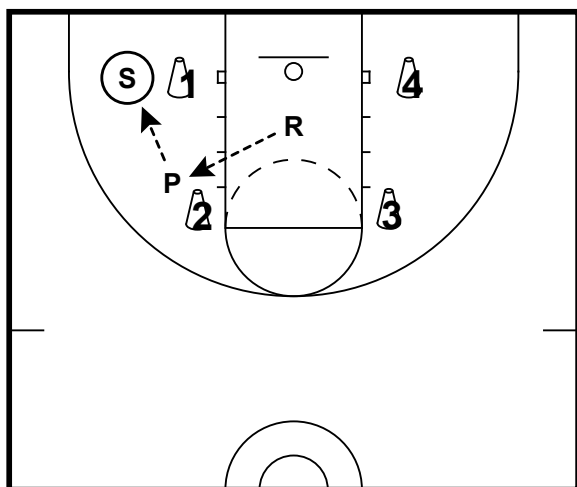


## UNO Shooting Drill



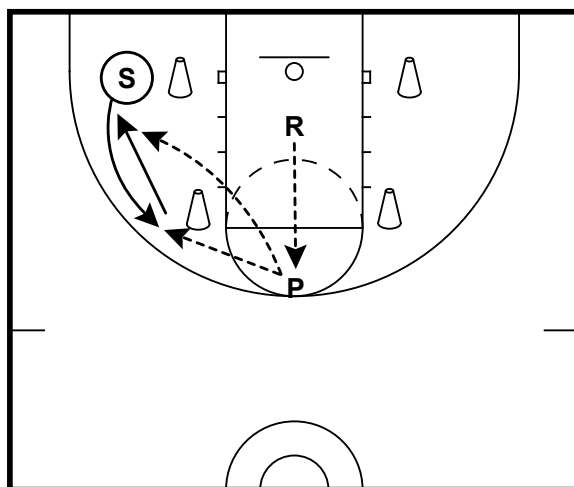
### 4 Spot Shooting (40 MFG's)

Shooter makes 8 from spot 1 (cone).  
Shooter then makes 2 freethrows.  
Passer rotates to Shooter and Rebounder to Passer.  
Repeat until all 3 players have shot from all 4 spots (cones).

#### Points of Emphasis:

- Be shot ready.
- Good pass equals a good shot.
- 3 players and 2 balls are needed for this drill.
- \*\*\*Coach Derrin Hansen of University of Nebraska-Omaha deserves the credit for this shooting drill\*\*\*

## UNO Shooting Drill



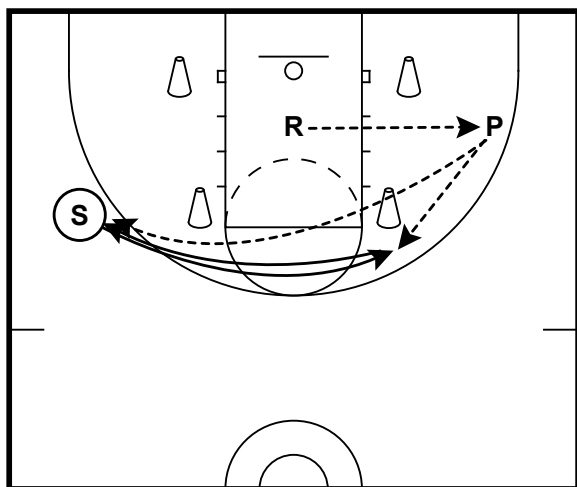
### Back & Forth (40 MFG's)

Combo 1: Shooter cuts back & forth from spot 1 to 2 (corner-elbow) and makes 8.  
Shooter then makes 2 freethrows.  
Passer rotates to Shooter and Rebounder to Passer.  
Repeat until all 3 players have shot.

#### Points of Emphasis:

- Get your homework done early (we emphasize inside step).
- Game speed.
- Overhead pass when the shooter moves away from the passer.

## UNO Shooting Drill



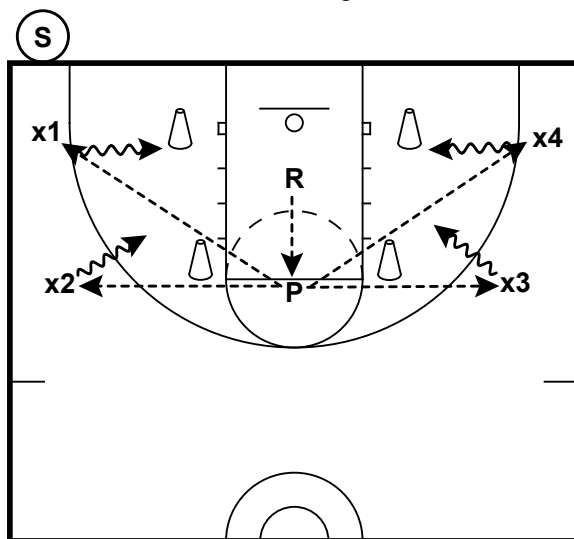
### Back & Forth Continued (40 MFG's)

Combo 2: Shooter cuts back & forth from spot 2 to 3 (wing-elbow) and makes 8.  
Shooter then makes 2 freethrows.  
Passer rotates to Shooter and Rebounder to Passer.  
Repeat until all 3 players have shot from all 4 combos.

#### Points of Emphasis:

- Combos 3 & 4 are the same on the opposite side.
- Shooter should always land 6" forward.
- Mastery of the overhead pass!

## UNO Shooting Drill



### Around the World (20 MFG's)

Round 1: Shooter moves around the arc and makes 8 from the 4 spots off the catch (no dribble).  
Shooter then makes 2 freethrows.  
Round 2: Shooter moves around the arc and makes 8 from the 4 spots off the dribble (1-2 bounces).  
Passer rotates to Shooter and Rebounder to Passer.  
Repeat until all 3 players have done both.

#### Points of Emphasis:

- Shooter should catch outside the arc relative to the 4 spots.
- Utilize blow-by and crossover moves.
- Drive the ball; don't dribble it.

