

Hook Shot Drill. **HOOK SHOT WARM-UP**

In this drill, you will shoot hook shots with both your strong and weak hands. Start with your head under the front of the rim, facing the sideline in a balanced stance. Hold the ball in hook shot position with your shooting elbow at your side, your shooting hand under the ball, and your balance hand slightly behind and on top

of the ball. Shoot the hook shot by lifting the ball to the basket in an ear-to-ear motion, keeping your balance hand on the ball until the release. Use two hands to catch the ball as it comes through the basket or to rebound on a missed shot. Treat a missed shot as a pass to yourself.

Success Check

- Shoot with confidence.
- Use correct mechanics.
- Attempt to make five consecutive hook shots with each hand.

Score Your Success

Record the number of consecutive hook shots made with each hand. Give yourself 5 points each time you make five consecutive hook shots.

Consecutive hook shots made with strong hand ____; points earned ____

Consecutive hook shots made with weak hand ____; points earned ____

Your score ____ (10 points maximum)

Hook Shot Drill. **HOOK SHOT WARM-UP WITH CROSSOVER STEP**

After you can make five consecutive warm-up hook shots with each hand, move to the hook shot with a crossover step. Start with your head under the front of the rim. Face the sideline while holding the ball in hook shot position. Using your

inside foot (foot closest to the basket), make a crossover step toward the foul line and shoot a hook shot. Pivot toward the basket on the crossover step and lift your shooting side knee as you shoot.

Success Check

- Use your key words as you make the shot.
- Use correct hook shot mechanics.
- Try to make five consecutive hook shots with each hand.

Score Your Success

Record the number of consecutive hook shots with a crossover step made with each hand. Give yourself 5 points each time you make five consecutive hook shots.

Consecutive hook shots with crossover step made with strong hand ____; points earned ____

Consecutive hook shots with crossover step made with weak hand ____; points earned ____

Your score ____ (10 points maximum)