

Cramer Basketball Shooting Guide:

Vol. 1.5

The Resource for Becoming a Better Shooter

Welcome to the most complete shooting resource we've ever created. Inside, you'll find **hours of video instruction, printable workouts**, and a step-by-step plan designed to help players at every level build confidence and consistency as a shooter.

This guide includes:

🔑 Core Areas of Shooting

1. **Form** – Build a repeatable, efficient shooting motion.
2. **Stationary Catch & Shoot** – Master the foundation of game shooting.
3. **Shooting on the Move** – Learn to stay balanced and accurate off movement.
4. **Shooting off the Dribble** – Create your own shot with confidence.

🎯 Bonus Sections

- **Advanced Shooting Drills** – Some of Coach Cramer's favorite variable practice drills.
- **Bouncing Back from Slumps** – A video presentation to help you stay confident through ups and downs.

This resource was built to **make you a more dangerous scorer** and give you the tools to train with purpose. Whether you're intermediate or advanced, you'll find workouts and teaching points that you can apply immediately.

📣 Coach's Note

"As I think back on my career as a player, I realize how much a document like this would have helped me. So, to any young hooper out there who is hungry to get better, take advantage of this opportunity. Soak in the details of each video and see how it applies to your game. Enjoy, make shots, and if you need anything reach out: contact@cramerbasketball.com

— Coach Cramer



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Form Five Form Shooting Drills Hold & Stance Four Phases of Form Shooting Common Errors Rhythm Shooting 1-2 Through Shooting Positions	Catch & Shoot Catch & Shoot Keys Catch & Shoot: Hop or Step Form Shooting to Catch & Shoot
Relocation Drift Shooting Backpedal Keys Transition Catch & Shoot Hop 1-2 Shooting	Off the Dribble Pull Up Keys Pound to Pull Pull Up Transition Pull Up Dribble Move to Pull Up: Transition Two Dribble Pull Up
CB Super Shooter Drills: Advanced 10 of my favorite competitive drills Super Shooter Drills 1-5 Super Shooter Drills 6-10 Oakland Shooting Drill: 4 minutes	Helpful Videos & Attachments Mini Shooting Clinic Dealing with Shooting Slumps Block Shooting Workouts Youth Shooting Logs

CB Super Shooter Records



Shooting Competition/Drill	Player Name: Score Date
CMU Shooting Drill: 90 sec.	
Sideline Shooter: 90 sec.	
3-2-1 Shooting: 2 min.	
Curry Rapid Fire: 3 min.	
5 Shooter: 2 min.	
Quick 15: 90 sec.	
Free Throw Perfection: 10 shots (half and back every two shots)	
Klay Thompson Drill: 90 seconds	
Streaks: 3 min	Catch: Dribble:
BGSU Shooting Drill: Partner 4 min.	cramerbasketball.com

Sample Workouts

Exercise	Makes/Reps	Location	Distance
Four Phases of Form Shooting	Phase 1: 10 Phase 2: 10 Phase 3: 15 Phase 4: 15	Front Rim	8-10 ft. 10-12 ft. 12-14 ft. 15 ft.
Catch & Shoot	10 10 10 10 10	Front Wings Corners	As able
Drift Shooting	10 10 10	Corner to Wing Slot to Slot Corner to Wing	As able
Dribble Pull Ups	10 R 10 L	Elbows	15ft.
Free Throws	10	Free Throw Line	N/A

Exercise	Makes/Reps	Location	Distance
Four Phases of Form Shooting	Phase 1: 5 Phase 2: 5 Phase 3: 10 Phase 4: 10	Front Rim	8-10 ft. 10-12 ft. 12-14 ft. 15 ft.
One Hand to Catch & Shoot	10	Top	As able
Catch & Shoot	5 5 5 5 5	Front Wings Corners	As able
Transition Shooting	10 10 10	Top Wing Wing	As able
Free Throws	10	Free Throw Line	N/A

Sample Workouts

Exercise	Makes/Reps	Location	Distance
Five Form Shooting	10	Front Rim	8-10 ft.
Drills: Pick 3	10		10-12 ft.
	10		12-14 ft.
Hop 1-2 Shooting	10	Corner Lift to Wing: Right	Distance: As able
	10	Corner Lift to Wing: Left	
Drift Shooting	10	Corner to Wing	As able
	10	Slot to Slot	
	10	Corner to Wing	
Catch & Shoot	10	Front	As able
	10	Wings	
	10	Corners	
	10		
	10		
Free Throws	20	Free Throw Line Intermix throughout workout	N/A

Exercise	Makes/Reps	Location	Distance
Five Form Shooting	10	Front Rim	8-10 ft.
Drills: Pick 3	10		10-12 ft.
	10		12-14 ft.
One Hand to Catch & Shoot	10	Top	As able
Transition Pull Up	10	Right Wing	Mid Range to Three as able
	10	Left Wing	
	10	Top of the Key	
Backpedals	10	Top	As able
	10	Wing	
	10	Wing	
Free Throws	20	Free Throw Line Intermix throughout workout	N/A



Shooting Self-Evaluation Worksheet

Taking notes about your game is one of the best ways to improve. Writing things down helps you see patterns, track progress, and hold yourself accountable. Use this page to reflect on your shooting, identify strengths, and highlight areas to grow. Thanks for joining us!

Self-Reflection Questions

1. **What are my biggest strengths as a shooter?**

Example: Catch-and-shoot threes, shooting off the dribble, midrange pull-ups.

○ Notes: _____

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2. **What are my weaknesses as a shooter?**

Example: Free throws, shooting off movement, shot preparation.

○ Notes: _____

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3. **What is my current shot routine? What do I need to add or change?**

Think: footwork, balance, hand placement, follow-through.

○ Notes: _____

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4. **How consistent is my shot under pressure?**

Practice vs. games, early in games vs. late-game moments.

○ Notes: _____

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5. **What are the specific shots I can see myself taking this season?**

This is based on your skill set, your role on the team, and the type of offense your coach runs.

○ Notes: _____

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6. **What drills or reps help me the most?**

Example: Form shooting, spot shooting, game-speed reps.

○ Notes: _____

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7. **If I never made a shot during a game, how would I still make a positive impact?**

Think about defense, communication, rebounding, energy, leadership.

○ Notes: _____

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8. **What is one focus point for my next workout/game?**

Keep it simple and clear.

○ Notes: _____

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Additional Notes:



