



PROGRAMA



BASKETBALL SKILLS & SHOOTING DEVELOPMENT PROGRAM

12-SESSION CLINIC PLAN



DURATION PER SESSION: 60 MINUTES



FOCUS: BALL-HANDLING, FOOTWORK, SHOOTING FORM, GAME-SPECIFIC REPS, AND DECISION-MAKING

SESSION 1: FUNDAMENTALS & SHOOTING FORM

- PROPER STANCE, BALANCE, AND FOOTWORK
- ONE-HAND SHOOTING TECHNIQUE
- SPOT SHOOTING CLOSE TO THE BASKET
- FORM SHOOTING PROGRESSION

SESSION 2: DRIBBLING UNDER PRESSURE

- BALL CONTROL (STATIONARY + MOVEMENT)
- CHANGE OF PACE & DIRECTION
- DRIBBLING VS. DEFENDERS (1-ON-1 READS)
- FINISHING WITH CONTACT

SESSION 3: CATCH & SHOOT MASTERY

- FOOTWORK INTO THE SHOT (1-2 STEP, HOP)
- SHOOTING OFF THE PASS
- RELOCATION & READINESS
- PARTNER DRILLS & SHOOTING UNDER TIME LIMIT

SESSION 4: BALL SCREENS & DECISION-MAKING

- USING & REJECTING SCREENS
- READING DEFENDERS
- PULL-UP JUMPERS OFF BALL SCREEN
- PASS, SHOOT, OR ATTACK DRILL SERIES



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SESSION 5: ADVANCED HANDLES & COMBO MOVES

- COMBO MOVES (CROSSOVER, BEHIND-THE-BACK, SPIN, HESITATIONS)
- CREATING SPACE WITH FOOTWORK
- 1V1 SCORING SERIES
- LIVE BALL ATTACK DRILLS

SESSION 6: GAME-SPEED SHOOTING

- SPOT SHOOTING AT GAME INTENSITY
- CONDITIONING + SHOOTING CIRCUITS
- OFF-MOVEMENT SHOOTING (PIN DOWNS, FLARE SCREENS)
- SHOOTING AFTER FATIGUE

SESSION 7: MID-RANGE & PULL-UP GAME

- 1-DRIBBLE, 2-DRIBBLE PULL-UPS
- STEP-BACKS, STOP-AND-POP
- GAME-SCENARIO MID-RANGE SHOTS
- DECISION-MAKING IN MID-RANGE ZONE

SESSION 8: FINISHING AROUND THE RIM

- EURO STEPS, FLOATERS, REVERSE LAYUPS
- FINISHING THROUGH CONTACT
- OFF-HAND DEVELOPMENT
- ATTACK FROM DIFFERENT ANGLES



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SESSION 9: OFF-THE-DRIBBLE SHOOTING

- SHOT OFF HESITATION OR CROSSOVER
- QUICK RELEASE UNDER PRESSURE
- CHANGE DIRECTION + SHOT
- SHOOTING OFF DRIBBLE HANDOFFS

SESSION 10: FOOTWORK & SHOOTING IQ

- JAB SERIES, RIP-THROUGH, SHOT FAKES
- CREATING SEPARATION
- "READ AND REACT" FOOTWORK
- CATCH-READ-SHOOT DECISION DRILLS

SESSION 11: SHOOTING UNDER PRESSURE

- COMPETITIVE SHOOTING GAMES
- SHOOTING AGAINST TIME/SCORE
- FREE THROWS UNDER FATIGUE
- CONFIDENCE-BUILDING REPS

SESSION 12: LIVE GAME APPLICATION

- SKILL INTEGRATION IN 1V1, 2V2, AND 3V3
- SITUATIONAL SHOOTING (BUZZER BEATERS, LATE CLOCK)
- PERFORMANCE REVIEW & FEEDBACK
- SHOOTING CONTEST + AWARDS (OPTIONAL)