

# Partner Shooting Routine

**Warm-up Shooting:** Mikan drill, 1 hand shooting, 12 foot swishes

**2 plane cuts at 2 speeds:** V-Cut or L-Cut, square up and shoot (Make 15)

Free Throws: Make 2 in a row

**Top, Curl, Back:** Performed from the right and left wing  
The shooter starts on one wing with the ball. The passer is on the opposite wing. The shooter throws an overhead pass to the passer. The shooter takes 2 steps moving at medium speed then yells “Top”, “Curl” or “Back”. Then, the shooter explodes as quickly as possible into their cut. The passer should fake low and then throw an overhead pass with zip to the shooter. (Make 15)

Free Throws: Make 2 in a row

**3 Point Shooting:**

1. Straight up 3's (Knees bent, anchor foot down) Make 10
2. Pass to the post (move, receive pitch out from post) Make 10
3. Receive a skip pass (get balance and shoot) Make 10

Free Throws: Make 2 in a row

**Dribbling:** “Paint the Lane”  
2 ball dribbling in the lane  
Change direction/Keep the ball low  
Keep your eyes up  
Make a mistake while pushing yourself  
Cross over, Behind the back, Between the legs, Spin

Free Throws: Make 2 in a row

## **Tough Competitor\*Good Teammate**