

# Coach Goran Nogic

---



---

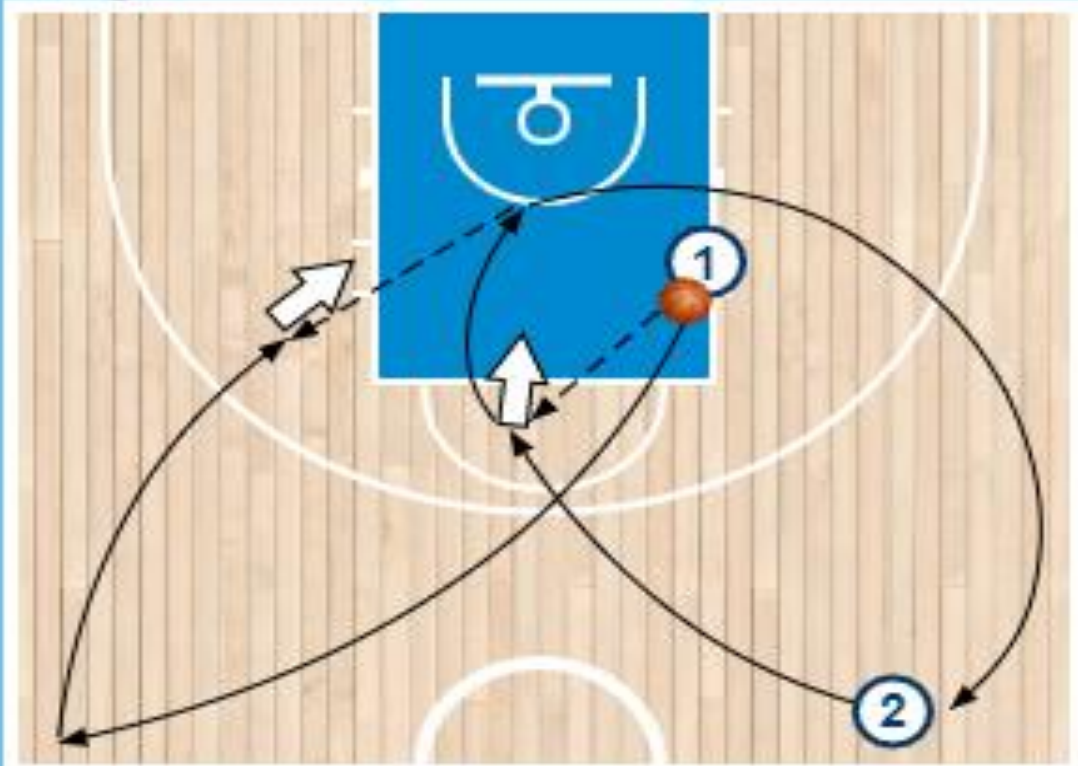
**FOLLOWING MOVE**

**Shooting Exercises**

---

# 3D BASKETBALL

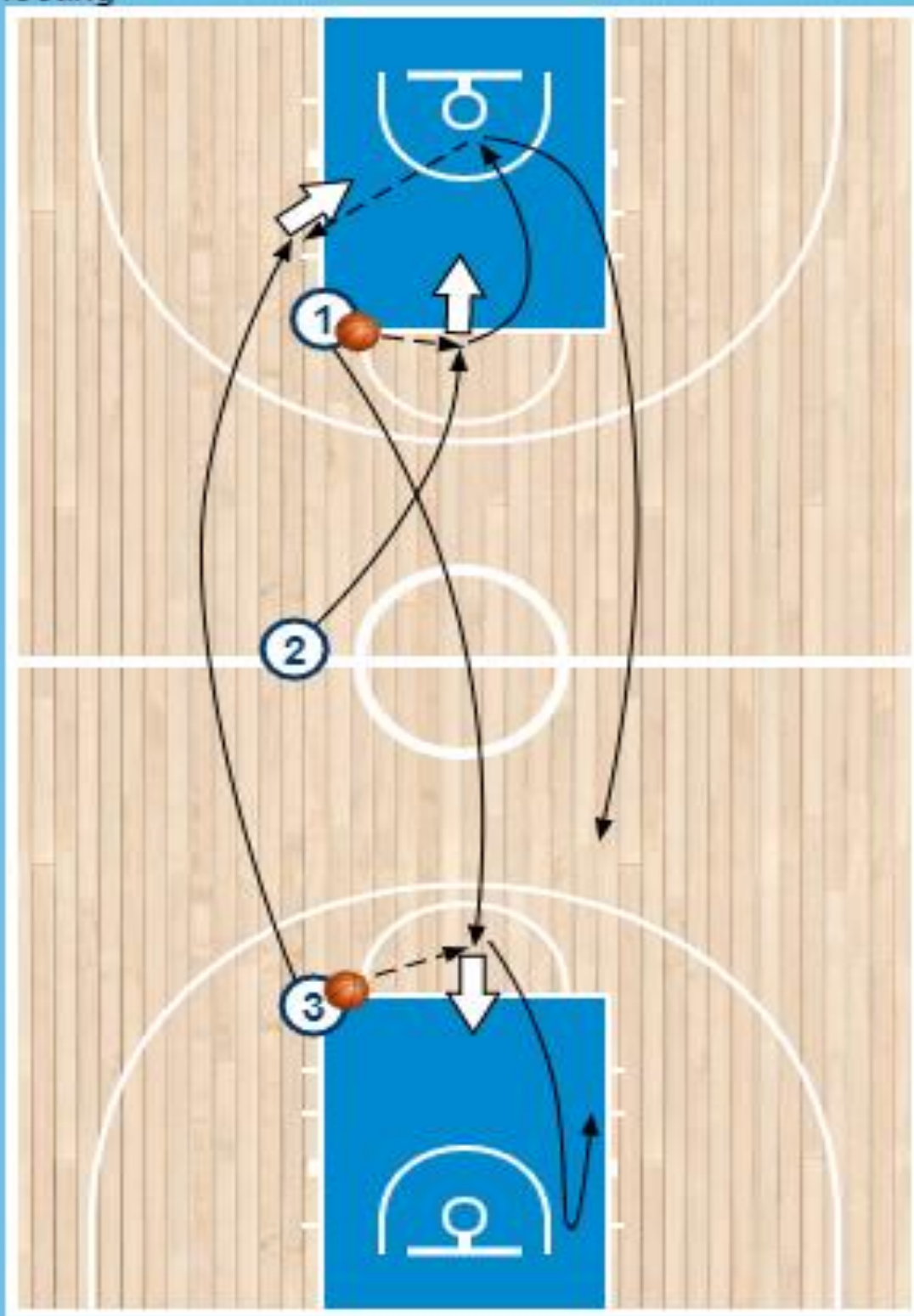
FM » Half Court  
Run Shooting



FM » 4 Corners  
Elbow Shooting

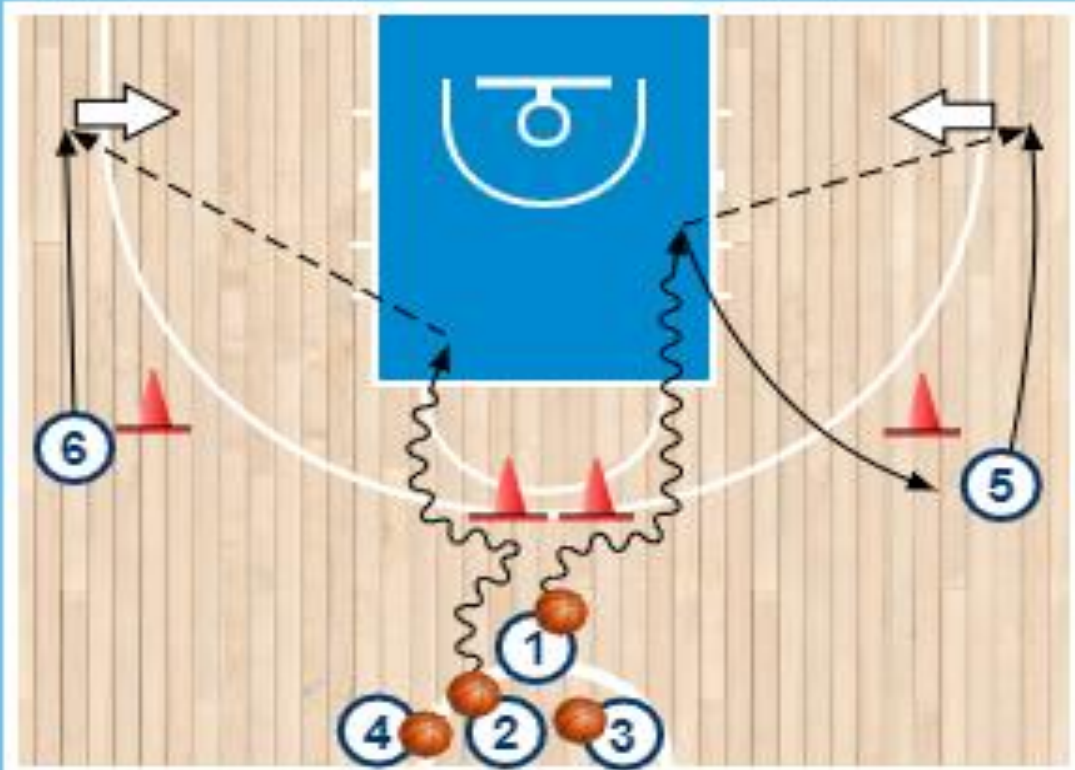


## FM » Full Court Run Shooting

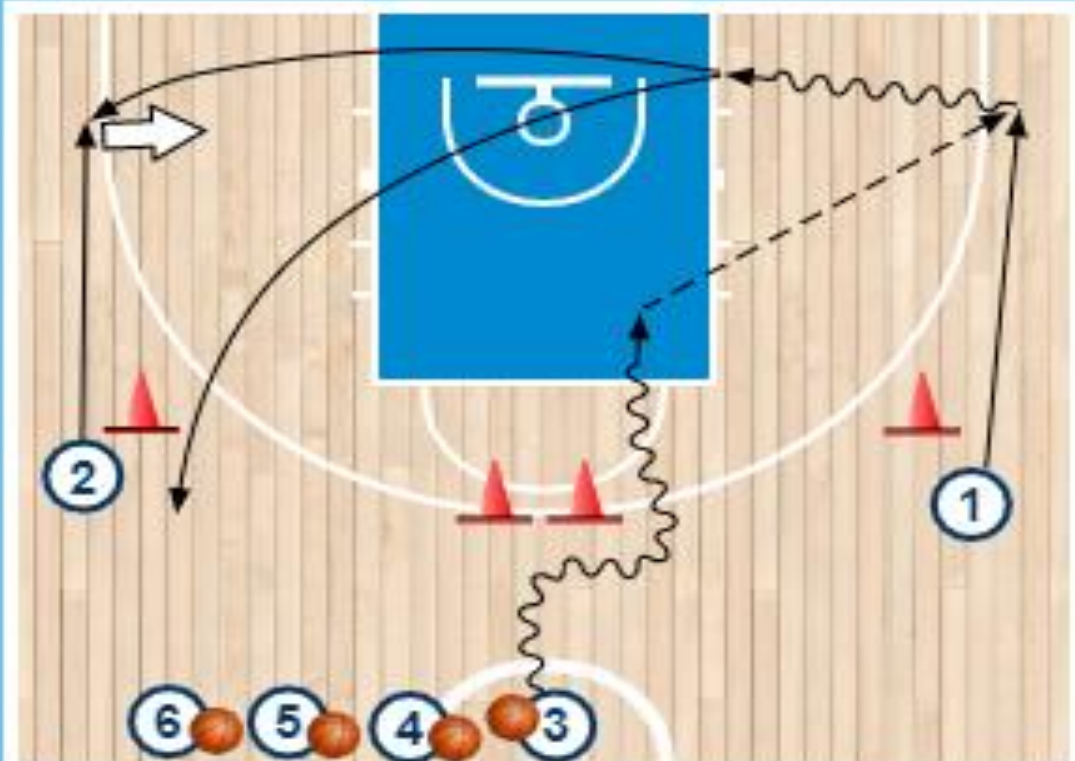


# 3D BASKETBALL

FM Outside Shooting  
Option 1.

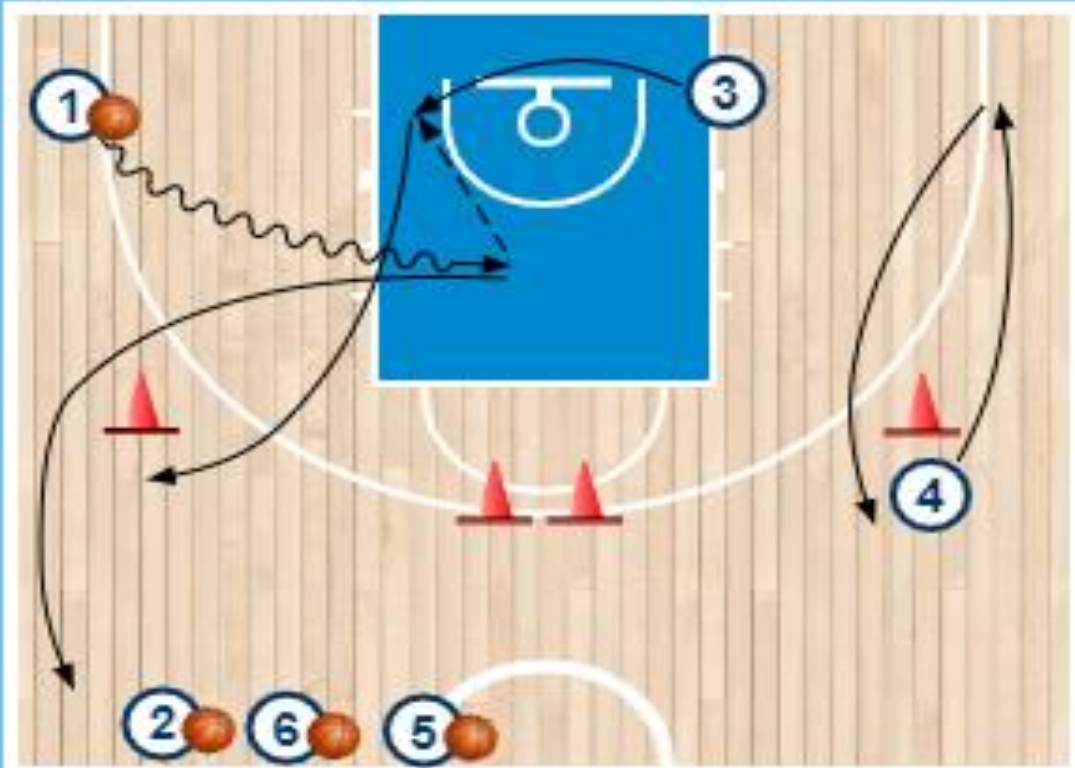


FM Outside Shooting  
Option 2.

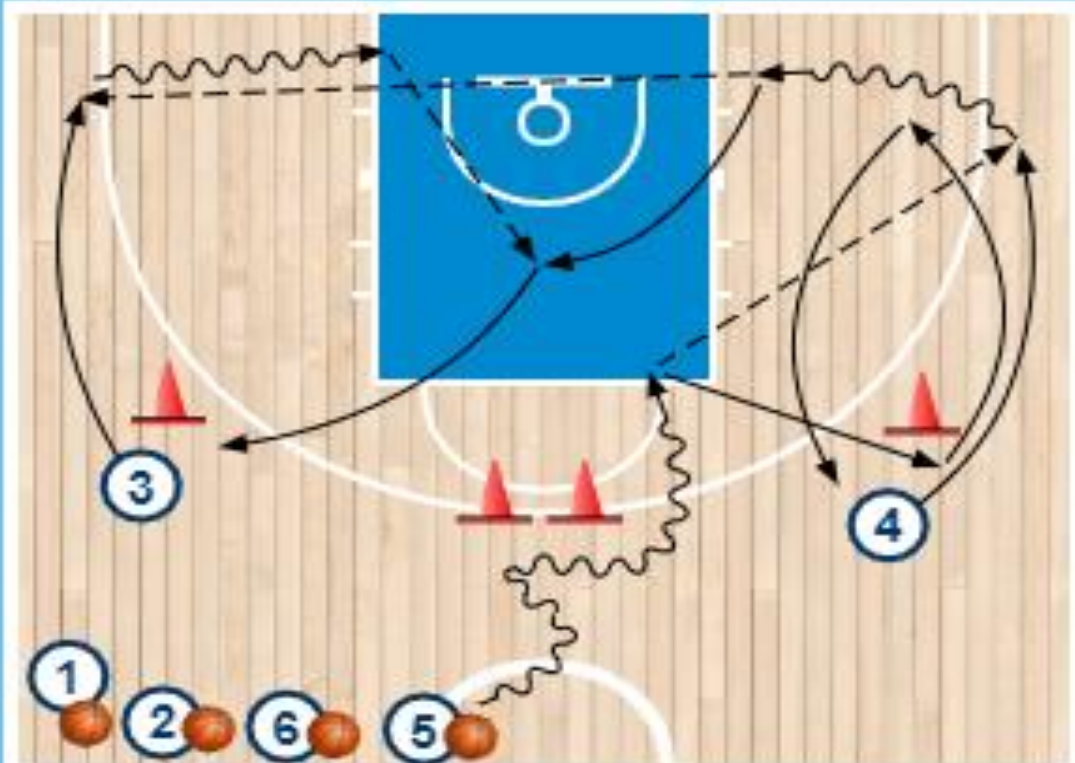


# 3D BASKETBALL

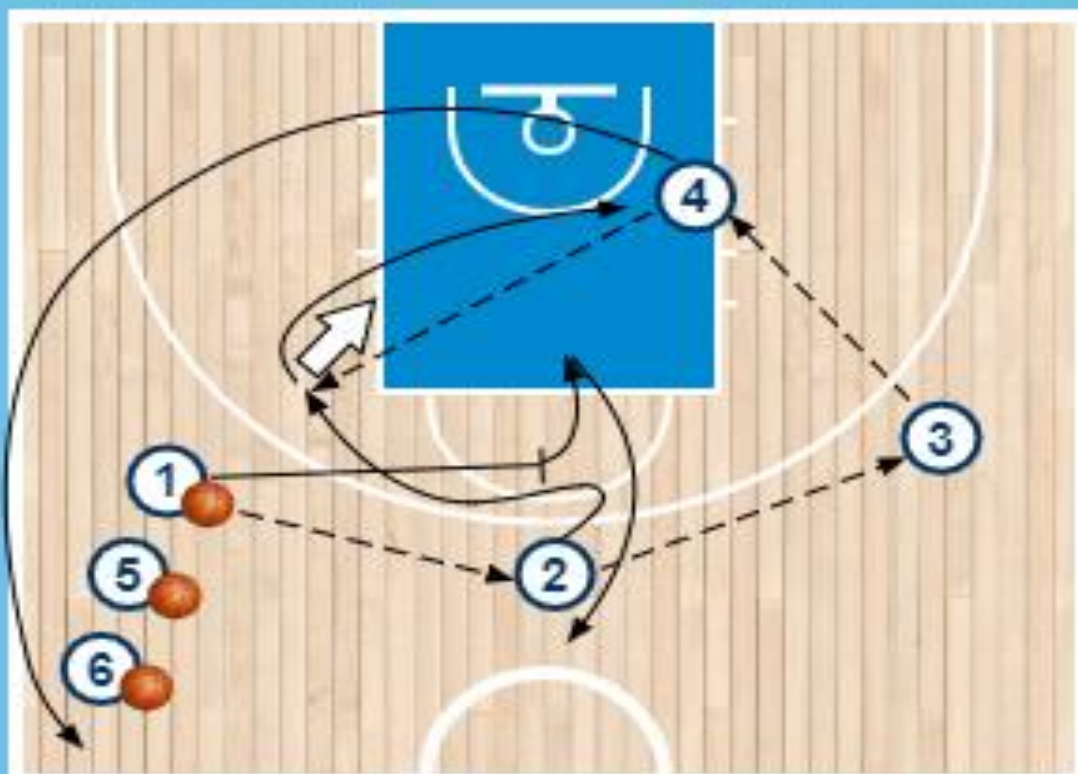
## FM Outside Shooting Option 3a.



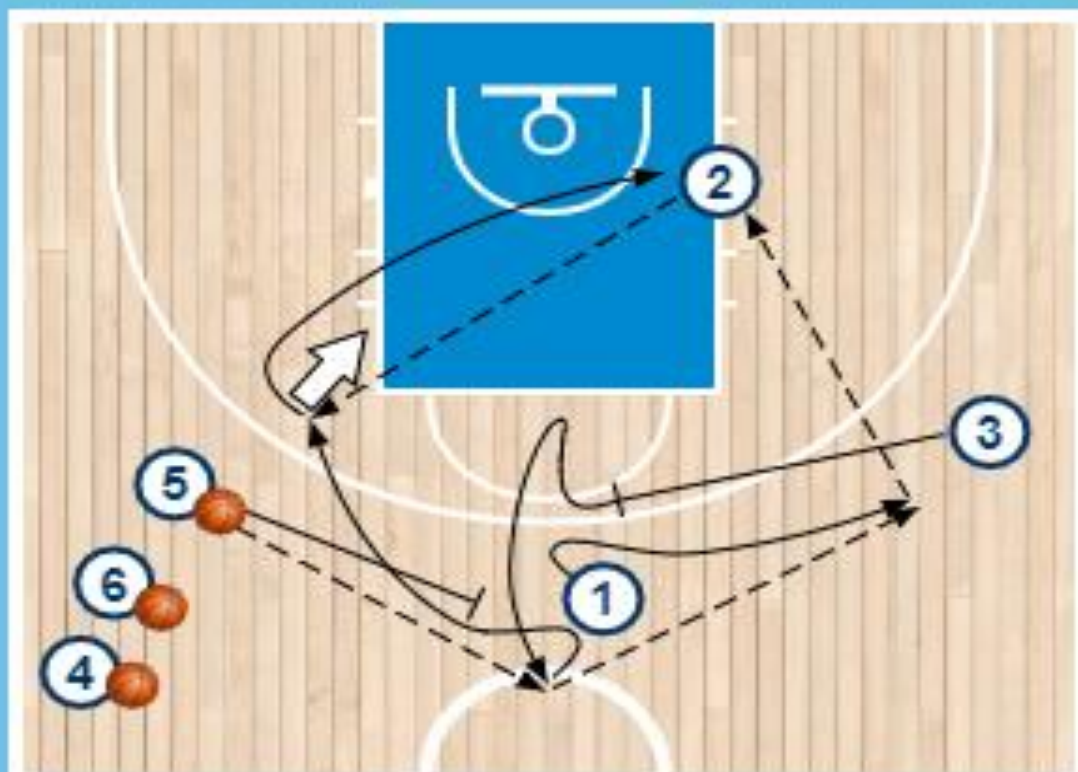
## FK Outside Shooting Option 3b.



## FM » Inside Shooting 1.

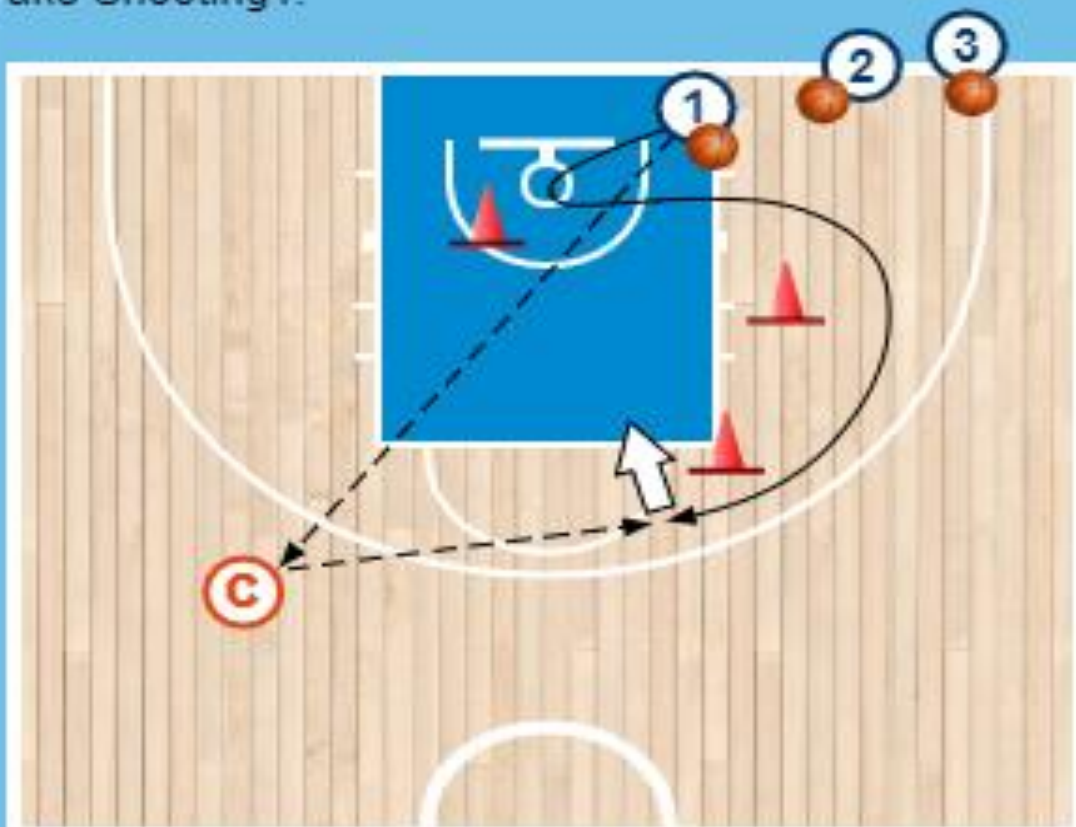


## FM » Inside Shooting 2.

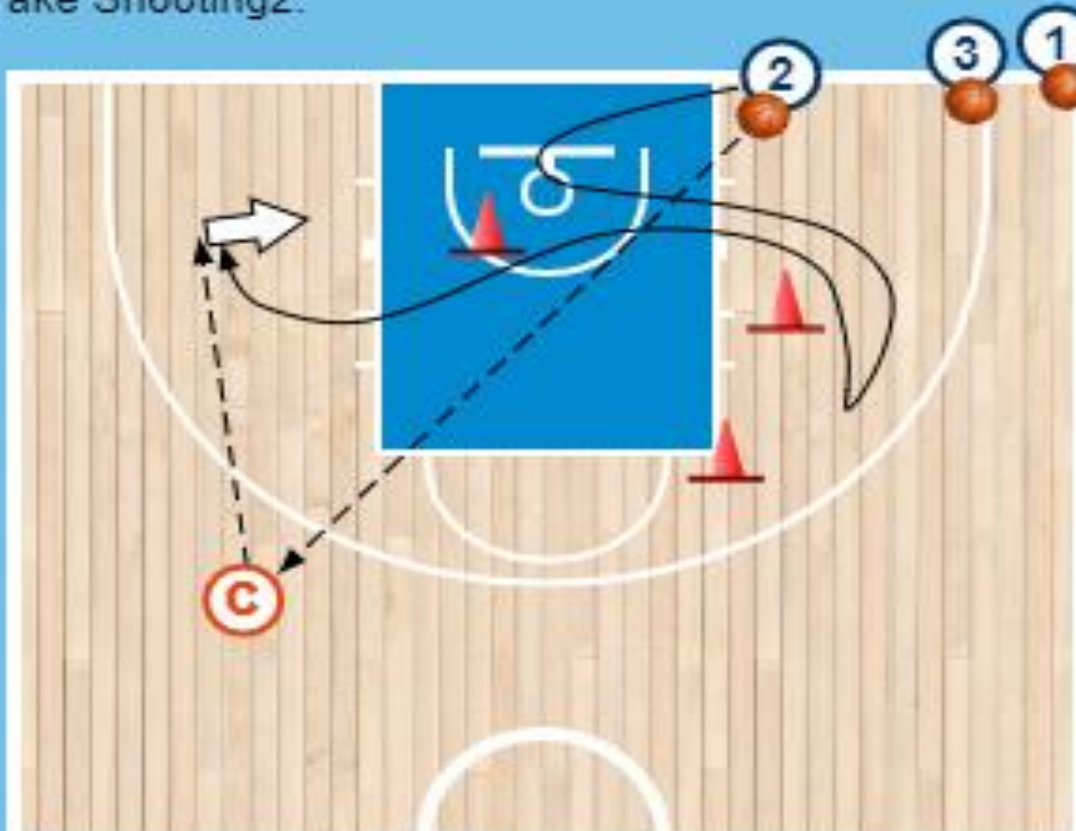


# 3D BASKETBALL

FM » Fake Shooting1.



FM » Fake Shooting2.



# 3 BASKETBALL

FM » Fake Shooting3.

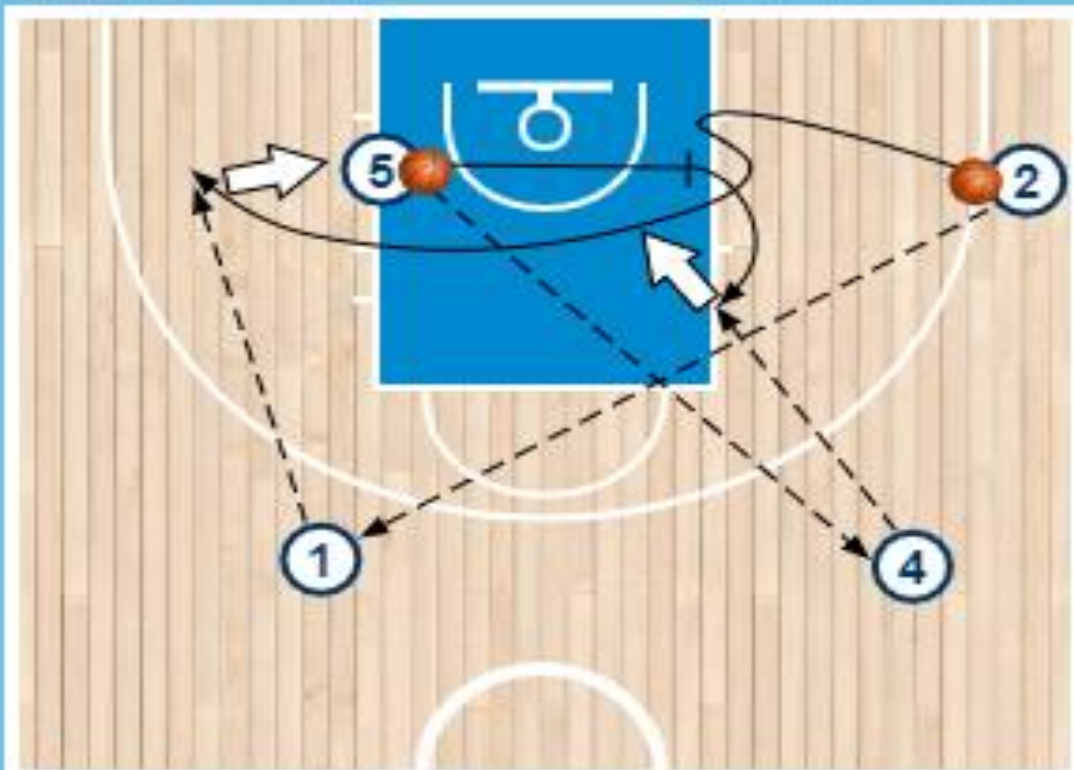


FM » Fake Shooting4.

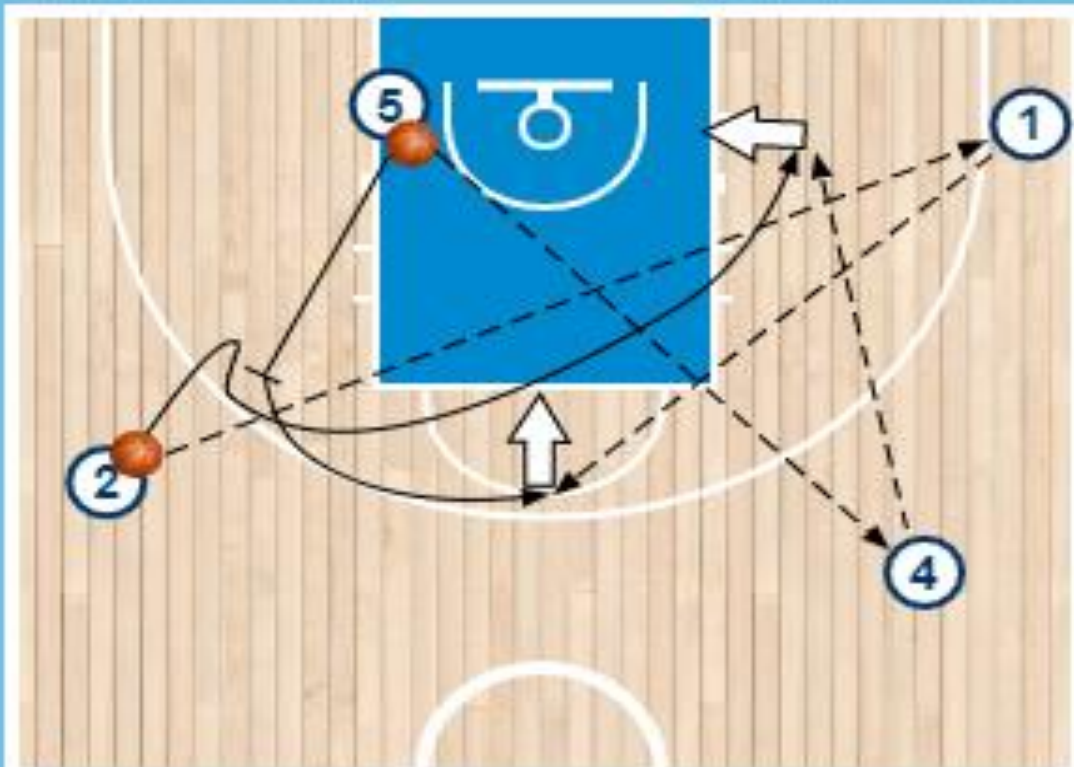




## FM » Screen Shooting Down Horizontal Screen

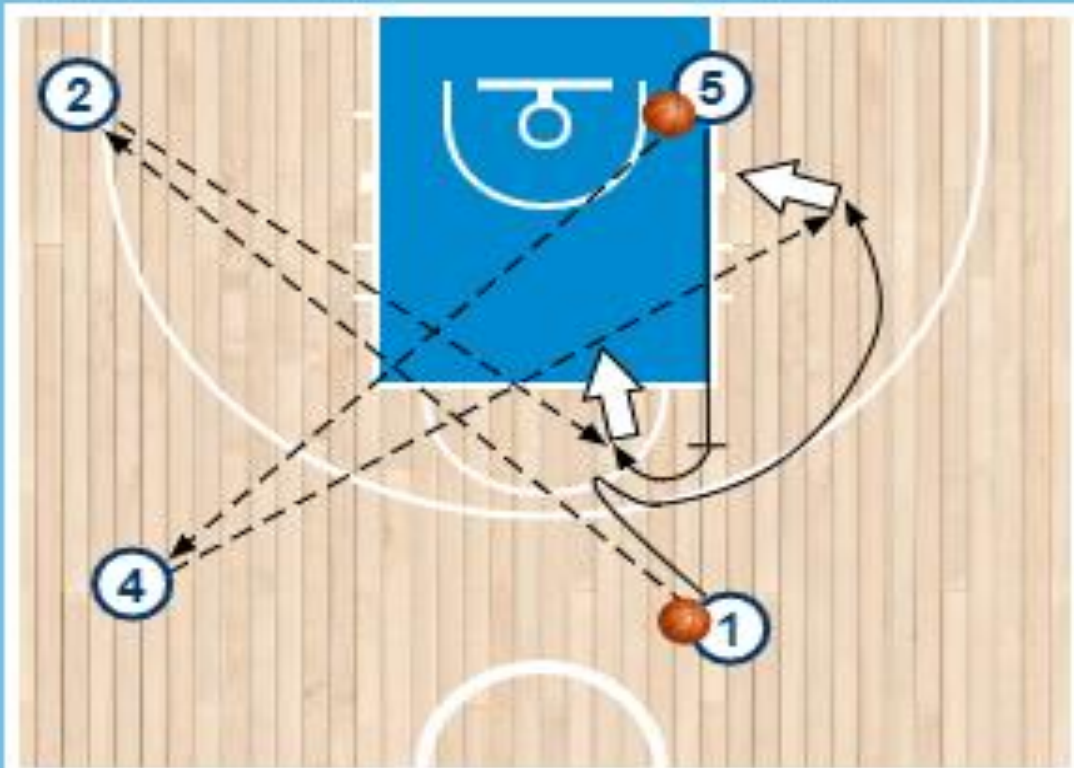


## FM » Skreen Shooting Back Screen

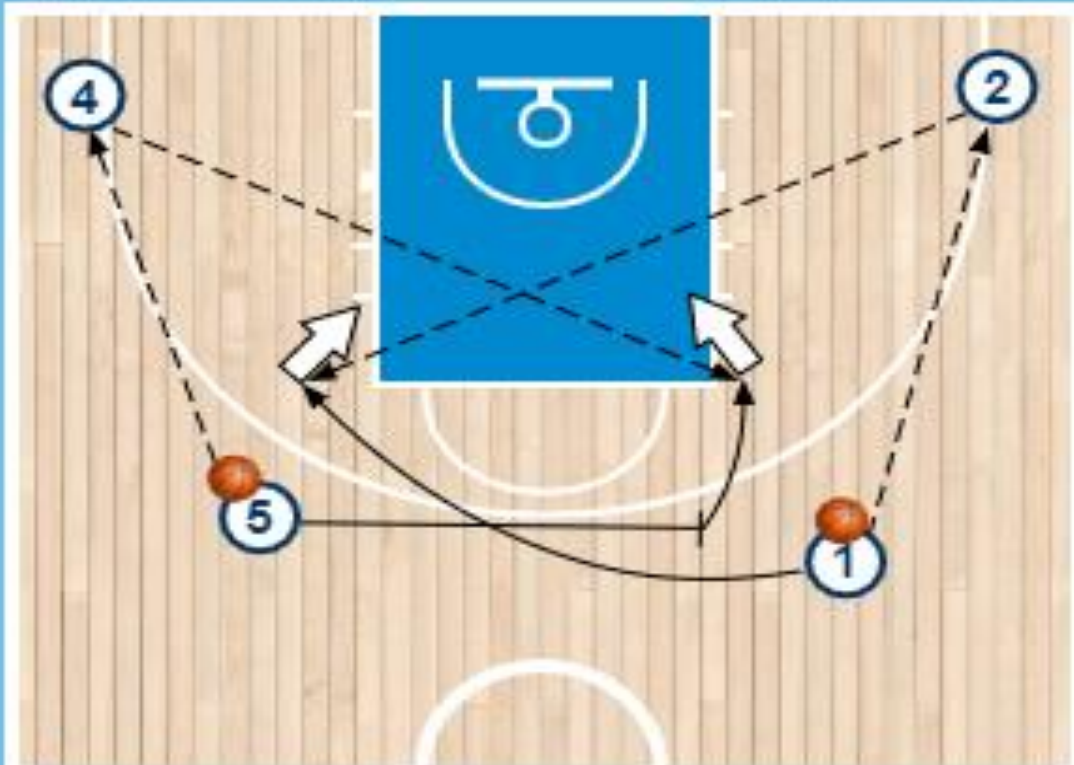


# 3 BASKETBALL

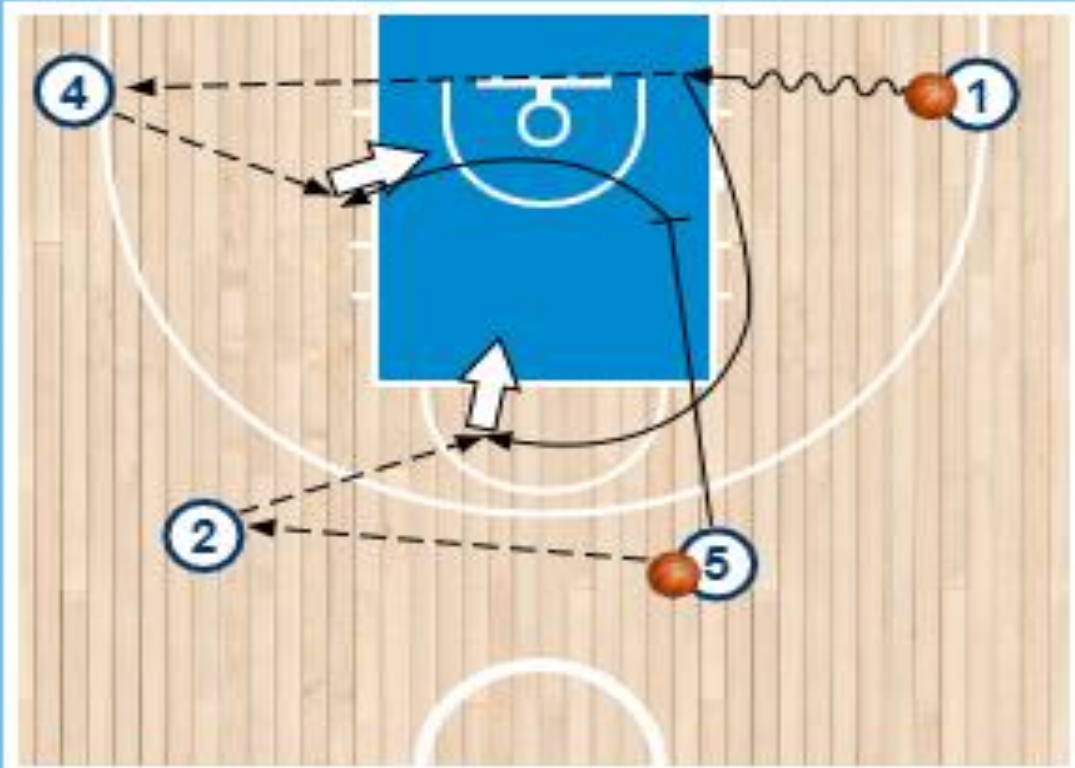
FM » Screen Shooting  
UCLA Screen



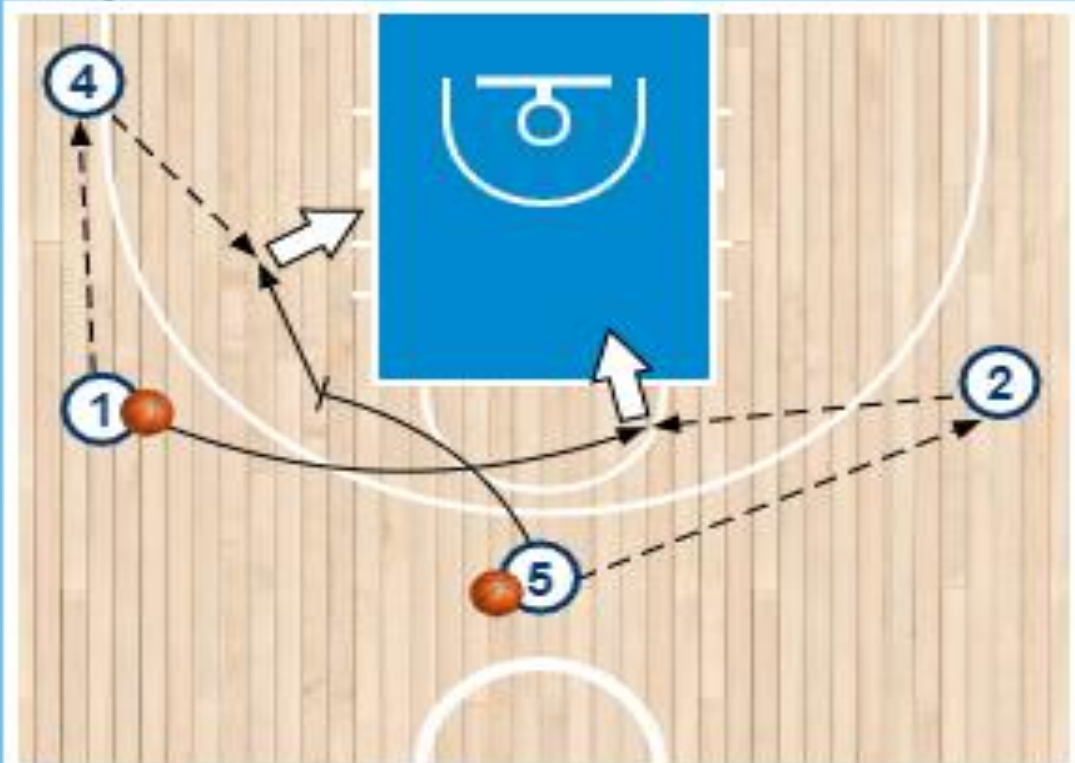
FM » Screen Shooting  
Flare Screen



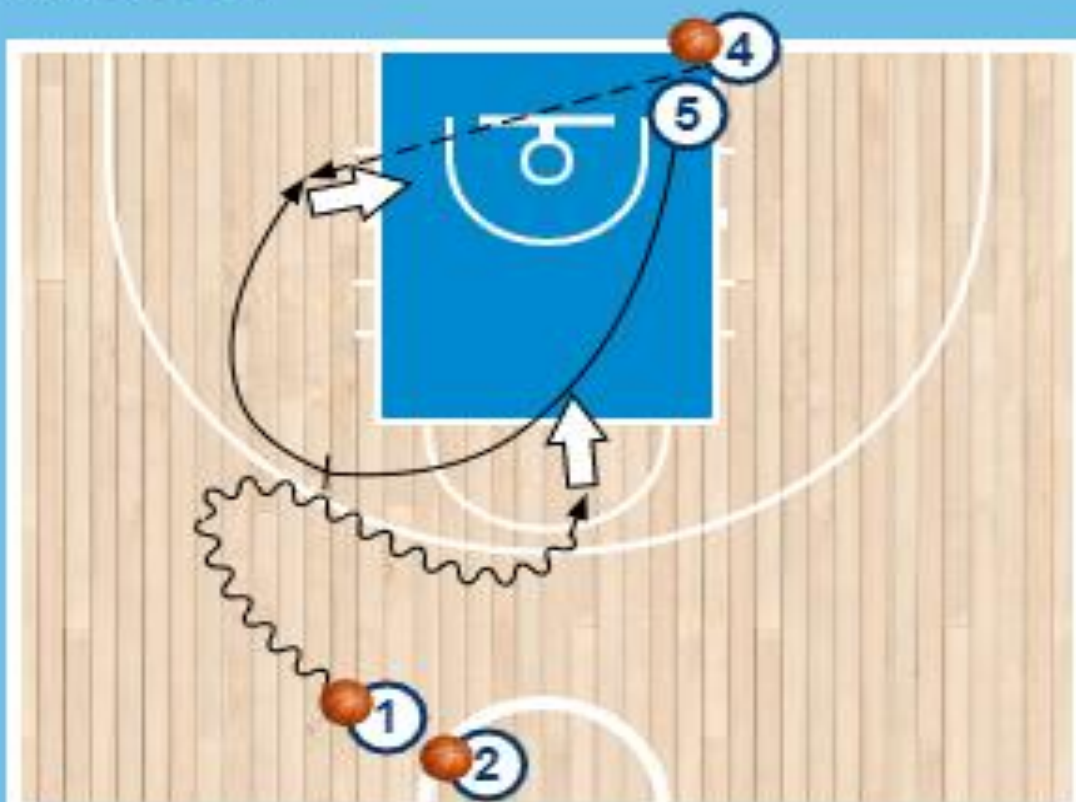
## FM » Screen Shooting Down Vertical Screen



## FM » Screen Shooting Screen Away



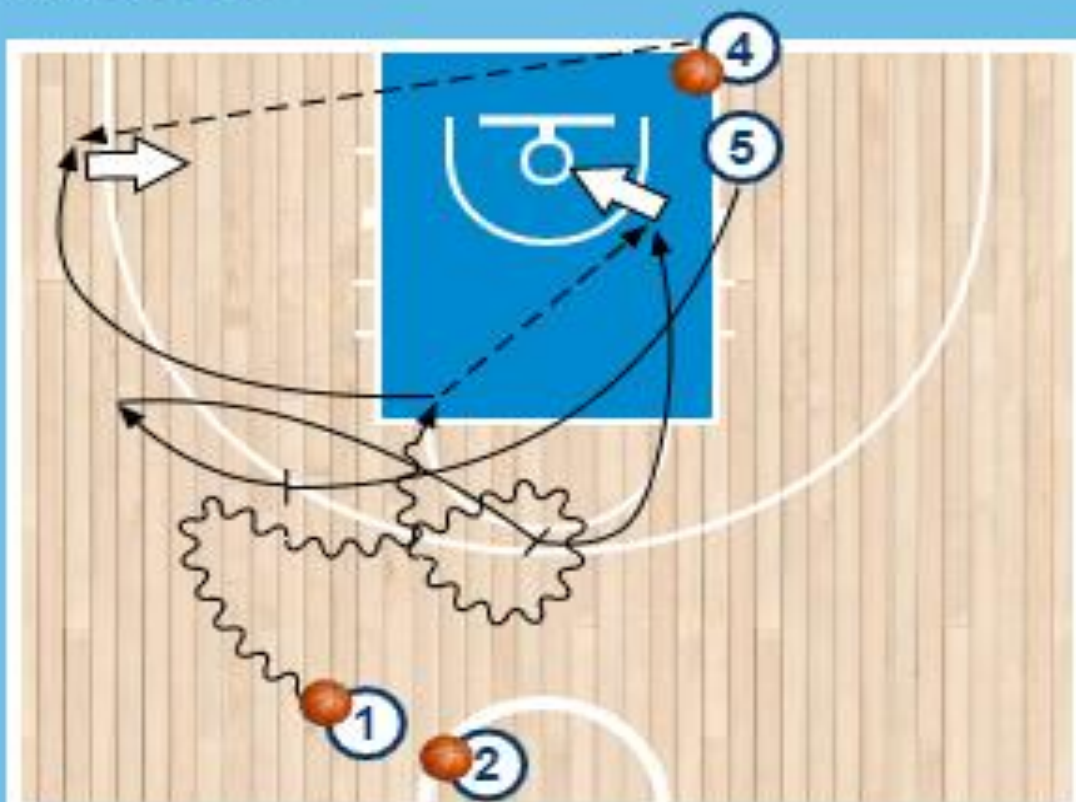
## FM » Small Big PR1



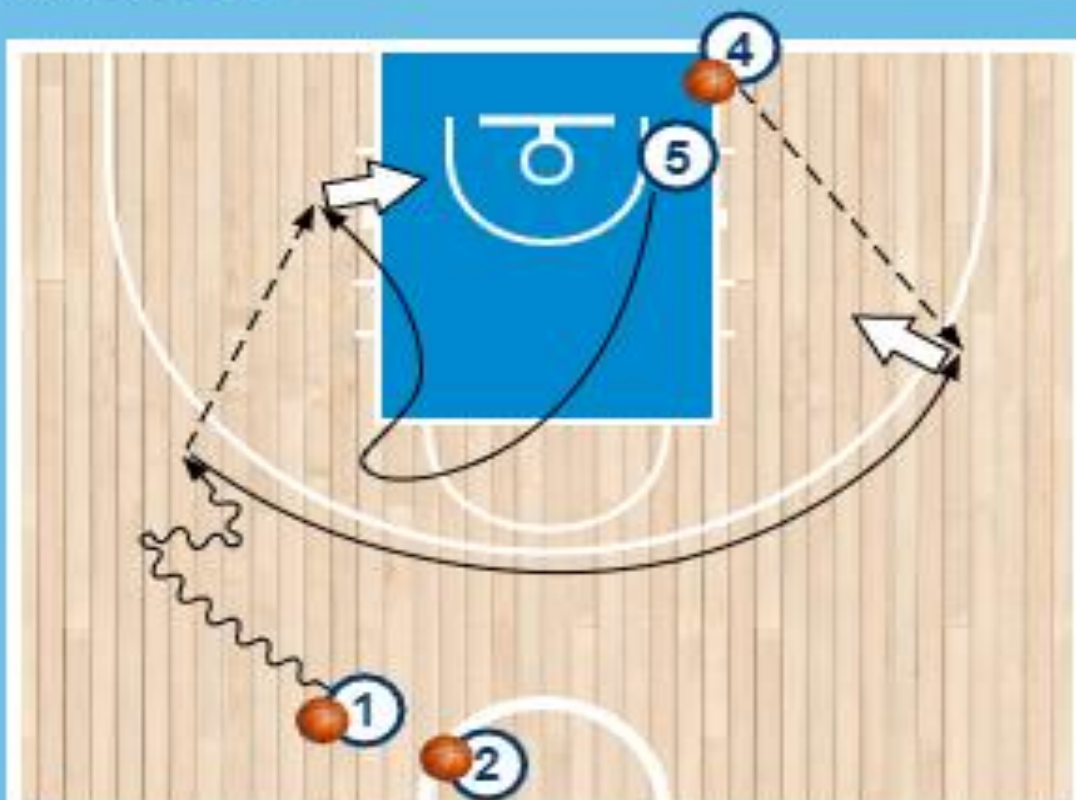
## FM » Small Big PR2.



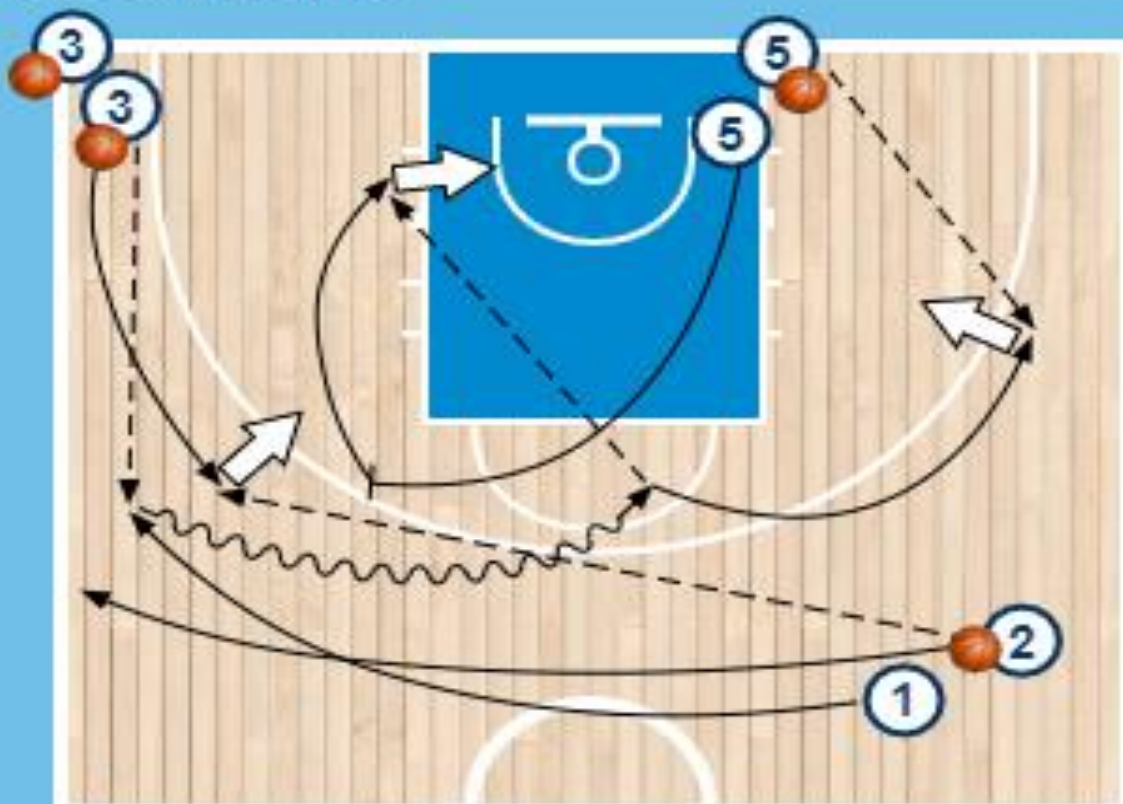
FM » Small Big PR3.



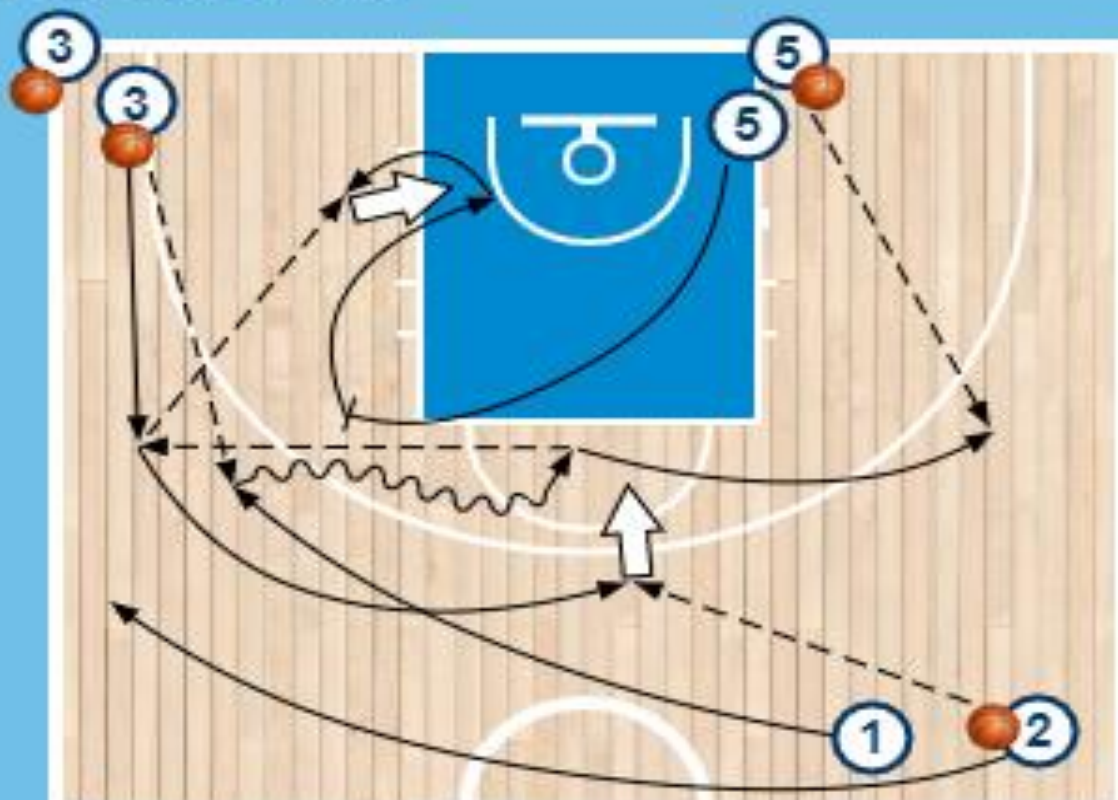
FM » Small Big PR4.



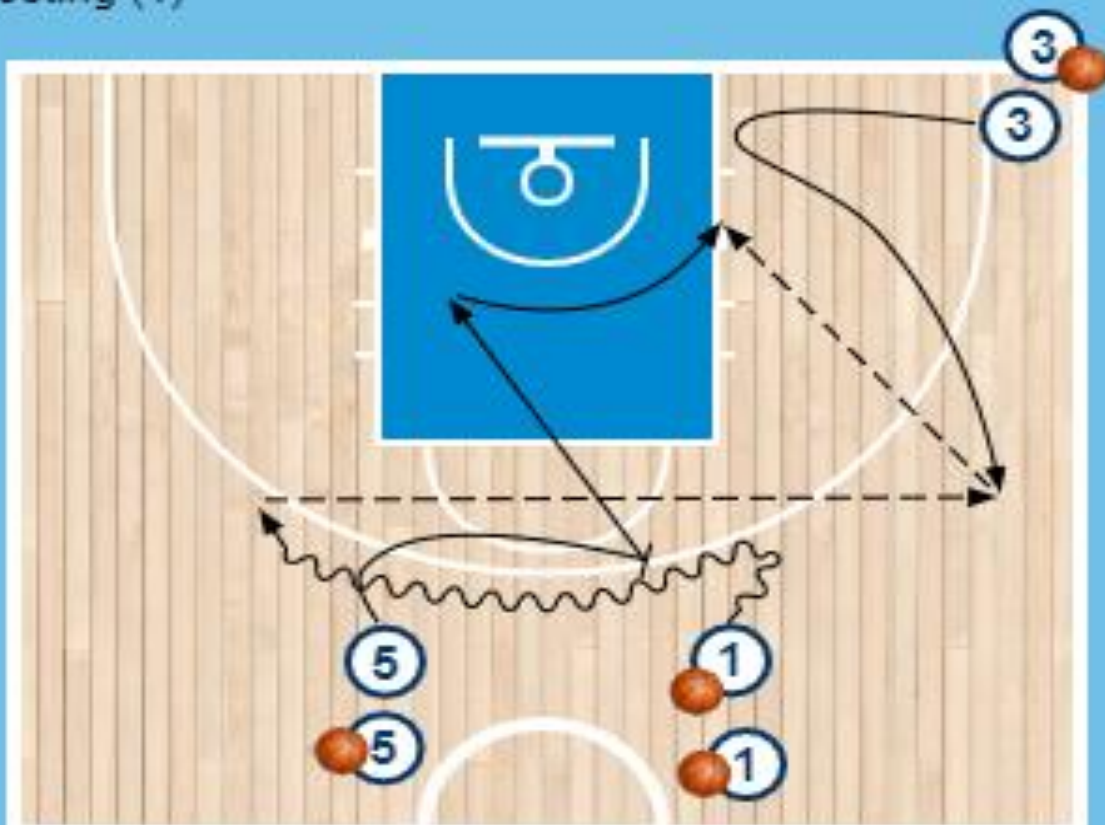
FM » Shooting PR+(1)a.



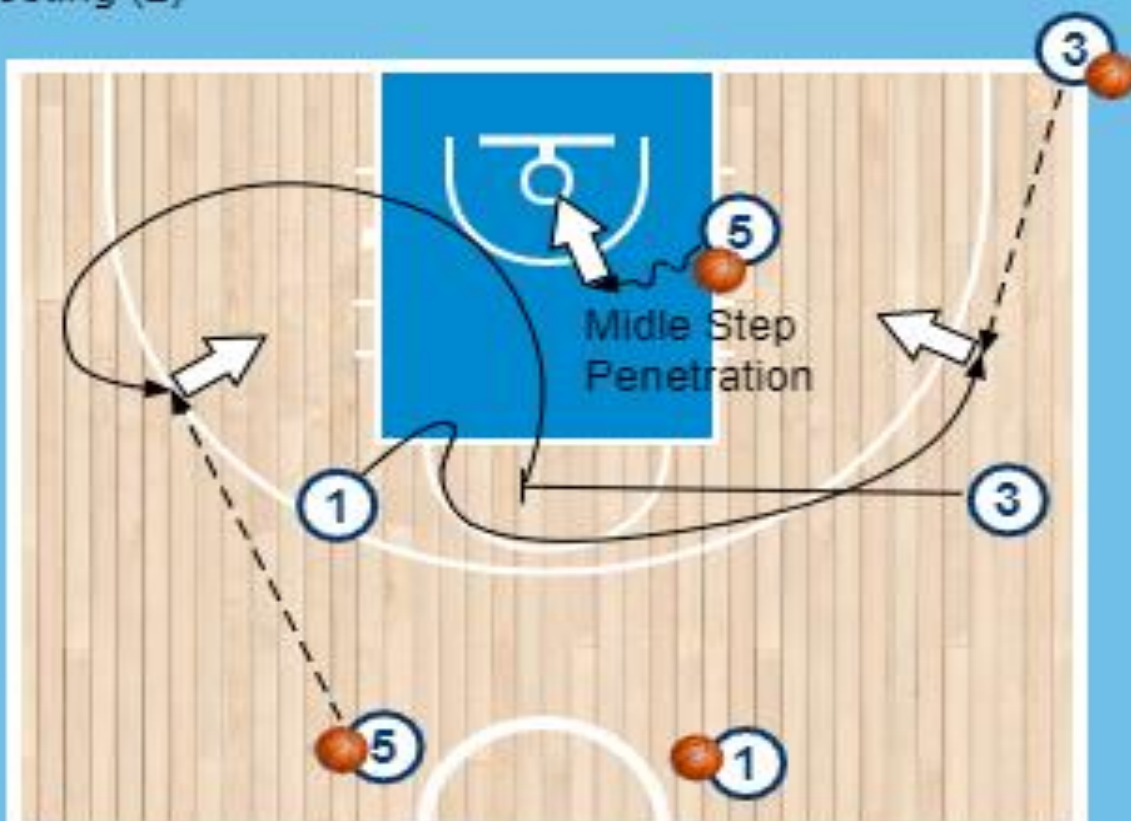
FM » Shooting PR+(1)b.



## PR Shooting (1)

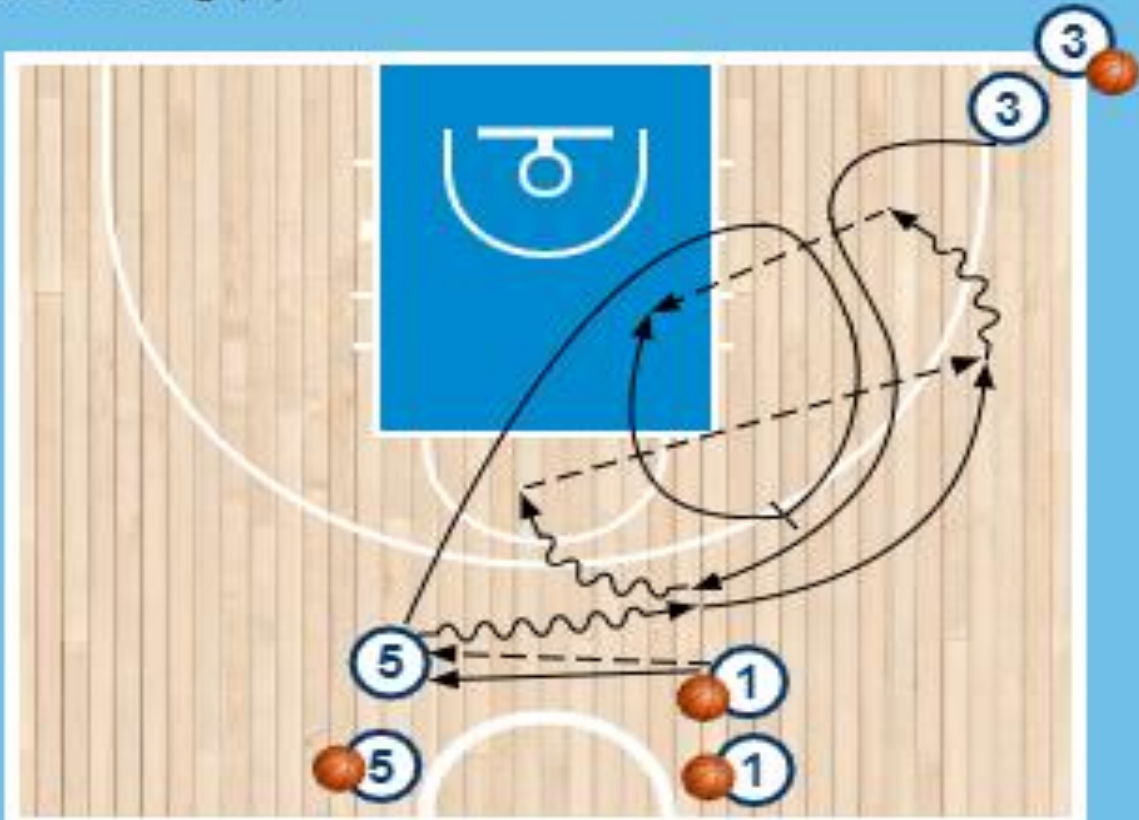


## PR Shooting (2)

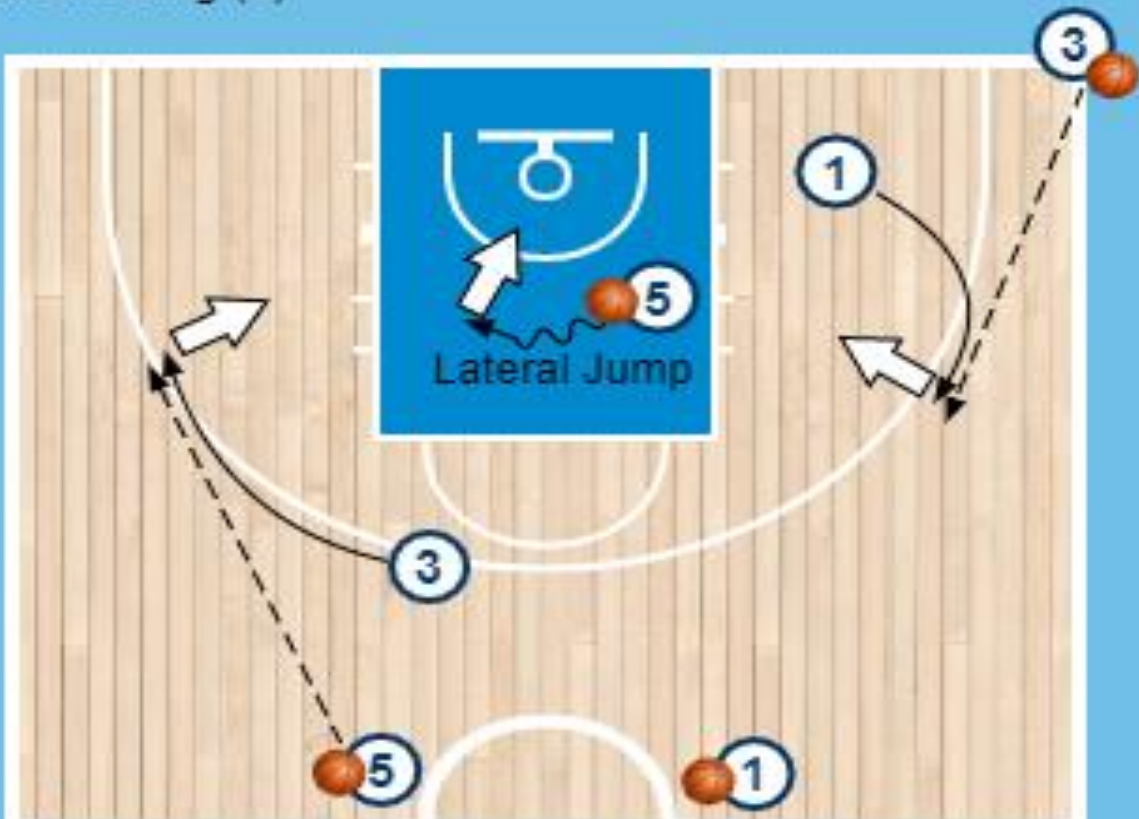


# 3 BASKETBALL

## HandOff Shooting (1)

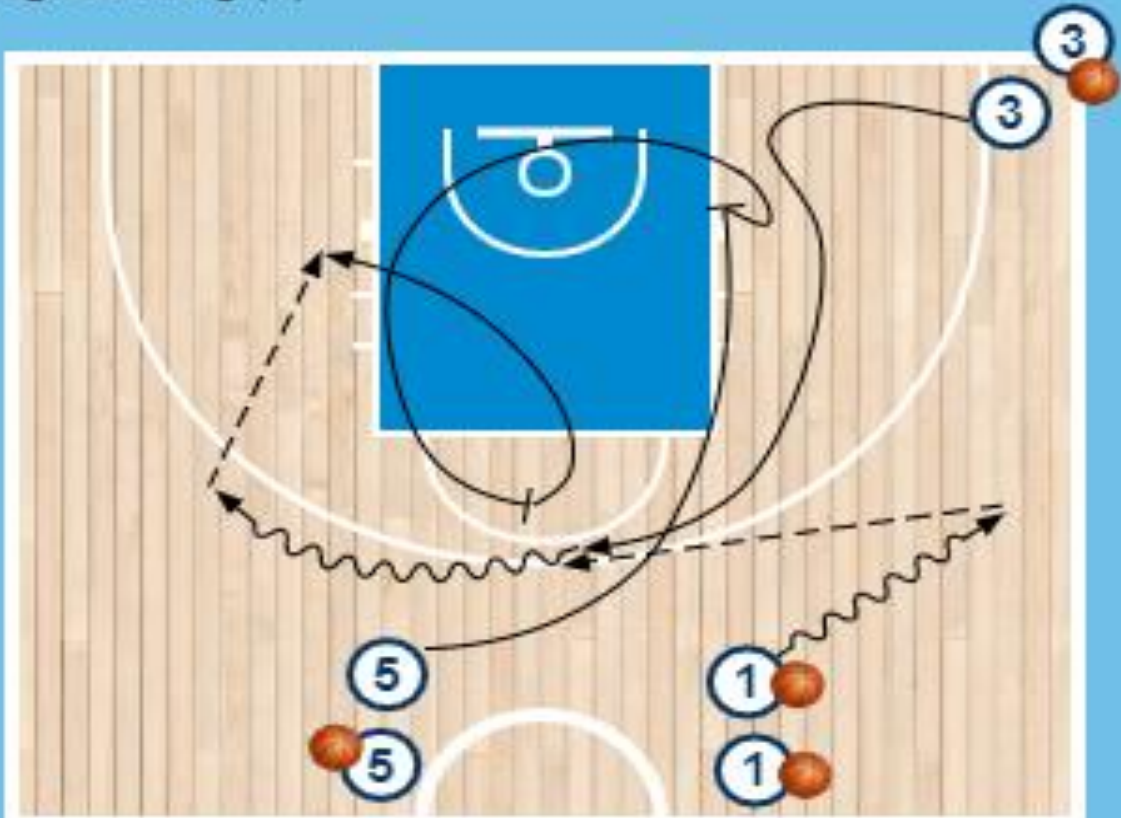


## HandOff Shooting (2)

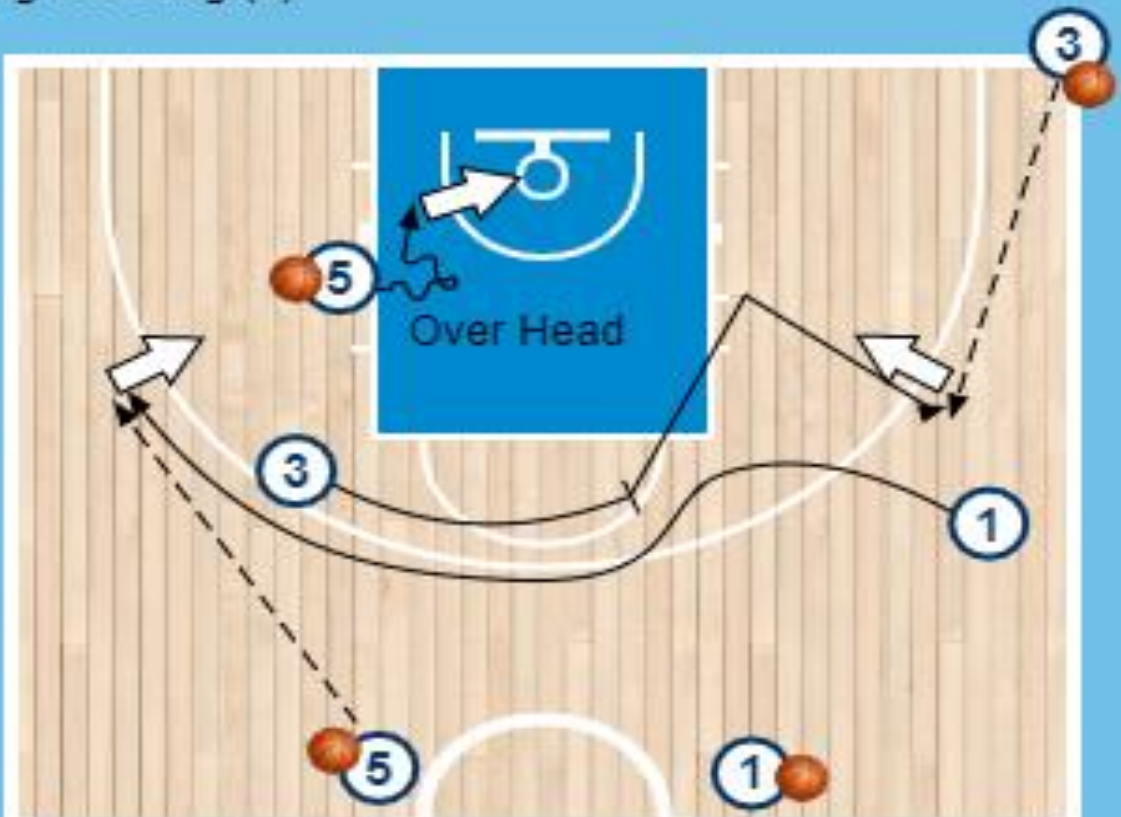




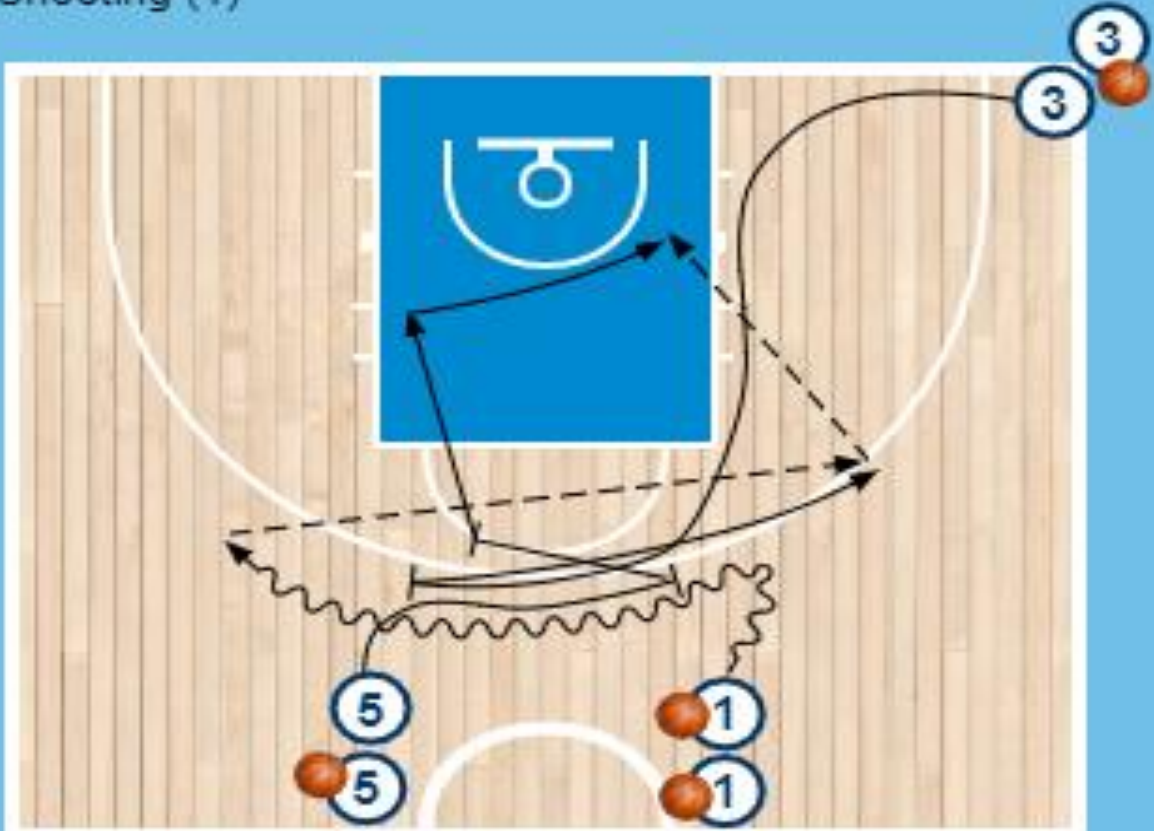
## Dribbling Shooting (1)



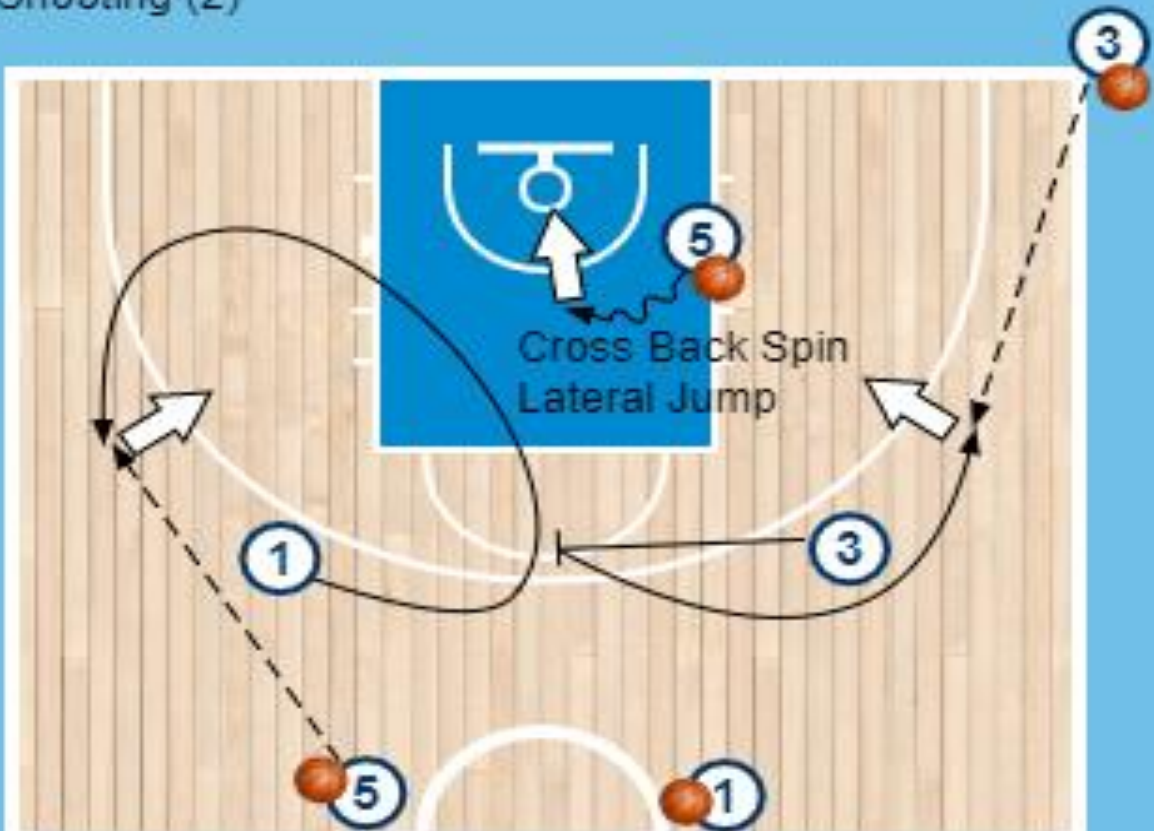
## Dribbling Shooting (2)



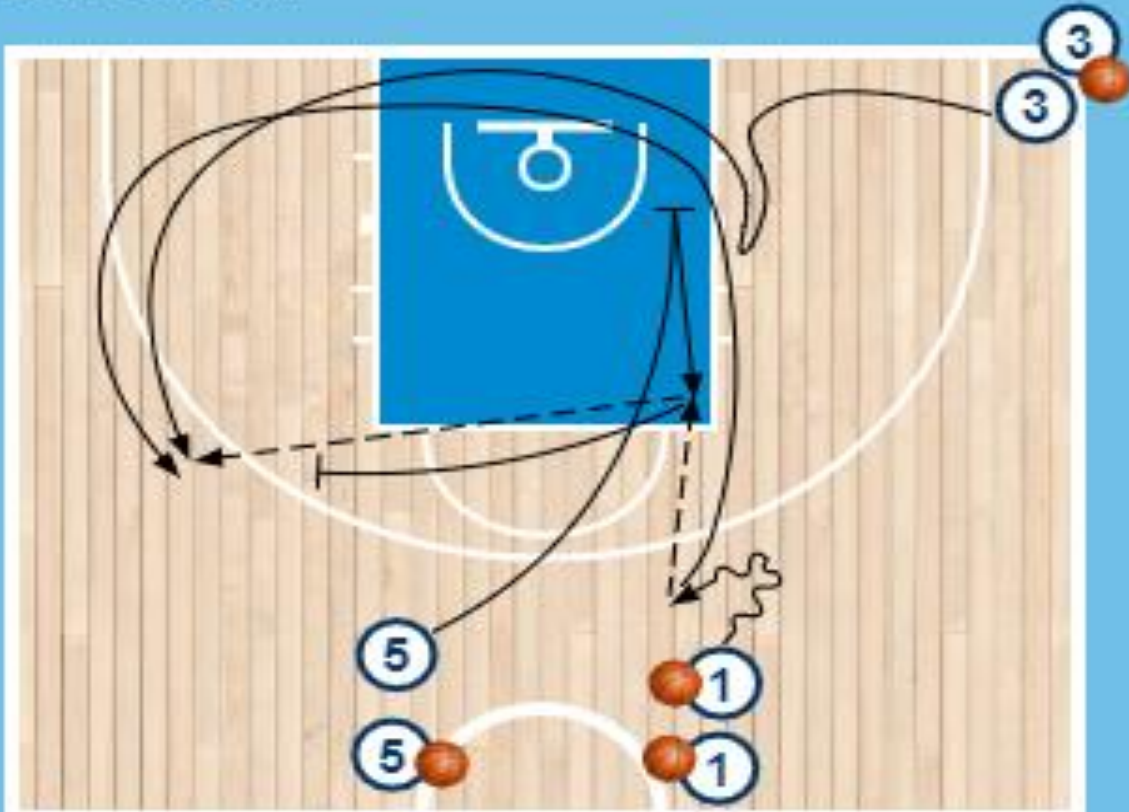
## Horns Shooting (1)



## Horns Shooting (2)



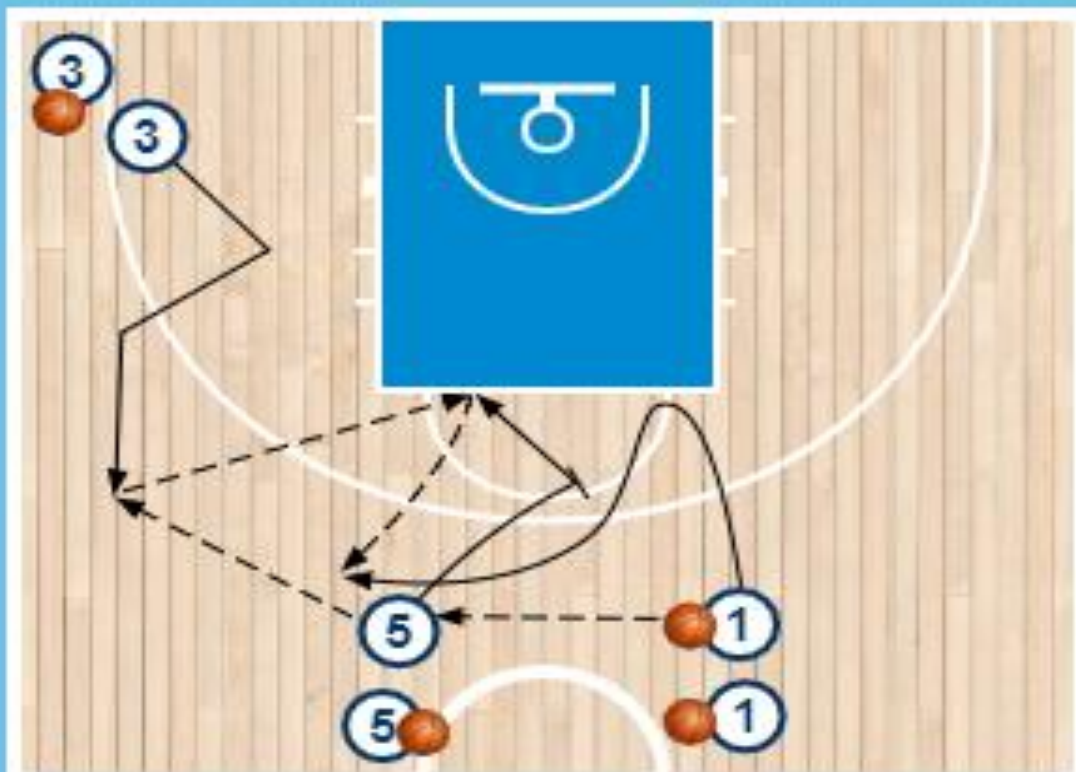
## Over Cut Shooting (1)



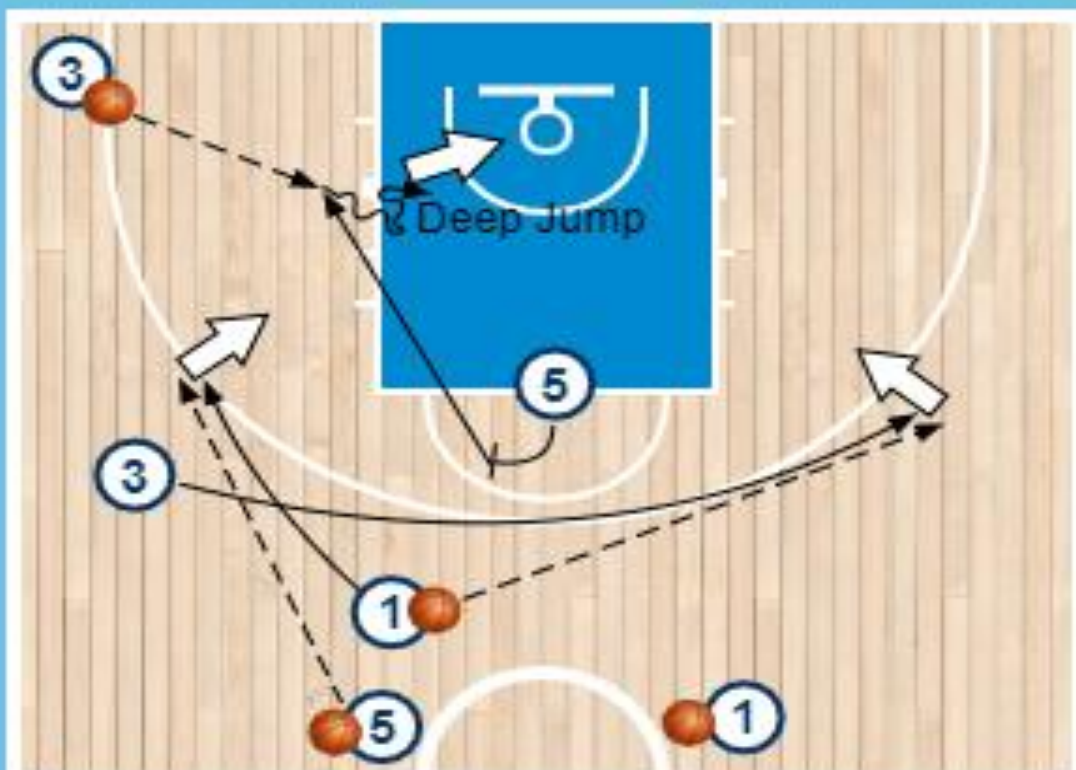
## Over Cut Shooting (2)



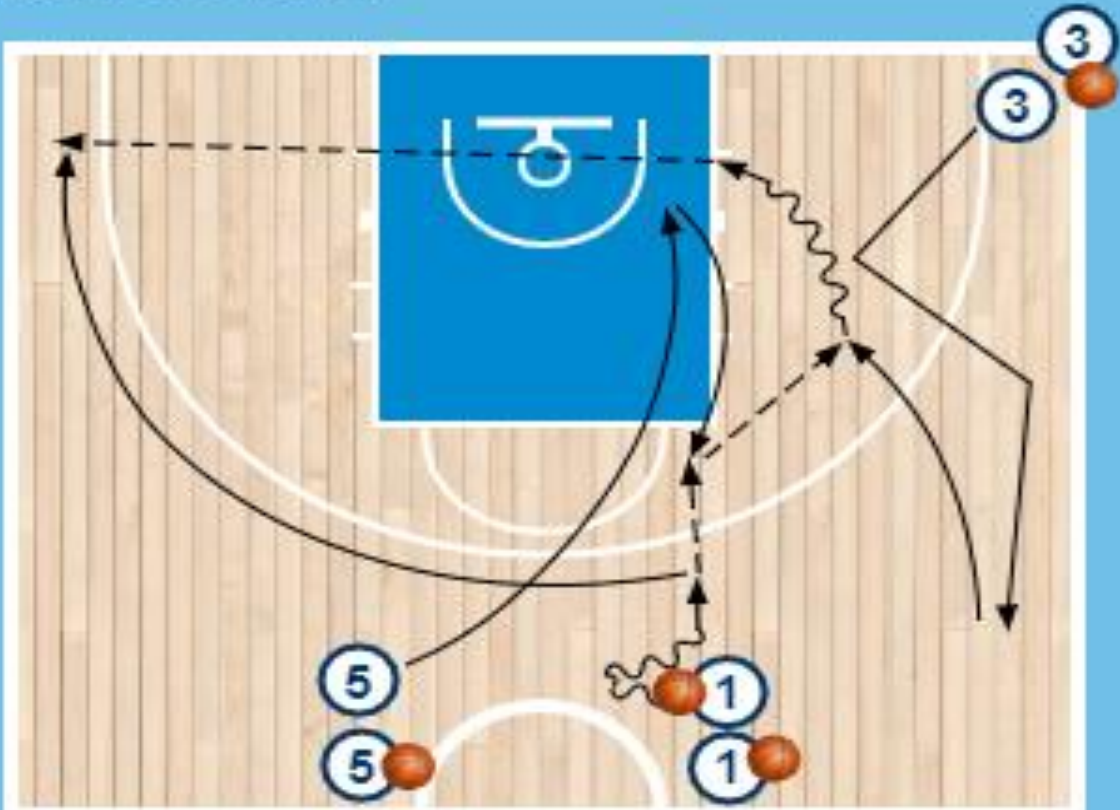
## Skip Shooting (1)



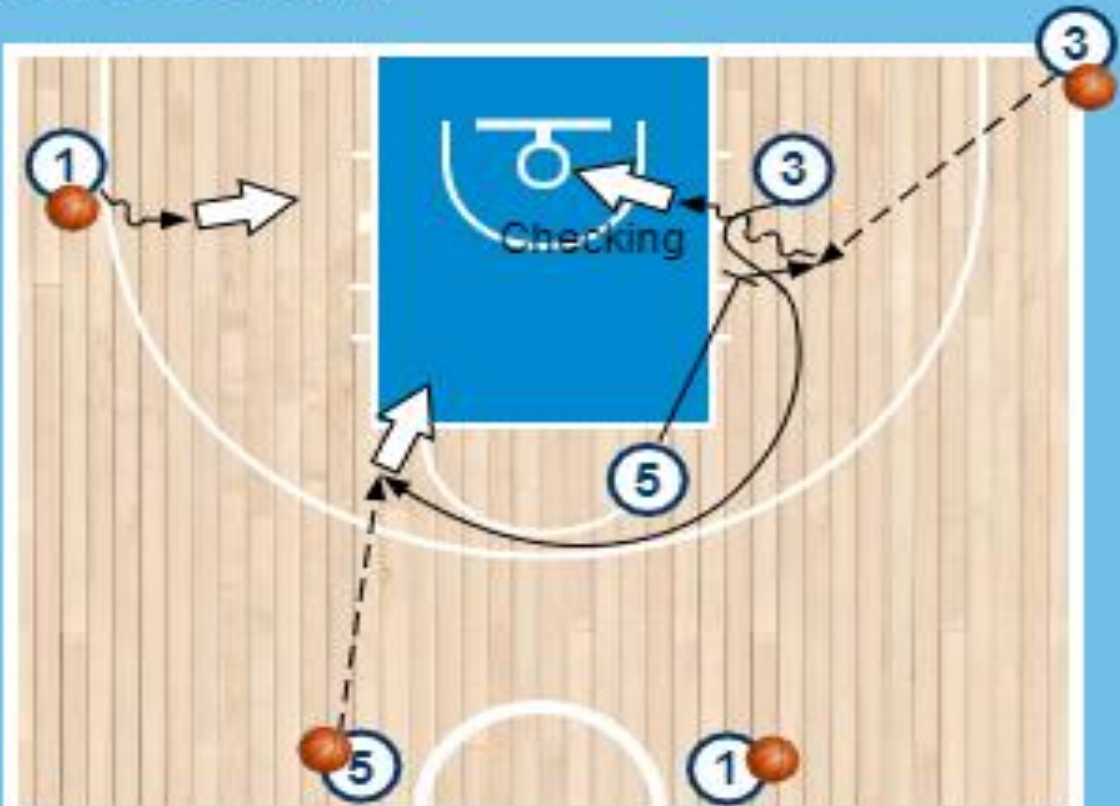
## Skip Shooting (2)



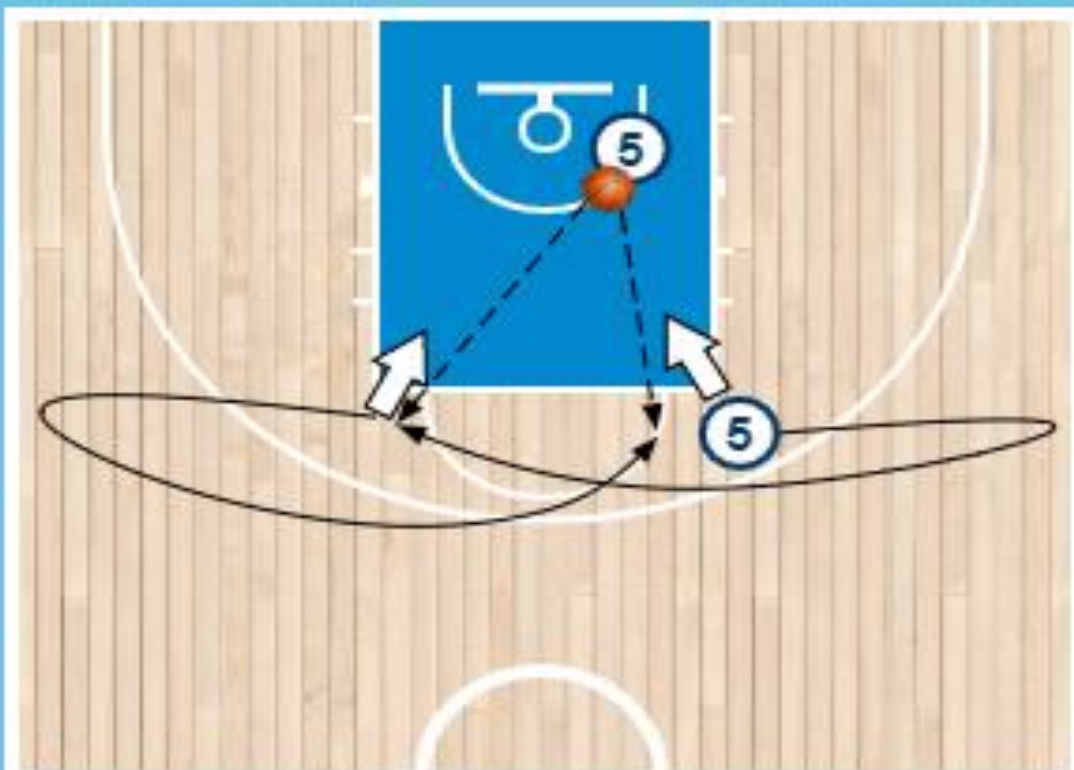
## Getting Open Shooting (1)



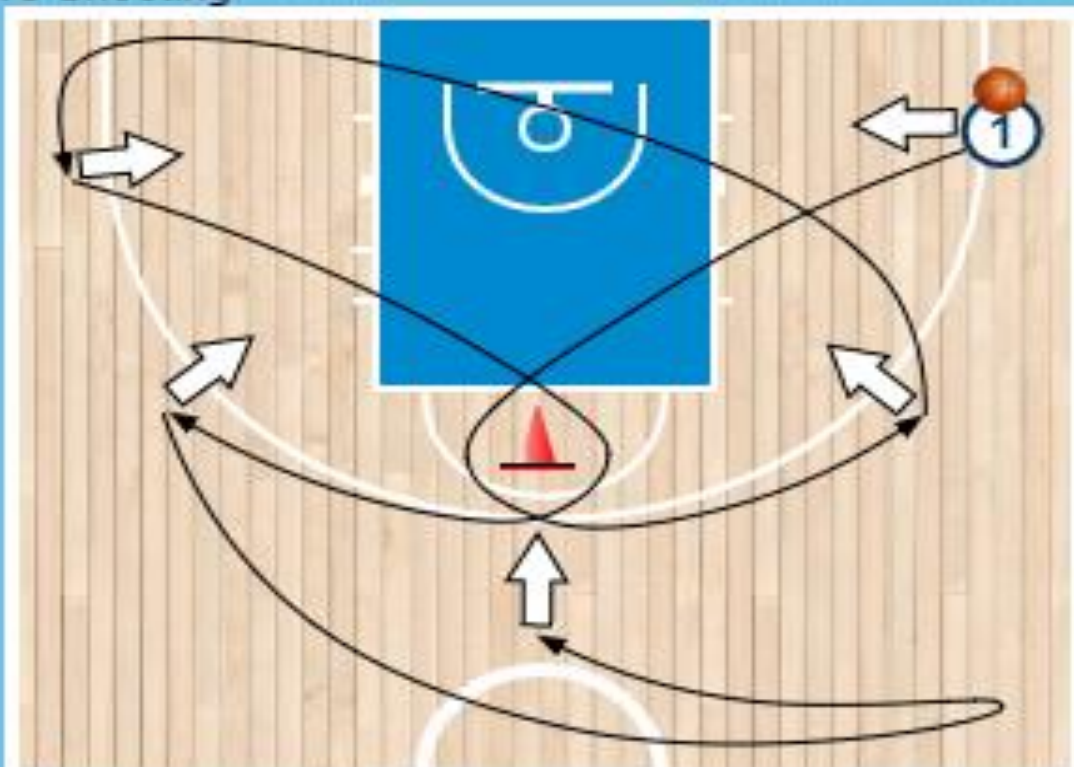
## Getting Open Shooting (2)



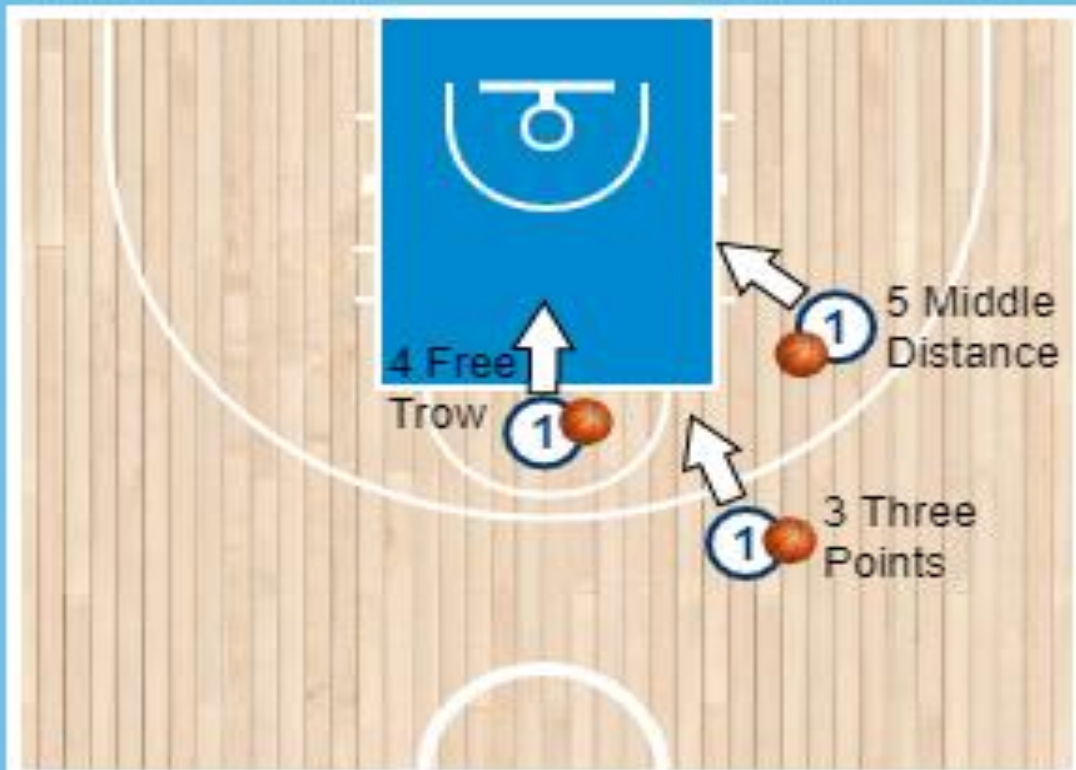
## FM » Post Elbow Shooting



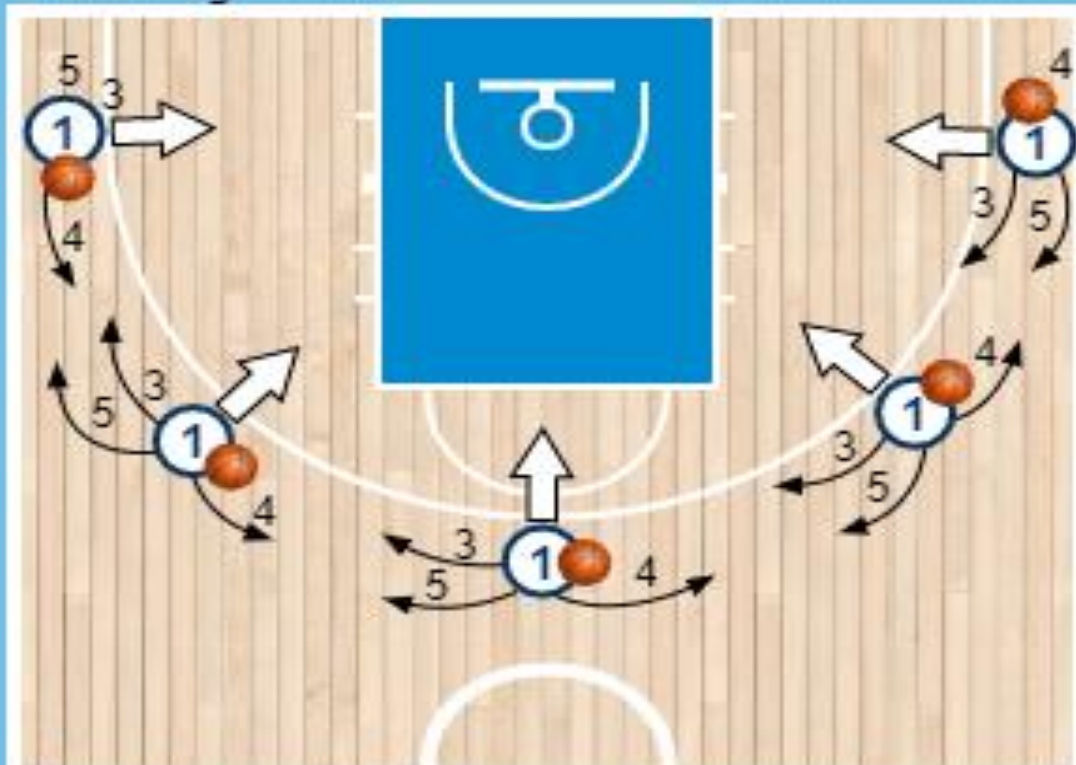
## FM » Competition Intensive Shooting



## FM » In a Row Shooting



## FM » Set Position In a Row Shooting



## FM » SHOOTING ROUTINE

1. Wall short tap
2. Wall high shooting
3. Line Shooting
4. Lateral board shooting
5. Front of hoop shooting
6. Shooting from chair
7. Zig-zag shooting
8. Zig-zag dribbling shooting
9. Position-Simulation Shooting
10. Jump star shooting (front, left, right, back)
11. Back pivot » pump fake » shot
12. Front pivot » drive fake » position » shot
13. Back pivot » cross fake » opposite front pivot » shot
14. Back Pivot » cross fake » opposite front pivot drive fake » back spin dribble » jump stop » shot
15. Front pivot » drive fake » drive fake and cross dribbling
16. Front pivot » drive fake » drive fake » drive fake and under leg dribbling at same time » jump stop » shot
17. Shooting after different type of stopping:
  - Close » far
  - Far » close
  - Inside cross step
  - Deep jump
  - Rolling stopping
  - Step back
  - Step away
18. Following Move outside and inside shooting
19. Fake shooting
20. Pick and Roll shooting
21. Screen shooting
22. Game tactic shooting
23. Aerobic shooting
24. Anaerobic shooting
25. In a row shooting

