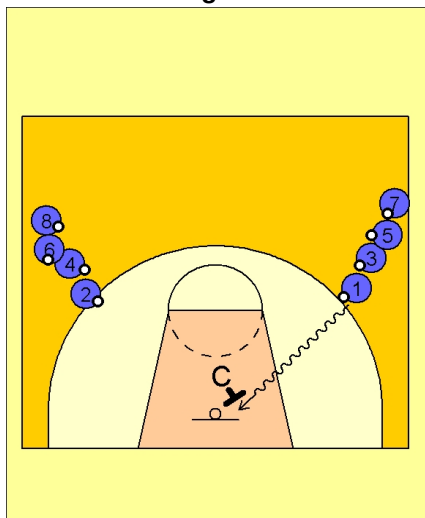


No fear shooting



*In this drill, players are learning how to read the defense. A coach is providing the guided defense. They must decide if the defense is looking to block a shot or stand in to take a charge and react accordingly. They are also learning how to initiate contact and draw fouls, also how to finish inside after contact.

The coach stands in the key with a mat or blocking pad. As the player drives, the coach can allow them in, while raising the mat and making contact with the player (Because the defense is out of position and coming toward them, the player should be looking to initiate the contact).

OR the coach can step in front early as if to take a charge in this case, the player should pull up for a short jump shot, or adjust the drive to veer around the defense.

