame 3

PLAYER #1 will shoot the shot as the passer receives the next ball from the Gun. The passer will then deliver the ball to player #3 in the corner.

Frame 4

PLAYER #3 will shoot the ball as #1 cuts under the Gun and rotates toward the corner.

Frame 5

THE PASSER will receive the next ball from the Gun and deliver the pass to #2 at the top of the key. Player #1 will continue toward the corner and player #3 will cut under the Gun toward the top of the key.

Frame 6

PLAYER #2 will shoot the ball and #3 and #1 will continue their cuts. The passer will be receiving the next ball from the Gun.

Frame 7

THE PASSER will then deliver the pass to #1 in the corner on the move. Coach Matta emphasizes using the inside foot while catching on the move. Player #3 will continue towards the point and player #2 will begin to cut under the Gun to replace in the corner.

Frame 8

PLAYER #1 will shoot the shot from the corner as the next ball is coming out of the Gun. Players #2 and #3 continue their cuts.

Frame 9

THE PASSER will deliver the pass to player #3 at the top of the key for the shot. Players #2 and #3 will continue their cuts under the Gun.
The Gun Drillbook

Shooting off Screens

Frame 1.0

PLAYER #3 will shoot the ball from the top of the key as the next ball comes out of the Gun. Player #1 and #2 continue to cut.

Frame 1.1

THE PASSER will deliver the ball to player #2 in the corner. Player #3 will rotate under the Gun toward the corner as player #1 continues to the point.

Frame 1.2

PLAYER #2 will shoot the ball as the next ball comes out of the Gun. Player #3 will continue to cut under the Gun and player #1 will continue to the top of the key.

Frame 1.3

THE PASSER will hit player #1 at the top of the key for the shot. All the players are now back where they began the drill.
THE PASSER starts on the wing with two shooters at the top of the key and one in the corner. The defender will start by the Gun. The Gun is directed to the wing and will stay there throughout the drill.

THE PASSER will receive the first ball from the Gun and pass it to #1 at the top of the key. The defender will close out. The first pass will always go to the line with the most shooters.

PLAYER #1 will shot fake and take a one-dribble pull-up as the passer receives the next ball from the Gun. The defender will pressure the shot and start sprinting to the corner. The passer will then deliver the ball to player #3 in the corner.

PLAYER #3 will shot fake and shoot a one-dribble pull-up as the defender applies pressure. Player #1 will rotate under the Gun toward the corner.

THE PASSER will receive the next ball from the Gun and deliver the pass to #2 at the top of the key. The defender starts sprinting toward the top of the key. Player #1 will continue toward the corner and player #3 will cut under the Gun toward the top of the key.

PLAYER #2 will shot fake and shoot a one-dribble pull-up as #3 and #1 will continue their cuts. The defender will close out and pressure the shooter. The passer will be receiving the next ball from the Gun.

THE PASSER will then deliver the pass to #1 in the corner on the move as the defender starts sprinting toward the shooter. Coach Malta emphasizes using the inside foot while catching on the move. Player #3 will continue towards the point and player #2 will begin to cut under the Gun to replace in the corner.

PLAYER #1 will shot fake and shoot the one dribble pull-up as the defender pressures the ball. At this time, the next ball is coming out of the Gun and Players #2 and #3 continue their cuts.

THE PASSER will deliver the pass to player #3 at the top of the key for the shot. The defender will sprint to close out on #3. Players #2 and #1 will continue their cuts under the Gun.
PLAYER #3 will shot fake and shoot a one-dribble pull-up as the defender pressures the shot. Player #1 and #2 continue to cut as the next ball comes out of the Gun.

Frame 11

THE PASSER will deliver the ball to player #2 in the corner. Player #3 will rotate under the Gun toward the corner as player #1 continues to the point. The defender will sprint toward the corner to pressure the shooter.

Frame 12

PLAYER #2 will shot fake and shoot a one dribble pull-up as the defender applies pressure. Player #3 will continue to cut under the Gun and player #1 will continue to the top of the key as the next ball comes out of the Gun.

Frame 13

THE PASSER will hit player #1 at the top of the key for the shot. All the players are now back where they began the drill.
COACH SUMMIT emphasizes the importance of "selling" the shot fake and swinging through to "separate" from the defense on the one-dribble pull-up. Player #1 will begin in front of the Gun while Player #2 will start next to her in the direction the Gun is moving to next. The one-dribble pull-up will be performed in the direction opposite of the way the Gun is turning.

PLAYER #1 will receive the pass from the Gun, shot fake, and take one dribble right for the pull-up jumper. Player #1 will go right since the Gun's next pass will be thrown to #2 on the left as it rotates.

PLAYER #2 will then receive the next pass from the Gun as it rotates to the next spot. Once player #1 shoots, he/she will move around Player #2 and prepare to catch the next pass from the Gun as it rotates.

PLAYER #2 shot fakes and takes one dribble right for the pull-up jumper. As the Gun Rotates, Player #1 moves to catch the pass from the Gun at the next spot.

PLAYER #1 shot fakes and takes a one-dribble pull-up right for the jumper. Player #2 goes behind Player #1 and prepares to catch the next pass from the Gun as it rotates.

PLAYER #2 then moves into position to catch the next ball out of the Gun. The Drill continues around the perimeter to the selected spots. Once the Gun hits the left corner, players will continue the drill in the opposite direction performing a one-dribble pull-up to the left.
The Gun Drillbook

Shoulder Square Threes

SQUARE UP THREES begins with a shooter on each wing and a defender beside the Gun.

Frame 1: Spot 5 & 11, Time Delay 1, SPS 1, 3 Players

Frame 2: PLAYER #1 will catch the first ball out of the Gun and shoot a square-up three. Player #2 will close-out and pressure the shot. Coach Self emphasizes the "one-two" step on the catch.

Frame 3: AS THE GUN rotates to the opposite wing, player #2 will replace player #1 on the wing and player #1 becomes the defender for the next shot.

Frame 4: PLAYER #3 will receive the next pass from the Gun and shoot a square-up three. Player #1 will close-out and pressure the shot!

Frame 5: AS THE GUN rotates to the opposite wing, player #1 replaces player #3 and player #3 becomes the defender for the next shot.

Frame 6: PLAYER #2 will catch the next pass from the Gun and shoot a square-up three. Player #3 will close-out and pressure the shot.

Frame 7: AS THE GUN rotates to the opposite wing, player #3 replaces player #2 and player #2 becomes the defender for the next shot.

Frame 8: PLAYER #1 catches the next pass from the Gun and shoots the square-up three while player #3 pressures the shot.

Frame 9: AS THE GUN rotates to the opposite wing, player #3 replaces player #1 and player #1 becomes the defender for the next shot.
The Gun Drillbook

Shoulder Square Threes

Frame 1.0

PLAYER #2 receives the next pass from the Gun and shoots a square-up three as player #1 pressures the shot.

Frame 1.1

AS THE GUN rotates to the opposite wing, player #1 replaces player #2 and player #2 becomes the defender. We are now back to where the drill began. The drill continues until a number of shots have been taken, made, or a time limit has expired.
The Gun Drillbook

Sideline Pick & Pop

Frame 1

SIDELINE PICK & POP starts with two guards on the wing and a screener up top. As player #1 receives the pass from the Gun, player #3 will set a ball screen for player #1.

Frame 2

AS PLAYER #1 uses the screen, player #3 will open up and pop to receive the pass.

Frame 3

PLAYER #1 will pass to player #3 on the pop for the jump shot. Player #2 will step up and prepare to catch the next pass from the Gun.

Frame 4

AS PLAYER #2 receives the pass from the Gun, player #3 will now come back and set a ball screen for player #2 from the opposite direction. Player #1 will return to the end of the line.

Frame 5

PLAYER #2 will use the ball screen while player #3 opens up and pops to receive the pass.

Frame 6

PLAYER #2 will then pass to player #3 for the jumper off the pop. Player #3 will shoot the jumper and then prepare to set the screen for player #1. The drill continues until a certain amount of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Skip Pass Jumpers

Frame 1

Spot - 4 & 12
SPS - 4
Time Delay - 2 or 3
2 players

SKIP PASS JUMPERS will start with player #1 on the wing directly in front of the Gun. Player #2 will start in the opposite corner. As player #1 catches the pass from the Gun, player #2 will cut to the wing and receive the ball for the shot.

Frame 2

PLAYER #2 will shoot the jumper from the wing as player #1 prepares to receive the next pass from the Gun.

Frame 3

AFTER PLAYER #1 receives the pass from the Gun, he/she will deliver a skip pass to player #2 who is fading to the corner.

Frame 4

PLAYER #2 will shoot the jump shot from the corner.

Frame 5

AS PLAYER #1 receives the next pass from the Gun, player #2 will move up from the wing and catch the skip pass on the move for a jump shot. This is an "air-time" move. Player #2 should be on the move when the ball is in the air.

Frame 6

PLAYER #2 will shoot the jump shot from the wing.

Frame 7

AS PLAYER #1 receives the pass from the Gun, player #2 will fade to the corner. Player #1 will deliver a skip pass to player #2 in the corner.

Frame 8

PLAYER #2 will shoot the jump shot from the corner. Since the drill was programmed to shoot out 4 passes per spot, the Gun will now move to the opposite wing.

Frame 9

AFTER PLAYER #2 shoots from the corner, he/she will move up to the wing to receive the next pass from the Gun. Now the drill reverses and player #1 becomes the shooter.
The Gun Drillbook
Skip Pass Jumpers

Frame 1.0
PLAYER #2 will throw the skip pass to player #1 who is fading to the corner to receive the pass.

Frame 1.1
PLAYER #1 will shoot the jumper from the corner.

Frame 1.2
AS PLAYER #2 receives the next pass from the Gun, player #1 will move up from the wing to receive the skip pass.

Frame 1.3
PLAYER #1 will shoot the jump shot from the wing. The drill continues with each player shooting four shots from each side. The drill ends when a certain amount of shots have been taken, made, or a time limit is reached.
The Gun Drillbook
Skip Pass Jumpers with Defense

Frame 1

Spot - 4 & 12  
SPS - 4  
Time Delay - 2 or 3  
3 players

SKIP PASS JUMPERS will start with player #1 on the wing directly in front of the Gun. Player #2 will start in the opposite corner. As player #1 catches the pass from the Gun, player #2 will cut to the wing and receive the ball for the shot. Player #3 will put pressure on the shot by closing out or flying by. Now the shooter has to make a decision to shoot the jumper or the one-dribble pull-up.

Frame 2

PLAYER #2 will shoot the jumper from the wing as player #1 prepares to receive the next pass from the Gun.

Frame 3

AFTER PLAYER #1 receives the pass from the Gun, he/she will deliver a skip pass to player #2 who is fading to the corner. Player #3 will drop back to the middle and then close out and pressure the shot.

Frame 4

PLAYER #2 will shoot the jump shot from the corner. Player #3 will close out or fly by.

Frame 5

AS PLAYER #1 receives the next pass from the Gun, player #2 will move up from the wing and catch the skip pass on the move for a jump shot. This is an "air-time" move. Player #2 should be on the move when the ball is in the air. Player #3 will drop and then pressure on the catch.

Frame 6

PLAYER #2 will shoot the jump shot from the wing. Player #3 will apply pressure on the release.

Frame 7

AS PLAYER #1 receives the pass from the Gun, player #2 will fade to the corner. Player #1 will deliver a skip pass to player #2 in the corner. Player #3 will close out on the catch.

Frame 8

PLAYER #2 will shoot the jump shot from the corner. Since the drill was programmed to shoot out 4 passes per spot, the Gun will now move to the opposite wing. Player #3 continues to pressure the shot.

Frame 9

AFTER PLAYER #2 shoots from the corner, he/she will move up to the wing to receive the next pass from the Gun. Now the drill reverses and player #1 becomes the shooter. Player #3 will now move to the other side of the floor to defend player #1.
The Gun Drillbook
Skip Pass Jumpers with Defense

Frame 10
PLAYER #2 will throw the skip pass to player #1 who is fading to the corner to receive the pass. Player #3 closes out or flies by on the shot.

Frame 11
PLAYER #1 will shoot the jumper from the corner.

Frame 12
AS PLAYER #2 receives the next pass from the Gun, player #1 will move up from the wing to receive the skip pass. Player #3 continues to drop and apply pressure on the catch.

Frame 13
PLAYER #1 will shoot the jump shot from the wing. The drill continues with each player shooting four shots from each side. The drill ends when a certain amount of shots have been taken, made, or a time limit is reached.
IN SNAKE SHOOTING, 3 players will move around the perimeter shooting on the move and off the catch. Player #1 will catch and shoot and then move behind Players #2 & #3 and prepare for the pass coming his/her way next. The Gun will be turned up full speed so players will have to be on the move when they catch. Once again, Coach Alford explain the importance of shot prep in this drill!

THE GUN will now move and deliver a pass to player #2 who will shoot the jump shot off the catch. As the Gun moves, player #1 will move behind players #2 and #3 to get ready for his/her next shot.

PLAYER #3 will now receive a pass from the Gun as Player #2 and #1 move around to prepare for their next shots. Player #1 should be moving into position to shot prep as player #2 begins to move behind player #3 and player #1.

PLAYER #1 is now in position to receive the pass the Gun and shoot the next shot. Player #2 is moving into position to receive the next pass, while player #3 moves behind player #1 and player #2 to prepare for his/her next shot. The drill continues around the perimeter until a certain number of shots are attempted, made, or a time limit has expired.
SPACING DRILL begins with player #1 receiving the pass from the Gun on the wing. Player #2 starts at the top of the key with adequate spacing, and players #3 and #4 start in the corner. As Coach Hatchell explains, this is a drill that every team in America needs.

PLAYER #1 will shoot the first pass received from the Gun.

AFTER PLAYER #1 receives the next pass from the Gun, he/she will attack the middle and kick to player #2 on the wing, who keeps proper spacing on the attack. Player #2 will shoot off the catch and player #3 will replace player #1 on the wing.

PLAYER #3 will receive the next pass from the Gun and shoot off the catch. Player #1 will space out to the top of the key and player #2 will rotate to the corner under the basket.

WHEN PLAYER #3 receives the next pass from the Gun, he/she will attack the middle and kick to player #1 on the wing. Player #4 will move up to replace on the wing and player #2 will move to the corner.

PLAYER #1 will shoot the jump shot off the pass as player #4 prepares to receive the next pass from the Gun.

PLAYER #4 will shoot the jump shot off the catch. Player #3 will relocate to the point and player #1 will rotate under the Gun to the opposite corner.

WHEN PLAYER #4 receives the next pass from the Gun, he/she will attack the middle and kick opposite to player #3 who is moving to the wing off the drive. Player #2 will move up to the wing and player #1 fills in the corner.

PLAYER #3 will shoot the jump shot as player #2 prepares to receive the next pass from the Gun.
The Gun Drillbook

Spacing Drill

Frame 1.0

PLAYER #2 will shoot the jumper off the catch as player #4 relocates to the point and player #3 rotates to the opposite corner underneath the basket.

Frame 1.1

AS PLAYER #2 receives the next pass from the Gun, he/she will attack and kick opposite to player #4 on the wing. Player #1 will move up and fill the wing and player #3 will move to the corner.

Frame 1.2

PLAYER #4 will shoot the jumper as player #1 prepares to receive the next pass from the Gun. Player #2 will space to the point, and we are right back where we began the drill. The drill continues until a certain amount of shots have been taken, made, or a certain time has been reached.
The Gun Drillbook

Spacing Drill

Frame 1

SPACING DRILL starts with Player #1 on the wing, Player #2 at the top of the key, and two players in the corner. The Gun is pointed toward player #1 and will stay in that position throughout the entire drill.

Frame 2

PLAYER #1 will catch and shoot the first pass received from the Gun.

Frame 3

PLAYER #1 will receive the next pass from the Gun and attack the middle to kick opposite. Player #2 will move with the dribble to receive the pass and player #3 will lift from the corner to fill on the wing. Player #4 fills in the corner.

Frame 4

PLAYER #2 will catch and shoot while #3 is receiving the next pass from the Gun. Player #1 will relocate to the point and prepare to move on the attack.

Frame 5

PLAYER #3 will shoot the ball while player #2 cuts underneath the Gun to fill in the opposite corner.

Frame 6

PLAYER #3 will receive the next pass from the Gun and attack the middle to kick opposite. Player #1 will move with the dribble to receive the pass and player #4 will lift from the corner to fill on the wing. Player #2 fills in the corner.

Frame 7

PLAYER #1 will shoot the ball while player #4 receives the next pass from the Gun. Player #3 will space out to the point and prepare to move on the drive.

Frame 8

PLAYER #4 will shoot off the catch and player #1 will cut underneath the Gun to fill on the opposite side.

Frame 9

PLAYER #4 will receive the next pass from the Gun and attack the middle to kick opposite. Player #3 will move with the dribble to receive the pass and player #2 will lift from the corner to fill on the wing. Player #1 fills in the corner.
The Gun Drillbook
Spacing Drill

Frame 10

PLAYER #3 will shoot the ball while player #2 receives the next pass from the Gun. Player #4 will relocate to the point and prepare to move off the attack.

Frame 11

PLAYER #2 will shoot the ball while player #2 cuts underneath the Gun to fill on the opposite side.

Frame 12

PLAYER #2 will receive the next pass from the Gun and attack the middle to kick opposite. Player #4 will move with the dribble to receive the pass and player #1 will lift from the corner to fill on the wing. Player #3 fills in the corner.

Frame 13

PLAYER #4 will shoot the ball as player #1 receives the next pass from the Gun. Player #2 will relocate to the point and prepare to move with the next attack. Notice we are back to where we were when we started the drill. All players move in a circular motion as they learn to create proper spacing on the drive.
The Gun Drillbook

Spacing Drill w/Defense

Frame 1
SPACING DRILL starts with Player #1 on the wing. Player #2 at the top of the key, and two players in the corner. The Gun is pointed toward player #1 and will stay in that position throughout the entire drill. The defender will start up the line on player #2 and prepare to help on the drive.

Frame 2
PLAYER #1 will catch and shoot the first pass received from the Gun.

Frame 3
PLAYER #1 will receive the next pass from the Gun and attack the middle to kick opposite. Player #2 will move with the dribble to receive the pass and player #3 will lift from the corner to fill on the wing. Player #4 fills in the corner. The defender will drop into help on the drive and force Player #1 to pass.

Frame 4
PLAYER #2 will catch and shoot while #3 is receiving the next pass from the Gun. Player #1 will relocate to the point and prepare to move on the attack. The defender will close-out on the shooter to pressure the shot.

Frame 5
PLAYER #3 will shoot the ball while player #2 cuts underneath the Gun to fill in the opposite corner. The defender will return to the initial position.

Frame 6
PLAYER #3 will receive the next pass from the Gun and attack the middle to kick opposite. Player #1 will move with the dribble to receive the pass and player #4 will lift from the corner to fill on the wing. Player #2 fills in the corner. The defender will drop to help cut off the drive.

Frame 7
PLAYER #1 will shoot the ball while player #4 receives the next pass from the Gun. Player #3 will space out to the point and prepare to move on the drive. The defender will close-out on Player #1 to pressure the shot.

Frame 8
PLAYER #4 will shoot off the catch and player #1 will cut underneath the Gun to fill on the opposite side. The defender returns to the initial position.

Frame 9
PLAYER #4 will receive the next pass from the Gun and attack the middle to kick opposite. Player #3 will move with the dribble to receive the pass and player #2 will lift from the corner to fill on the wing. Player #1 fills in the corner. The defender drops to help on the drive and stops the ball.
The Gun Drillbook

Spacing Drill w/Defense

Frame 1.0
PLAYER #3 will shoot the ball while player #2 receives the next pass from the Gun. Player #4 will relocate to the point and prepare to move off the attack. The defender will close-out on player #3 to pressure the shot.

Frame 1.1
PLAYER #2 will shoot the ball while player #2 cuts underneath the Gun to fill on the opposite side. The defender will return to the initial position.

Frame 1.2
PLAYER #2 will receive the next pass from the Gun and attack the middle to kick opposite. Player #4 will move with the dribble to receive the pass and player #1 will lift from the corner to fill on the wing. Player #3 fills in the corner. The defender will drop into help on the drive to stop the ball.

Frame 1.3
PLAYER #4 will shoot the ball as player #1 receives the next pass from the Gun. Player #2 will relocate to the point and prepare to move with the next attack. The defender will close out on player #4 to pressure the shot. Notice we are back to where we were when we started the drill. All players move in a circular motion as they learn to create proper spacing on the drive.
The Gun Drillbook

Spot Shooting

Frame 1

SPOT SHOOTING is set up with players in a line facing the Gun. Each player will shoot and then rotate to the end of the line. Coach Matta emphasizes the "one-two step" and focusing on game speed.

Frame 2

PLAYER #1 catches the first pass and shoots the ball off the catch. Then #1 will rotate to the end of the line.

Frame 3

THEN PLAYER #2 will step to the pass and catch the next ball from the Gun. Player #2 will then shoot the ball off the catch.

Frame 4

PLAYER #3 then steps forward and catches the next ball from the Gun. Player #3 will shoot the ball off the catch as player #2 rotates to the end of the line. Time delay between passes will depend on the experience of the shooters and the speed of their release.

Frame 5

PLAYER #4 will then catch the next pass and shoot off the catch. Player #3 rotates to the end of the line.

Frame 6

PLAYER #1 will then step up and shoot off the catch again. The drill continues until a certain amount of shots have been taken, made, or a time limit is reached. This drill can be done from any spot on the floor.
SPOT SHOOTING w/ shot fake pull-ups begins with all the players in a line facing the Gun. The players can shoot from any spot on the floor. Once a player shoots the pull-up, he/she will rotate to the back of the line.

PLAYER #1 will catch the pass from the Gun, shot fake, and take a one-dribble pull-up. Players can choose to go right, left, or alternate directions off the dribble.

PLAYER #2 will then catch the next pass from the Gun, shot fake, and take a one-dribble pull-up. Player #1 will move to the end of the line.
The Gun Drillbook
Spot-to-Spot Guard Shooting

SPOT-to-SPOT GUARD SHOOTING works the shooter around the perimeter, shooting at different spots. The coach or player can select the number of shots at each spot before the Gun rotates. In this drill, player #1 will shoot 3 shots from 3 spots on the floor. Player #1 will start behind the 3-point arc, elbow extended.

PLAYER #1 will shoot 3 shots off the catch from the elbow extended. The time delay between passes depends on the ability of the shooter. If the athlete is young and your focus is technique, you will slow down the time delay to allow more time to focus on the finish of the shot. For the developed shooter, speed of the release may be more important.

ONCE PLAYER #1 has shot three from the elbow extended, the Gun will move to the top of the key. Player #1 will then shoot 3 shots from the top of the key.

ONCE PLAYER #1 has shot 3 shots from the top of the key, the Gun will move to the opposite elbow and player #1 will shoot three shots from that spot.

ONCE PLAYER #1 has shot three shots from the three spots selected, the Gun will rotate back toward the first spot selected. Player #1 will keep shooting from those 3 spots until a certain number of shots have been taken or a time limit has been reached.
SPOT-to-SPOT GUARD SHOOTING (CHALLENGE MODE) works the shooter around the perimeter, with the focus of "making" a certain number of shots at a spot before the Gun moves. The coach or player can select the number of shots that need to be made at each spot before the Gun rotates. In this drill, player #1 has to make 3 shots from 3 spots on the floor. Player #1 will start behind the 3-point arc, elbow extended.

Frame 3

ONCE PLAYER #1 has made 3 shots from the elbow extended, the Gun will move to the top of the key. Player #1 then has to make 3 shots from the top of the key.

Frame 4

ONCE PLAYER #1 has made shoots from the top of the key, the Gun will move to the opposite elbow and player #1 has to make three shots from that spot.

Frame 5

ONCE PLAYER #1 has made three shots from the three spots selected, the Gun will rotate back toward the first spot selected. Player #1 will keep shooting from those 3 spots until a certain number of shots have been made or a time limit has been reached.
The Gun Drillbook
Spot-to-Spot Guard Shooting (Challenge Mode) "In a Row"

Frame 1

Spot - 5,8,11
SPS - 3
Time Delay - 1 - 3
1 player

SPOT-TO-SPOT GUARD SHOOTING (CHALLENGE MODE)
"IN A ROW" works the shooter around the perimeter, with the focus of "making" a certain number of shots "in a row" at each spot before the Gun moves. The coach or player can select the number of shots that need to be made in a row at each spot before the Gun rotates. In this drill, player #1 has to make 3 shots from 3 spots on the floor. Player #1 will start behind the 3-point arc, elbow extended.

Frame 2

PLAYER #1 has to make 3 shots "in a row" off the catch from the elbow extended. The Gun will not move until 3 shots in a row are made from the spot selected. The time delay between passes depends on the ability of the shooter. If the athlete is young and your focus is technique, you will slow down the time delay to allow more time to focus on the finish of the shot. For the developed shooter, speed of the release may be more important.

Frame 3

ONCE PLAYER #1 has made 3 shots "in a row" from the elbow extended, the Gun will move to the top of the key. Player #1 then has to make 3 shots from the top of the key.

Frame 4

ONCE PLAYER #1 has made 3 shots "in a row" from the top of the key, the Gun will move to the opposite elbow and player #1 has to make three shots from that spot.

Frame 5

ONCE PLAYER #1 has made three shots "in a row" from the three spots selected, the Gun will rotate back toward the first spot selected. Player #1 will keep shooting from those 3 spots until a certain number of shots have been made or a time limit has been reached.
The Gun Drillbook
Stationary Shooting (Successful Repetition)

Frame 1

ONE SHOOTER with the Gun working on successful repetition. The shooter can choose any spot on the floor and shoot until a certain number of shots are made. Coach Miller emphasizes the importance of staying low, catching off the one-two step, and getting good leg drive. The spot, time delay, and # of shots made are set according to the progress of the shooter.

Frame 2

PLAYER #1 will receive the pass from the Gun and shoot off the catch.

Frame 3

PLAYER #1 will continue to shoot until a goal is reached. This is a great drill to focus on technique and success repetition.
IN TAXI SHOOTING, player #1 will receive the pass from the Gun and attack the middle and execute a dribble hand-off to player #2.

PLAYER #2 will shoot the jump shot off the dribble hand-off and clear to receive the next pass from the Gun. Player #1 will space out to the opposite side and prepare to receive the dribble hand-off from player #2 on the drive.

PLAYER #2 will receive the next pass from the Gun and attack the middle and execute a dribble hand-off to player #1.

PLAYER #1 will shoot the jump shot off the dribble hand-off and space out to the wing. Player #2 will space out to the opposite side. As this occurs, the Gun will now move to the opposite wing and player #2 will prepare to receive the next pass from the Gun.

PLAYER #2 will receive the next pass from the Gun and execute a dribble hand-off to player #1.

PLAYER #1 will then shoot off the dribble hand-off and replace on the wing. Player #2 will space out to the wing and prepare for the dribble hand-off.

PLAYER #1 will receive the next pass from the Gun and attack the middle and execute a dribble hand-off to Player #2.

PLAYER #2 will shoot the jump shot off the dribble hand-off and relocate to the wing. Player #1 will space out and prepare to receive the next pass from the Gun on the opposite wing. During this shot, the Gun will move back to the wing where it started.

WE ARE now back to where we began the drill. Player #1 will attack the middle and execute a dribble hand-off to player #2. The drill continues until a certain amount of shots are taken, made, or a certain amount of time has expired.
The Gun Drillbook

Transition Jumpers

TRANSITION JUMPERS begins with a passer at the top of the key, two players on the right wing, and one player on the left wing. The passer is responsible for getting the ball from the Gun and delivering it to shooters on alternating wings. The shooters will catch the pass, shoot, and then sprint to half court and fill the lane on the opposite wing. NOTE: Cones or chairs are often placed at half-court to force players to get wide when they fill the lanes.

ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer.

THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players.

PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun.

PLAYER #2 shoots the ball as the passer is receiving the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing.

PLAYER #3 receives the pass. Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing.

PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing.
The Gun Drillbook

Transition Jumpers

Frame 10

THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11

PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.

Frame 12

THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13

PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
**The Gun Drillbook**

**Transition Jumpers**

**Frame 1:** Transition Jumper begins with a passer at the top of the key, two players on the right wing, and one player on the left wing. The passer is responsible for getting the ball from the Gun and delivering it to shooters on alternating wings. The shooters will catch the pass, shoot, and then sprint to half court and fill the lanes on the opposite wing. NOTE: Cones or chairs are often placed at half-court to force players to get wide when they fill the lanes.

**Frame 2:** The passer will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players.

**Frame 3:** Player #1 will then shoot the ball as the passer is receiving the next ball out of the Gun.

**Frame 4:** Once Player #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer.

**Frame 5:** Player #2 shoots the ball as the passer is receiving the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing.

**Frame 6:** As Player #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

**Frame 7:** Player #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing.

**Frame 8:** Player #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

**Frame 9:** Player #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing.
The Gun Drillbook

Transition Jumpers

Frame 10

THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11

PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.

Frame 12

THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to court.

Frame 13

PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook
Transition Jumpers - Slide the Line

Frame 1
Transition Jumpers (Slide the Line) begins with a...
The Gun Drillbook
Transition Jumpers - Slide the Line

Frame 10

THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11

PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.

Frame 12

THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13

PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook
Transition Jumpers w/Defense

TRANSITION JUMPERS w/DEFENSE begins with a passer ...

THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players. The defender will be there on the catch to pressure the shooter.

PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun. Once the shot is off, the defender will start to sprint to the opposite wing to pressure the shot on the opposite side. NOTE: The defender must be aware of the ball coming out of the Gun and wait to cross in front of the Gun until the ball comes out!

ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer. The defender will close out on the catch in an attempt to pressure the shot.

PLAYER #2 shoots the ball with a defender applying pressure and the passer receives the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing, and the defender starts sprinting toward the next pass.

AG PLAYER #3 receives the pass. Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing. The defender applies pressure and starts sprinting toward the next shooter.

PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing. The defender pressures the shot and prepares to sprint to the next shooter.
The Gun Drillbook
Transition Jumpers w/Defense

Frame 10
THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11
PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing. The defender pressures the shot and prepares to sprint toward the next shooter.

Frame 12
THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13
PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Player #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. The defender closes out and pressures the shot. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
COMMUNICATION DRILL begins with a passer at the top of the key, two players on the right wing, and one player on the left wing. The passer is responsible for getting the ball from the Gun and delivering it to shooters on alternating wings. The shooters will catch the pass, shoot, and then sprint to half court and fill the lane on the opposite wing. NOTE: Cones or chairs are often placed at half-court to force players to get wide when they fill the lanes.

ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer.

THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players.

PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun.

PLAYER #2 shoots the ball as the passer is receiving the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing.

PLAYER #3 receives the pass. Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing.

PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing.
The Gun Drillbook
Transition Offensive Shooting

Frame 10
THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11
PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.

Frame 12
THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13
PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook
Transition Offensive Shooting (with Defense & Pull Up Jump Shot)

The PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players. The defender will be there on the catch to pressure the shooter.

PLAYER #1 will then shot fake, and take a one-dribble pull-up as the passer is receiving the next ball out of the Gun. Once the shot is off, the defender will start to sprint to the opposite wing to pressure the shot on the opposite side. NOTE: The defender must be aware of the ball coming out of the Gun and wait to cross in front of the Gun until the ball comes out!

PLAYER #2 will shoot fake, and shoot the one-dribble pull-up as the passer receives the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing, and the defender starts sprinting toward the next pass.

PLAYER #3 will shoot the one-dribble pull-up as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing. The defender applies pressure and starts sprinting toward the next shooter.

PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

PLAYER #1 shoots the one-dribble pull-up as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing. The defender pressures the shot and prepares to sprint to the next shooter.

WordsOnTheBounce.com pd. 123
The Gun Drillbook
Transition Offensive Shooting (with Defense & Pull Up Jump Shot)

Frame 10
THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11
PLAYER #2 shoots the one-dribble pull-up as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing. The defender pressures the shot and prepares to sprint toward the next shooter.

Frame 12
THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13
PLAYER #3 shoots the one-dribble pull-up as the passer receives the next ball from the Gun. Player #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. The defender closes out and pressures the shot. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Transition Offensive Shooting (with Defense)

Frame 1: Transition Offensive Shooting w/Defense begins...

Frame 2: The passer will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players. The defender will be there on the catch to pressure the shooter.

Frame 3: Player #1 will then shoot the ball as the passer is receiving the next ball out of the Gun. Once the shot is off, the defender will start to sprint to the opposite wing to pressure the shot on the opposite side. NOTE: The defender must be aware of the ball coming out of the Gun and wait to cross in front of the Gun until the ball comes out.

Frame 4: Once Player #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer. The defender will close out on the catch in an attempt to press the shot.

Frame 5: Player #2 shoots the ball with a defender applying pressure and the passer receives the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing, and the defender starts sprinting toward the next pass.

Frame 6: As Player #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

Frame 7: Player #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing. The defender applies pressure and starts sprinting toward the next shooter.

Frame 8: Player #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

Frame 9: Player #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing. The defender pressures the shot and prepares to sprint to the next shooter.
The Gun Drillbook

Transition Offensive Shooting (with Defense)

Frame 10
THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11
PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing. The defender pressures the shot and prepares to sprint toward the next shooter.

Frame 12
THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13
PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Player #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. The defender closes out and pressures the shot. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook

Transition Shooting

COMMUNICATION DRILL begins with a passer at the top of the key, two players on the right wing, and one player on the left wing. The passer is responsible for getting the ball from the Gun and delivering to shooters on alternating wings. The shooters will catch the pass, shoot, and then sprint to half court and fill the lane on the opposite wing. NOTE: Cones or chairs are often placed at half-court to force players to get wide when they fill the lanes.

ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer.

PLAYER #2 shoots the ball as the passer is receiving the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing.

PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing.

PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the opposite side to fill the left wing.
The Gun Drillbook
Transition Shooting

Frame 10

THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11

PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.

Frame 12

THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13

PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
The Gun Drillbook
Transition Shooting (with Defense)

Frame 1

TRANSITION OFFENSIVE SHOOTING w/DEFENSE begins...

Frame 2

THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players. The defender will be there on the catch to pressure the shooter.

Frame 3

PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun. Once the shot is off, the defender will start to sprint to the opposite wing to pressure the shot on the opposite side. NOTE: The defender must be aware of the ball coming out of the Gun and wait to cross in front of the Gun until the ball comes out!

Frame 4

ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer. The defender will close out on the catch in an attempt to pressure the shot.

Frame 5

PLAYER #2 shoots the ball with a defender applying pressure and the passer receives the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing, and the defender starts sprinting toward the next pass.

Frame 6

AG PLAYER #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

Frame 7

PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the opposite wing. The defender applies pressure and starts sprinting toward the next shooter.

Frame 8

PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.

Frame 9

PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is in position to fill the left wing. The defender pressure the shot and prepares to sprint to the next shooter.
The Gun Drillbook
Transition Shooting (with Defense)

Frame 10
THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.

Frame 11
PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing. The defender pressures the shot and prepares to sprint toward the next shooter.

Frame 12
THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

Frame 13
PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Player #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. The defender closes out and pressures the shot. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.
WING CURLS AND FLARES begins with a passer at the top of the key, and two shooters on each side of the block. The Gun will be directed to the top of the key and remain there throughout the drill.

AS THE PASSER receives the ball from the Gun, player #1 will run a curl cut and receive the ball from the passer. Coach Izzo explains the importance of a good passer at the top of the key. He says good shots come from good passes while poor shots come from poor passes.

PLAYER #1 will then shoot the ball as the passer receives the next ball from the Gun. Player #3 will flare off the screen and prepare to receive the pass for a shot. The passer will deliver the pass to #3 on the move.

PLAYER #3 will shoot the ball off the flare and #1 will rotate under the Gun to the line on the opposite side.

AS THE PASSER receives the ball from the Gun, player #2 will run a curl cut and receive the pass from the passer on the move. Player #3 will rotate under the Gun and fill on the opposite side.

PLAYER #2 will shoot the ball as the passer receives the next ball from the Gun. Player #4 will flare off the screen and prepare to receive the pass for a shot. The passer will deliver the pass to #4 on the move.

PLAYER #4 will shoot the ball off the flare and #1 will rotate under the Gun to the line on the opposite side.

AS THE PASSER receives the next ball from the Gun, player #3 will curl around the screen and receive the pass from the passer. Player #4 will rotate under the Gun and fill on the opposite side.

PLAYER #3 will shoot the ball as the passer receives the next ball from the Gun. Player #1 will flare off the screen and prepare to receive the pass for a shot. The passer will deliver the pass to #1 on the move.
Frame 1.0

PLAYER #1 will shoot the ball as #3 rotates under the Gun to the line on the opposite side.

Frame 1.1

AS THE PASSER receives the next ball from the Gun, player #4 will curl around the screen and receive the pass from the passer. Player #1 will rotate under the Gun and fill on the opposite side.

Frame 1.2

PLAYER #4 will shoot the ball as the passer receives the next ball from the Gun. Player #2 will flare off the screen and prepare to receive the pass for a shot. The passer will deliver the pass to #2 on the move.

Frame 1.3

PLAYER #2 will shoot the ball as #4 rotates under the Gun to the line on the opposite side.

Frame 1.4

AS THE PASSER receives the next ball, player #2 rotates under the Gun and all players are back to the spots where they began the drill.
WING THROUGHS starts with player #1 at the point, 2 players on one block, and a single player on the opposite block. Once player #1 receives the first pass from the Gun, player #2 will cut to the wing and receive the pass from player #1.

PLAYER #2 will shoot the jumper from the wing. Player #1 will prepare to catch the next pass from the Gun.

PLAYER #4 will cut to the wing and receive the pass from player #1. Player #2 will rotate under the Gun to the opposite block.

PLAYER #4 will shoot the jumper from the wing as player #1 receives the next pass from the Gun.

PLAYER #1 will pass to player #3 on the wing. Player #4 will rotate under the Gun to the opposite block.

PLAYER #3 will shoot the jumper from the wing. Player #1 will then receive the next pass from the Gun.

PLAYER #1 will deliver the pass to player #2 on the wing. Player #3 will rotate under the Gun to the opposite block.

PLAYER #2 will shoot the jumper from the wing. Player #1 will receive the next pass from the Gun.

PLAYER #1 will deliver the pass to player #4 on the wing. Player #2 will rotate under the Gun to the opposite block.
The Gun Drillbook

Wing Throughs

Frame 10
PLAYER #4 will shoot the jumper from the wing, and then player #1 will receive the next pass from the Gun.

Frame 11
PLAYER #1 will deliver the pass to player #3 on the wing. Player #4 will rotate under the Gun to the opposite block.

Frame 12
PLAYER #3 will shoot the jumper from the wing, and player #1 will receive the next pass from the Gun.

Frame 13
PLAYER #2 will receive the next pass from player #1 and player #3 will rotate under the Gun to the opposite block. Notice, we are back to where the drill began. This drill is a continuous conditioning drill that forces players to move quickly and catch on the move. The drill continues until a certain amount of shots are taken, made, or a time limit is reached.