
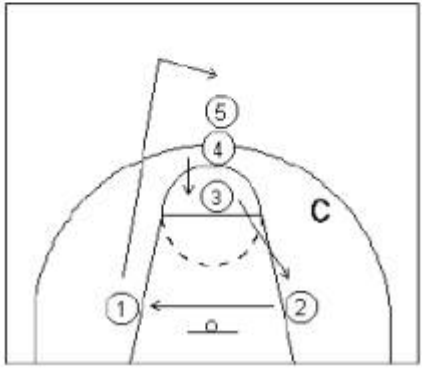
	Drill	Skill
	28 – Mushball	<ul style="list-style-type: none"> ● Free throw shooting ● Offense/defense close to basket

Description	<div data-bbox="933 492 965 537">A</div>  <div data-bbox="933 1388 965 1433">B</div> 
<ul style="list-style-type: none"> ● Players line up as shown in <i>Diagram A</i>. ● One player is in each of the low free-throw lane positions. The remaining players line up at the free-throw line with the first person in line with a ball. ● The shooter shoots free-throws until they miss, scoring one point for each made shot. ● Free-throw lane rules must be adhered to; players in the lane cannot cross line until ball hits the rim, and the shooter cannot cross free-throw line until ball hits rim. ● On a miss all three players play to score. That is, the person who rebounds is on offense, the other two are on defense. ● A field goal from this 1 on 2 contest is worth two points. ● Players cannot go further than one step outside key. ● Play continues until either (a) a field goal is scored, (b) the ball leaves the field of play (i.e. one step outside of key), (c) a violation occurs or (d) the ball is held. Then players rotate. The rotation sequence is shown in <i>Diagram B</i>. ● Encourage strong moves to the basket, through the defense. ● There are no fouls (other than flagrant ones) in mushball. 	
Variations	
<ol style="list-style-type: none"> In the case where a player is well defended and cannot score, allow a pass out to the coach (who is standing to one side just inside the three-point line). The coach should return the ball to the same player, as long as she does a good job of getting open (by cutting to the basket, or posting up). Allow players waiting in line to distract shooter by shouting etc. (no touching). Have players rotating from second lane position run a suicide before returning to end of free-throw line. This should help simulate tiredness (e.g. end of game). 	
Points of emphasis	
<ol style="list-style-type: none"> 1 Players to have correct free-throw form and a consistent free-throw routine. 2 Players to go strong to basket (body parallel to backboard). 3 Read defenders and move accordingly. 4 Use the pump fake. 5 Go strong for the rebound. 6 Power dribble only - protect the ball. 	