

NCBA DRIVEWAY DRILLS FOR SHOOTING AND DRIBBLING

Free Youth Basketball Drills > Individual > 50 Points Shooting Contest

50 Points Shooting Contest:

If you have a youngster and are looking for fun beginner basketball drills for him or her to do on a daily basis, this workout is a great place to start. Basic basketball drills and fundamental basketball drills like this one, that work on basic fundamentals like shooting and dribbling, keep the game fun for youngsters as they develop their skills.

The player will shoot 5 shots from 5 spots on the floor in an attempt to accumulate a perfect 50 points. The five spots are the two corners, the two wings, and the top of the key. The shots and their respective points are:

1. 3 point shot = 3 points
2. Shot fake, one dribble right, pull-up jumper = 2 points
3. Shot fake, one dribble left, pull-up jumper = 2 points
4. Shot fake, drive right for a lay-up = 1 point
5. Shot fake, drive left for a lay-up = 1 point
6. One Free Throw before moving to the next spot = 1 point

That's a total of 10 points for each of the 5 spots. With no misses, you've got a perfect 50 points. This allows you to compete against yourself on a daily basis. Beating your personal record each day is your goal. Making your individual basketball drills competitive will increase your results, and make things more fun.



If you're looking for beginner basketball drills and games, this is a great place to start. It's fun, and will ensure the player is working on dribbling, lay-ups, shooting, and attacking from a pivot. Just be sure he's using proper technique, as taught on the Better Basketball Drill DVDs at www.betterbasketball.com



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[Killer Crossover Basketball Drill 27-Jun-08](#)

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