PIN-DOWN AND FLARE starts with 3 shooters on the wing and Player #1 at the elbow extended. Player #1 will receive a pass from the Gun and Player #2 will sprint around the chair to simulate coming off a pin-down screen. Player #2 will shoot the shot off the catch.
PLAYER #2 will then sprint off the chair in the opposite direction to simulate coming off a flare screen. Player #2 will shoot the jumper off the catch. Player #2 will then go to the end of the line.
PLAYER #3 will then sprint off the pin-down screen and catch the pass from Player #1. The shot will come off the catch.
PLAYER #3 will then simulate coming off a flare screen and shoot the shot off the pass from Player #1. Player #3 will then go to the end of the line.
PLAYER #4 will then simulate sprinting off a pin-down screen and shoot the jumper off the pass from Player #1.
PLAYER #4 will then simulate sprinting off a flare screen and will shoot the jumper off the pass from Player #1. Now we are back to where we began the drill. The drill continues until a certain number of shots have been made, taken, or a time limit has expired.
In the RIP HAMILTON SERIES - Player #2 will get 5 game shots off the pass from the point. In this frame, Player #1 will catch the pass from the Gun and pass to Player #2 for the catch and shoot shot from the corner.
IN THIS FRAME, Player #2 will receive a pass from Player #1. Player #2 will shoot a one-dribble pull-up off the catch.
IN THIS FRAME, Player #2 will come off a pin-down screen and receive the pass from Player #1. Player #2 will shoot the shot off the catch.
IN THIS FRAME, Player #2 will receive the pass off a flare screen. Player #2 will shoot the ball off the catch. This is the 4th shot in the series.
IN THIS FRAME, Player #2 will run to half court and shoot a run-in 3 out of transition. This is the fifth and last shot in the series. In this series, Player #2 shot a catch and shoot corner 3, a one-dribble pull-up, a shot off the pin-down screen, a shot off the flare screen, and a run-in 3 out of transition. The Rip Hamilton Series includes 5 games shots off the pass from the point. It can be done multiple times for conditioning and repetition.
IN SHOT TO TRANSITION, Player #1 will step in to receive the pass from the Gun and shoot a catch and shoot 3 from the top of the key. Player #1 will then slide to the cone, back pedal, and slide across to simulate getting back on defense. Player #1 will then go to the back of the line.
AFTER PLAYER #1 shoots, he/she will slide, backpedal, and slide around the cones and fill in the back of the line. Player #2 will catch a pass from the Gun and shoot off the catch.
PLAYER #2 will then slide, back pedal, and slide around the cones as Player #3 receives the next pass from the Gun and shoots a catch and shoot 3.
AFTER PLAYER #3 shoots, he/she will slide, back pedal, clide around the cones as Player #1 receives the next pass from the Gun. We are now back to where the drill began. The drill continues until a goal has been achieved.
THE NUGGETS DRILL is a competitive drill that forces a player to make 3 shots in a row from a spot before he/she misses 2 in a row from that spot. If a player misses 2 in a row before he/she makes 3 in a row, they run a down and back and then try it from that spot again. The goal is to get 3 in a row from 5 different spots before 2 in a row are missed. The 5 spots on the floor include both corners, both wings and the point. The drill incorporates conditioning, focus, and competition. In this frame, Player #1 will pass to Player #2 in the corner until Player #2 hits 3 in a row. Player #2 will slide from the cone to the corner before each shot, so there is movement on each catch.
Frame 2

PLAYER #2 will also try to hit 3 in a row from the wing before he/she misses two.
PLAYER #2 will also try to hit 3 in a row from the point before he/she misses 2.
Frame 4

The Nuggets Drill

PLAYER #2 will also try to hit 3 in a row from the opposite wing before he/she misses two.
The Nuggets Drill

PLAYER #2 will finish trying to make 3 in a row from the opposite corner before he/she misses two.