

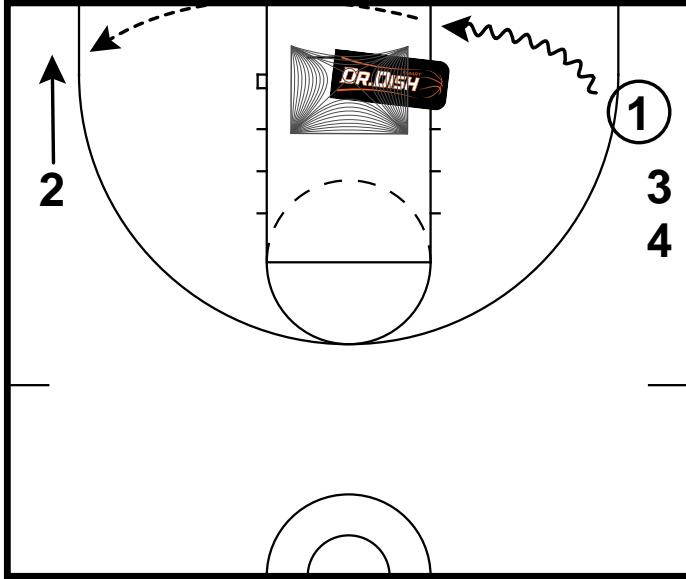
Dr. Dish Game Based Shooting

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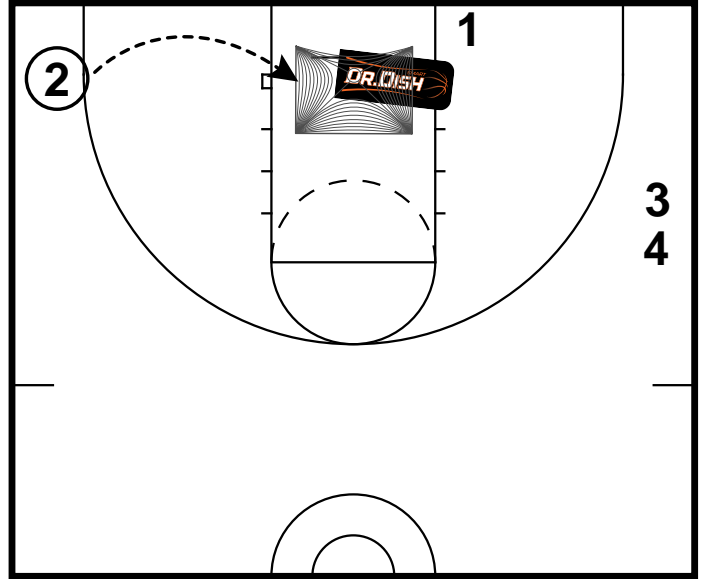
Corner Drift Progression

Dr. Dish Corner Drift Progression
Dr. Dish

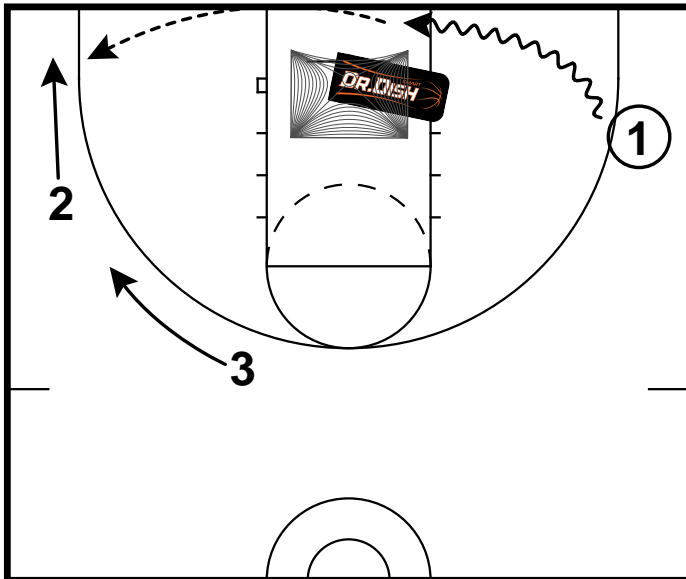


Passers start at the corner. Shooter starts at the wing/45 area. On the drive from the passer, the shooter drifts to corner.

Dr. Dish Corner Drift Progression
Dr. Dish

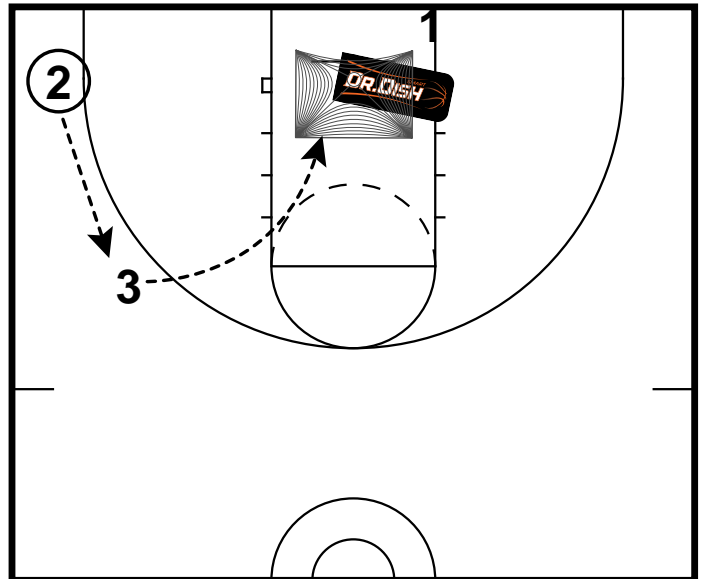


Dr. Dish Corner Drift Progression
Dr. Dish



Another player is added at the slot. On the drive, both players opposite of the ball drift. The player who drifts to the corner receives the pass from the driver and gives one more pass to the wing player.

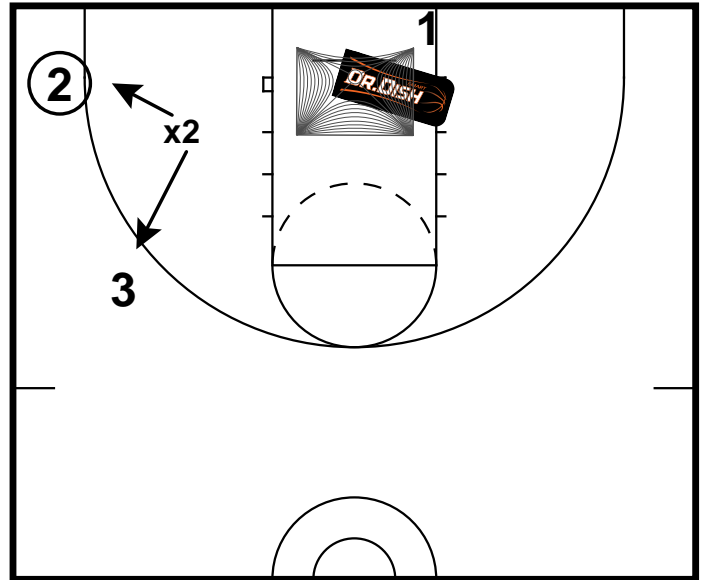
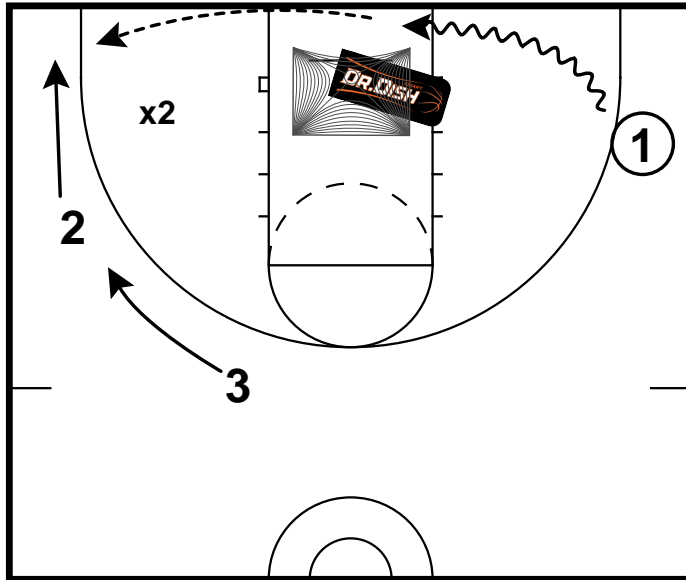
Dr. Dish Corner Drift Progression
Dr. Dish



Corner Drift Progression

Dr. Dish Corner Drift Progression
Dr. Dish

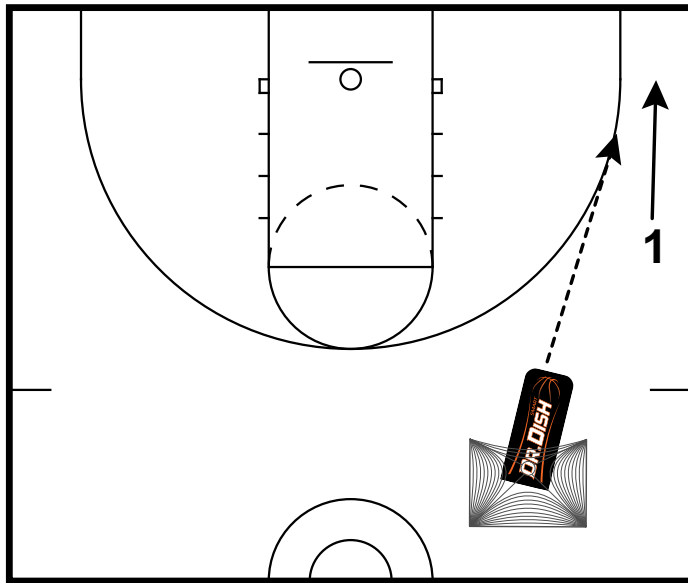
Dr. Dish Corner Drift Progression
Dr. Dish



A defender is added to make the corner player make a decision whether to shoot or pass.

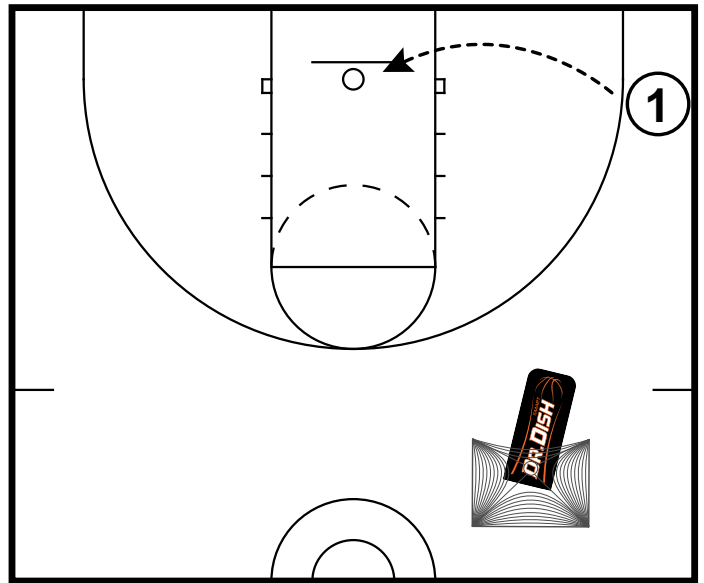
Transition Shooting Progression

Dr. Dish Transition Shooting Progression
Dr. Dish

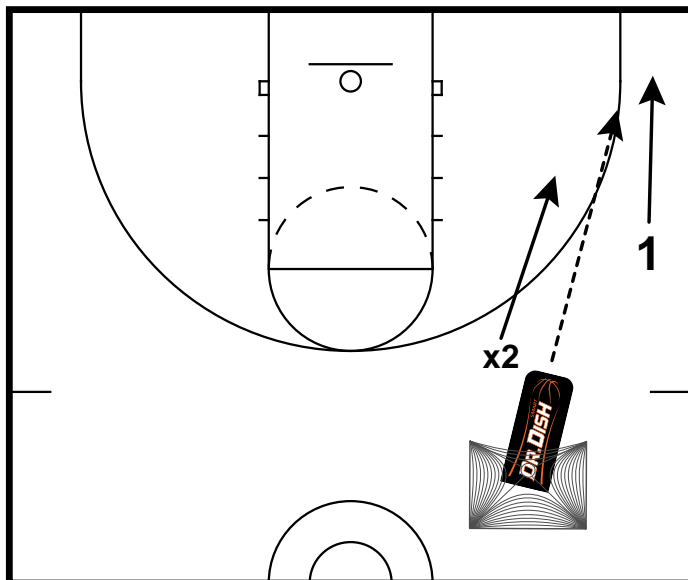


Dr. Dish is out near half court. Player 1 starts out at the free throw line extended. When Dr. Dish beeps, player 1 sprints to the corner to receive the pass from Dr. Dish and shoots the corner 3.

Dr. Dish Transition Shooting Progression
Dr. Dish

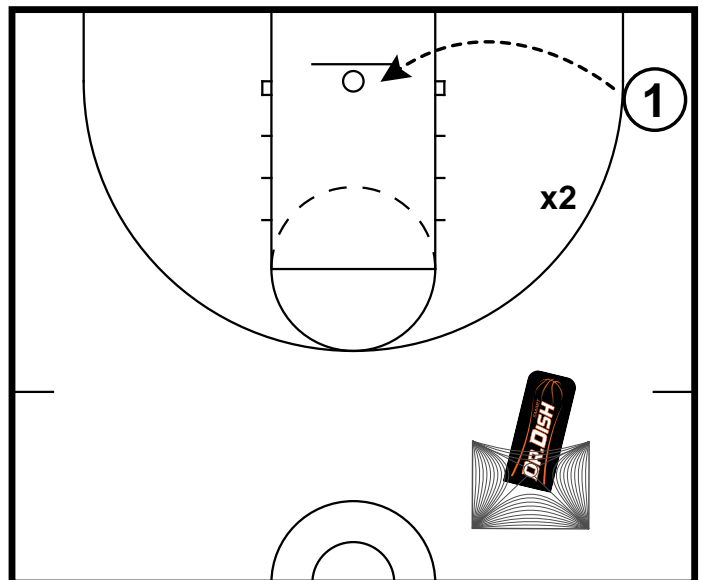


Dr. Dish Transition Shooting Progression
Dr. Dish



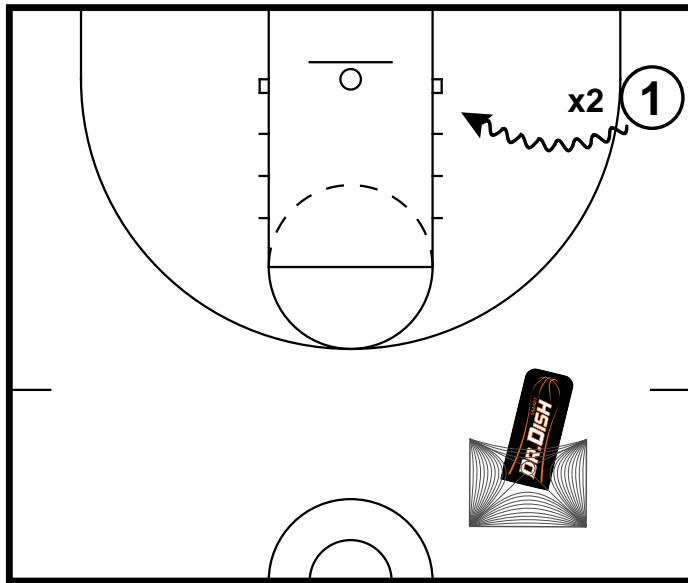
A defender can be added that starts out near the Dr. Dish to make the offensive player make a decision whether to shoot or drive. After the pass 1 on 1 can be played.

Dr. Dish Transition Shooting Progression
Dr. Dish



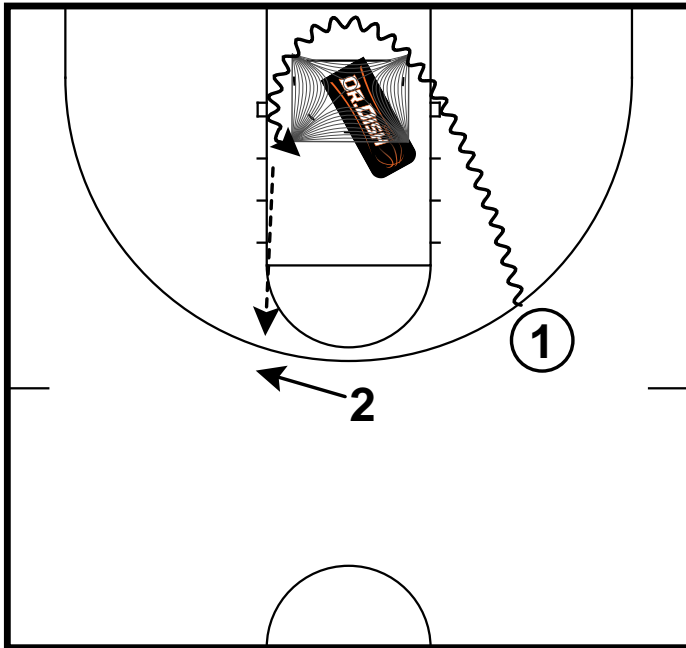
Transition Shooting Progression

Dr. Dish Transition Shooting Progression
Dr. Dish

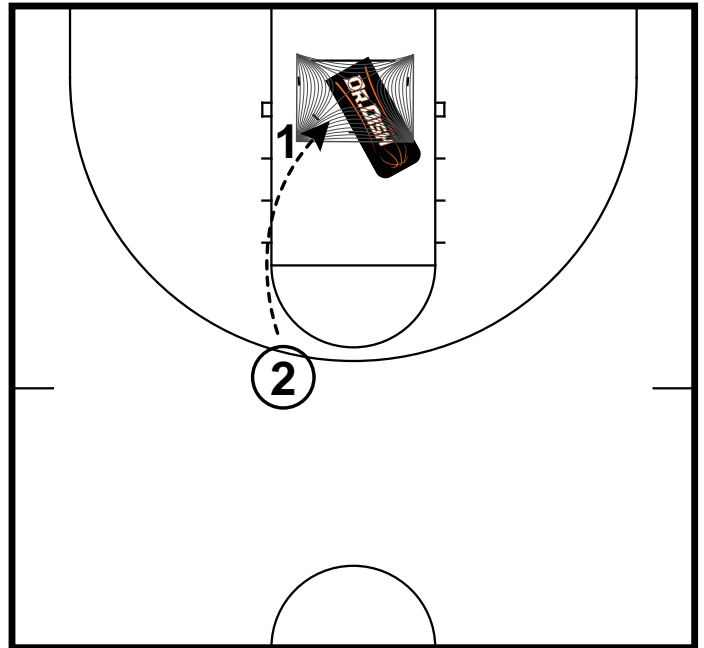


Gretzky Series

Dr. Dish Gretzky Series
Dr. Dish

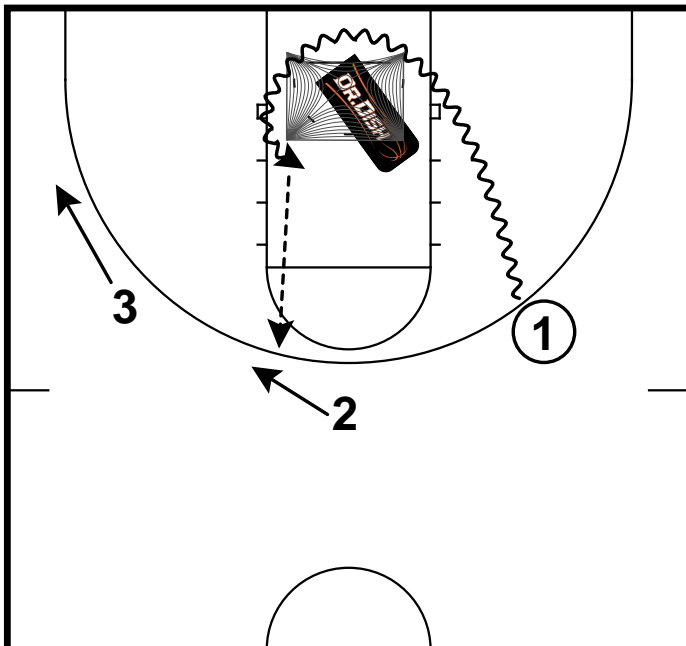


Dr. Dish Gretzky Series
Dr. Dish

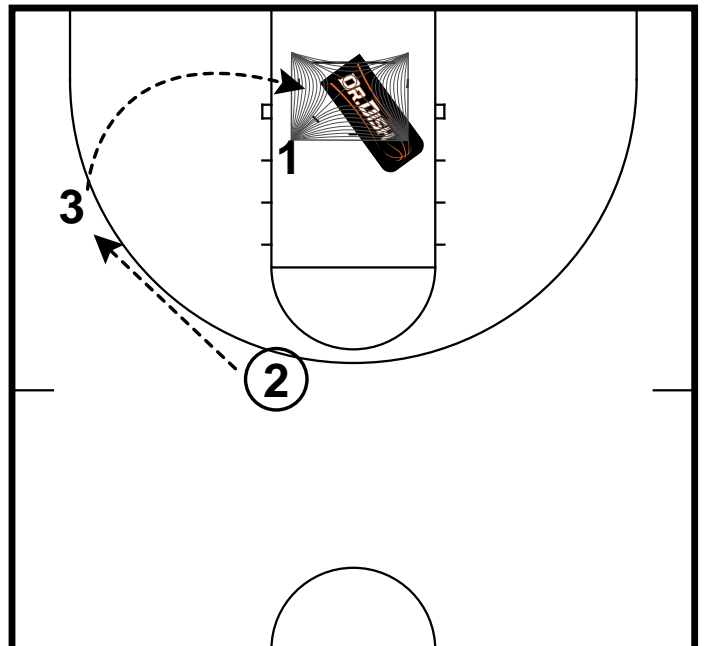


Player 1 starts out near the slot/wing area. Player 2 starts out at the top of the key. When player 1 receives the pass he/she drives to the hoop and dribbles behind the basketball hoop and comes out the other side. As player 1 is driving, player 2 drifts to the slot. Once player 1 comes around Dr. Dish, he/she passes to player 2 who shoots the ball.

Dr. Dish Gretzky Series
Dr. Dish



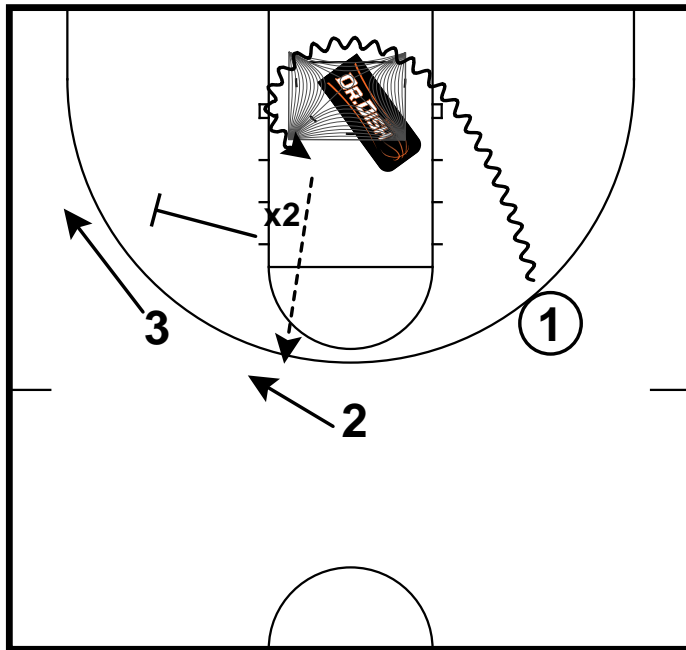
Dr. Dish Gretzky Series
Dr. Dish



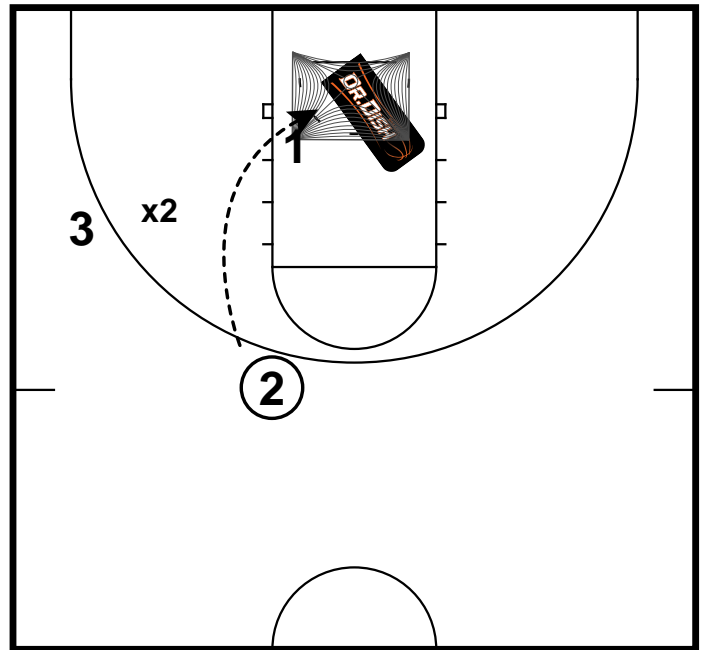
Another player is added at the wing. Both players drift on the drive. After the drive and pass to slot, the slot player passes to the wing.

Gretzky Series

Dr. Dish Gretzky Series
Dr. Dish



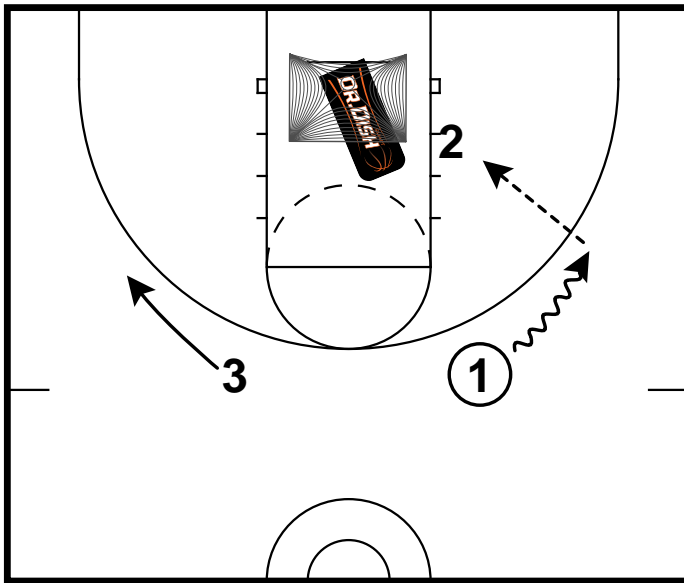
Dr. Dish Gretzky Series
Dr. Dish



A defender is added to make the ball handler or passer make a decision.

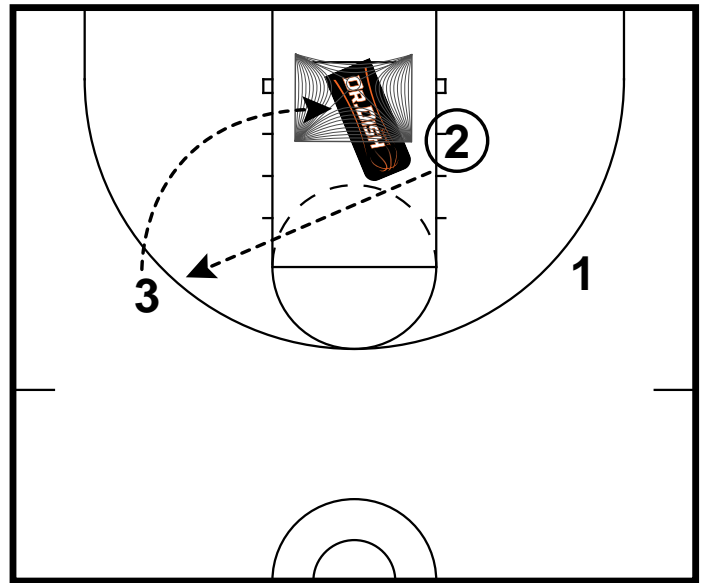
Post 45 Progression

Dr Dish Post 45 Progression
Dr. Dish



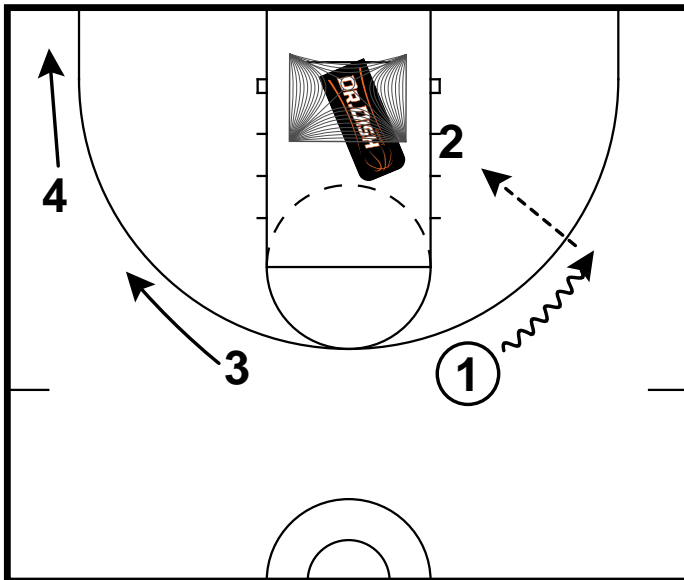
Both guards start in the slots. Dr. Dish passes to the post side guard. The post side guard dribbles down to improve the angle and then passes into the post. When the post player receives the pass, the opposite slot player relocates to the 45 position.

Dr Dish Post 45 Progression
Dr. Dish



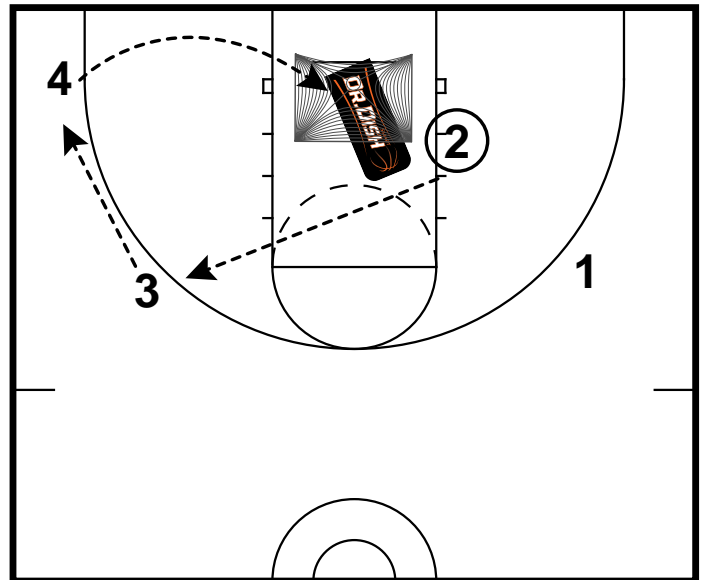
The post player performs a forward pivot and skips the ball to the 45. The player receiving the pass shoots the 3.

Dr Dish Post 45 Progression
Dr. Dish



Both guards start in the slots and the other perimeter player starts on the wing. Dr. Dish passes to the post side guard. The post side guard dribbles down to improve the angle and then passes into the post. When the post player receives the pass, the opposite slot player relocates to the 45 position and the wing player relocates to the corner.

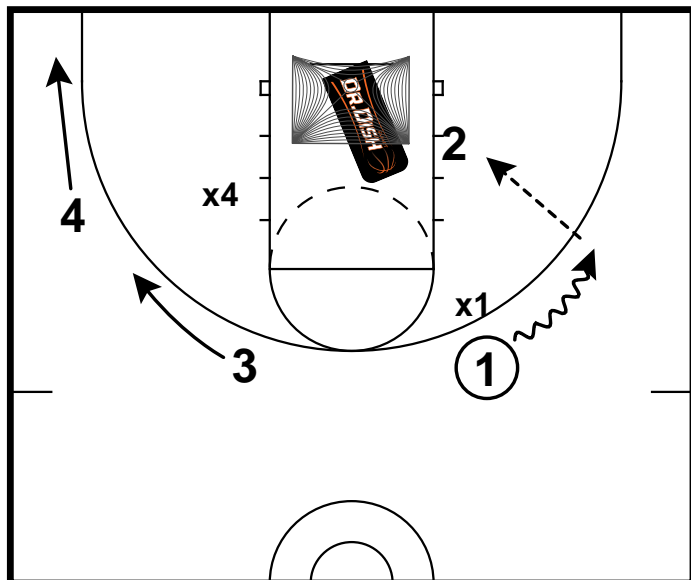
Dr Dish Post 45 Progression
Dr. Dish



The post player performs a forward pivot and skips the ball to the 45. The player receiving the pass passes one more to the corner player who shoots the 3.

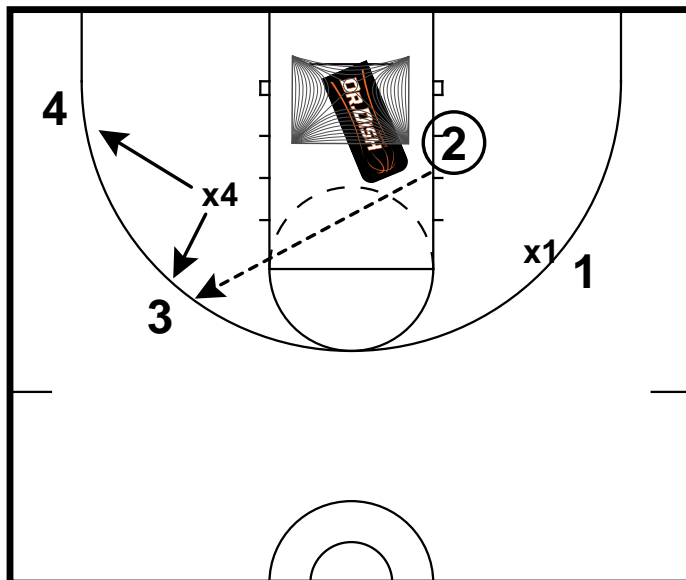
Post 45 Progression

Dr Dish Post 45 Progression
Dr. Dish



Now the ball handler will have a defender applying pressure to him and there will be a help side defender as well so the player receiving the skip pass must make a decision to shoot or pass.

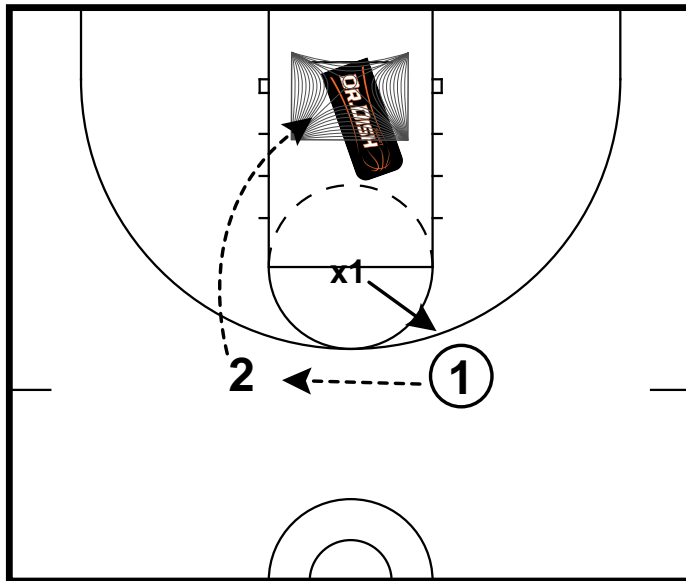
Dr Dish Post 45 Progression
Dr. Dish



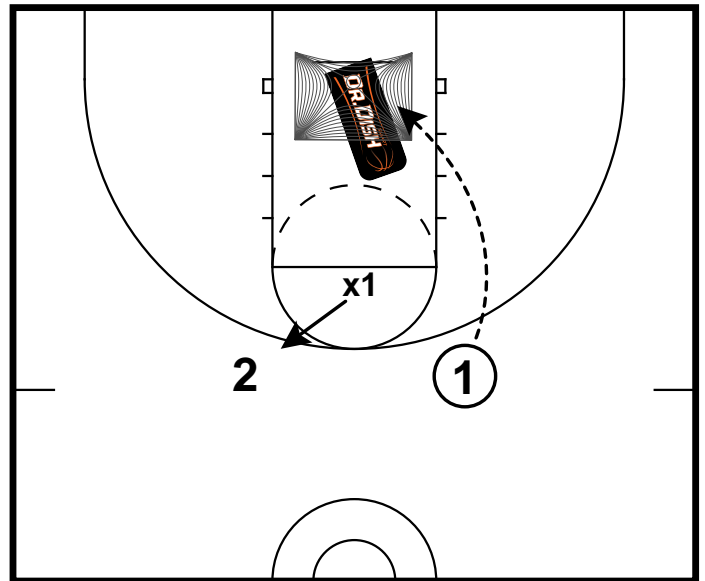
The help side defender can choose to defend the skip pass or the one more pass.

2 v 1 Shooting

Dr. Dish 2 v 1 Shooting
Dr. Dish



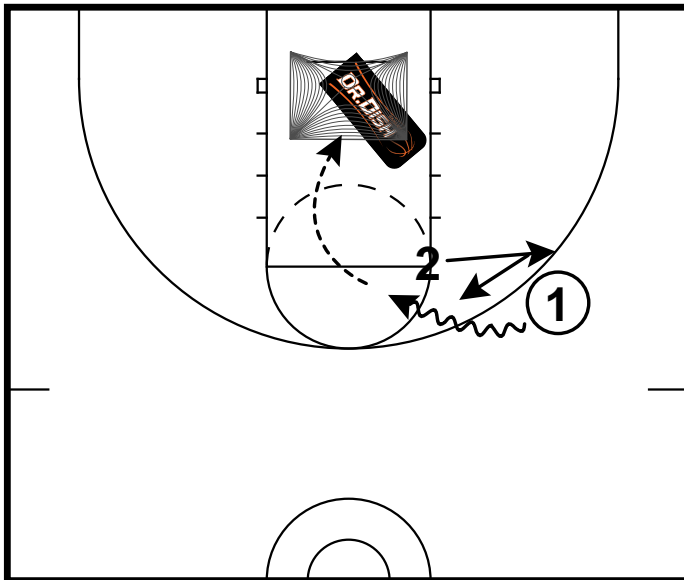
Dr. Dish 2 v 1 Shooting
Dr. Dish



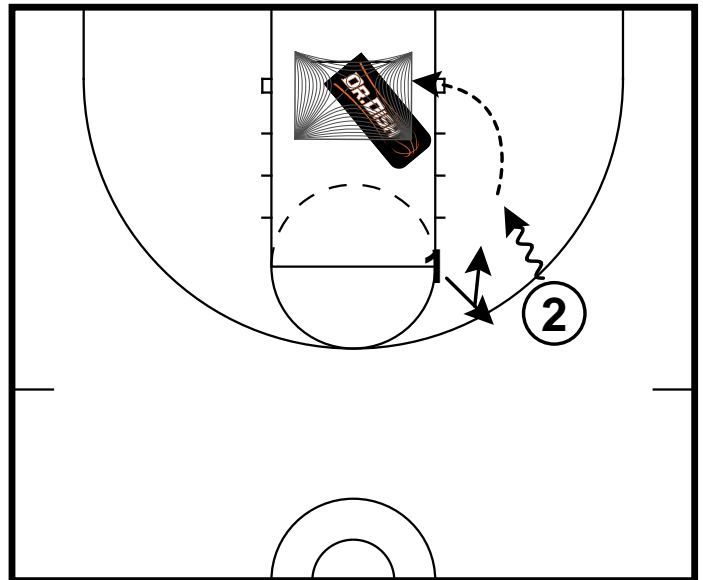
Dr. Dish can be set to move from slot to slot. Two players will be at the slots. When Dr. Dish passes to a player, the defender can guard one of the offensive players. The offensive players will have to make a decision whether to shoot or pass.

Pull Up Read

Dr. Dish 1 v 1 Rip Pull Up Read
Dr. Dish



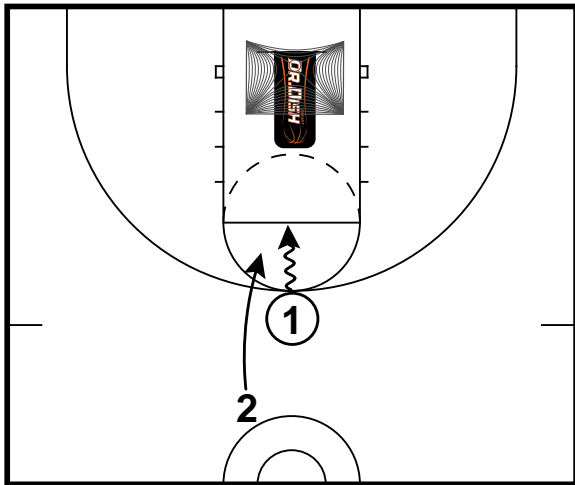
Dr. Dish 1 v 1 Rip Pull Up Read
Dr. Dish



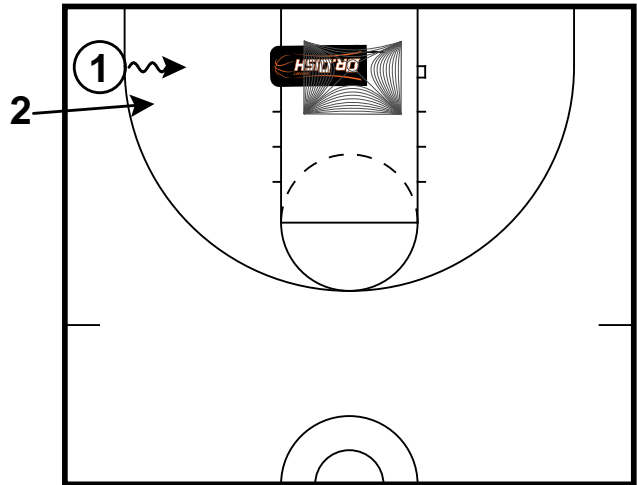
The defender starts at the elbow. The offense starts at the wing. On the pass the defender can move. The defender must touch the three point line on the inside or outside of the offensive player before defending the offensive player. If the defense goes to the inside of the offense, the offensive player must dribble to the outside to perform a pull up. If the defense goes to the outside of the offense, the offensive player must dribble to the inside to perform a pull up. Offense has a max of two dribbles. Can perform drill anywhere around the arc.

1 v 1 Wolf

Dr. Dish 1 v 1 Wolf Pull Up
Dr. Dish



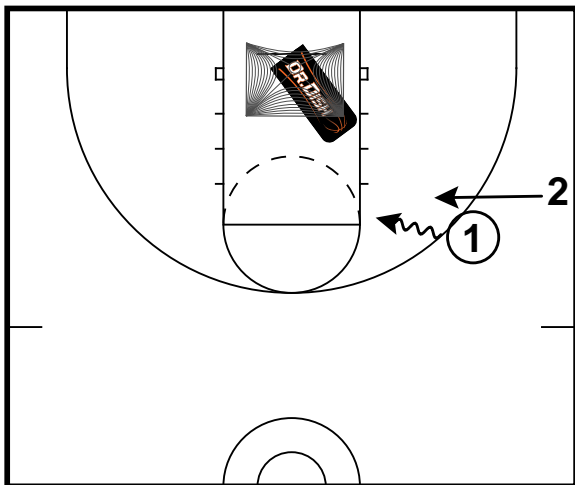
Dr. Dish 1 v 1 Wolf Pull Up
Dr. Dish



The defender starts 3-5 steps behind the offensive player. On the pass from the Dr. Dish, the defense can move. The offensive player tries to shoot a pull up before the defense recovers. If the defense recovers, the offense can shot fake, side step, step through, etc.

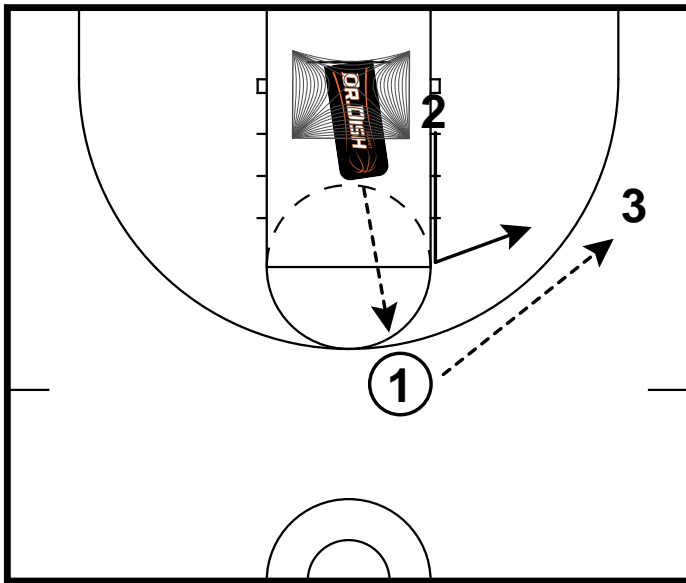
Max of two dribbles.

Dr. Dish 1 v 1 Wolf Pull Up
Dr. Dish

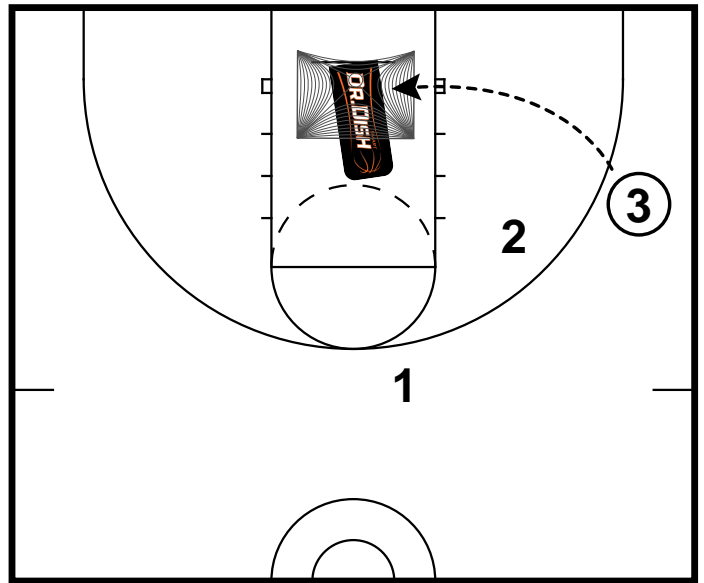


Closeout Shooting

Dr. Dish Closeout Shooting
Dr. Dish

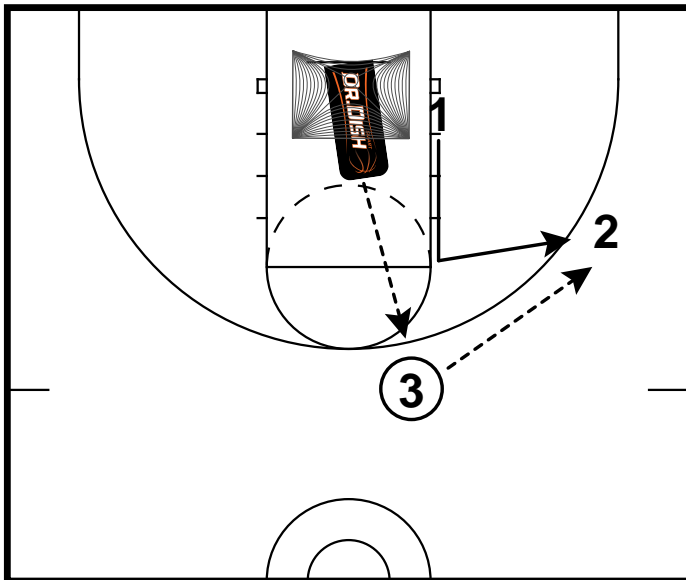


Dr. Dish Closeout Shooting
Dr. Dish



Passer starts near the top of the key. Shooter starts on the wing. Defender starts on the block. When Dr. Dish passes to the top the defender must touch the elbow before closing out on the shooter. If the defender closes out short, then the player shoots the ball. If the defender closes out hard then the offensive player can perform a pull up jumper with a max of 2 dribbles.

Dr. Dish Closeout Shooting
Dr. Dish



Dr. Dish Closeout Shooting
Dr. Dish

