

"32-Point Shooting Contest"

The reason we have this shooting competition is because this shooting competition has all the shots of basketball in one drill:

- 5 3-Point Shots
- 5 Pull –up Jumpers
- 5 Lay-Ups
- Finish with a 1-and-1 free-throw. If you make the first free throw, you get to shoot the second one.
- The completed shots get the following points. The 3-point shot gets 3 points, the pull-up jumper gets 2 points, and the lay-up gets 1 point.
- You have 2 minutes to complete all 17 shots.
- If you make all 17 shoots your score would be 32.

Left hand Corner Position:

The drill starts in the left hand corner at the 3-point line.

On the whistle, the player shoots a 3-point shot from the left hand corner.

Then, he/she rebounds the shot and sprints back to the left hand corner behind the 3-pt. line, then immediately drives back to the basket, with pull-up jump shot 10-15 ft. from the basket.

The player then sprints for the made basket or rebound and sprints back to the left hand corner. He/she then fakes and drives all the way to the basket for a lay-up.

Left hand wing position at the 3-point line

Each player then sprints to the left hand wing position at the 3-point line.

Player then repeats the 3-point shot, the drive with pull-up jumper, and drive all the way to the basket for final lay-up.

Top of the key

Repeat these three moves at the 3-point line at the top of the key, right wing and right corner.

After you finish these 15 shots, you must take a 1-and 1 free throw. If you make the 1st free throw, you get to shoot a 2nd free throw.

Right wing

Repeat these three moves at the 3-point line at the right wing position.

Right corner

Repeat these three moves at the 3-point line at the right corner position.

*Please practice this “32” shooting contest drill, as we have an award for the top boy All-Star and girl All-Star shooter in this competition.