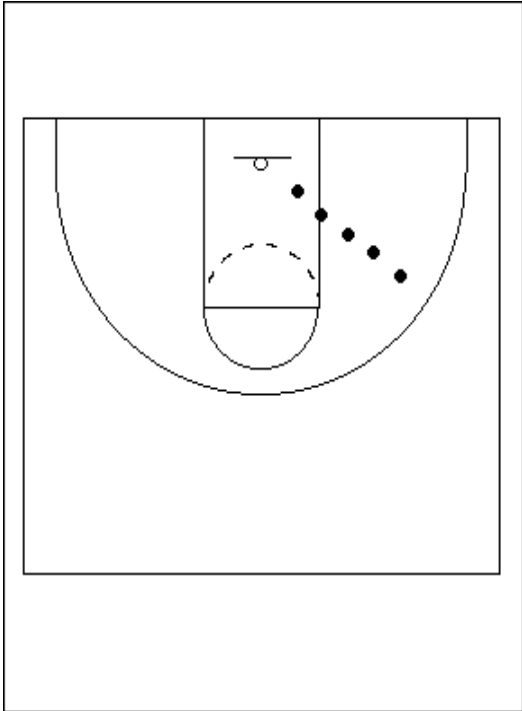
	Drill	Skill
	67 – Bank that shot	<ul style="list-style-type: none"> <li>Shooting</li> </ul>

Description	
<ul style="list-style-type: none"> <li>Purpose of the drill is to teach players the art of banking their shots off the backboard. (Once learned banked shots are a higher percentage shot than unbanked ones.)</li> <li>Set 5 (or 6) cones or markers on the floor at a 45 degree angle out from the basket. Don't set cones beyond the 3-point arc for beginning players.</li> <li>Set the first cone at the spot that a lay-up would be taken if one was standing by the basket and banking it off the inside corner of the square.</li> <li>In turn have each of your players shoot from behind each cone. As player makes their shot they moves one cone further out. The idea here is to learn to bank your shot from farther and farther out. Also the idea is to learn banked shots are a higher percentage shot and easier to make than unbanked shots.</li> <li>When a player misses they go to the back of the shooting line.</li> <li>Players take turns seeing how far out they can get. It is recommended that this competitive aspect be kept at the individual level and not at a team level. The idea is for players to improve as individuals rather than against team mates.</li> </ul>	
Variations	
<ol style="list-style-type: none"> <li>Set cones for banking on left side.</li> <li>Once banking shots from behind the cones is mastered have players shoot from the left and right side of each cone. Doing this teaches that the angle does not need to be exactly 45 degrees for a banked shot to work.</li> <li>With beginning players you may want to allow two misses from each spot until they get the "hang" of the art of banking shots.</li> <li>Eventually make the shot they use a jump shot as people doing this drill will likely use a one hand push shot initially.</li> </ol>	
Points of emphasis	
<ol style="list-style-type: none"> <li>Bank the shot off the corner of the square.</li> <li>Praise accomplishments/improvements/use of backboard.</li> <li>Challenge them as to how far out can they get.</li> <li>Encourage concentration and accuracy over speed initially.</li> </ol>	