

Contents:

No.	Name	Players	Difficulty level	Page
Category: Technique				
1	Wrist technique	2	☆☆	6
2	Passing and shooting technique	2	☆☆	7
Category: Shooting at fixed targets				
3	Shooting at medicine balls	8	☆☆	9
4	Drill: Shooting at different targets	8	☆☆	10
5	Shooting at targets	8	☆☆	12
6	Competition: Shooting at fixed targets	8	☆☆	13
7	Shooting at targets defined by playing cards	9	☆☆	14
8	Shooting at fixed targets in the goal	6	☆☆☆☆	15
Category: Series of shots at the goal				
9	Continuous shooting from different positions	6	☆☆	16
10	Series of shots at defined targets	7	☆☆	17
11	Series of shots with coordination exercise	7	☆☆	18
12	Series of shots with simple crossing	6	☆☆☆☆	19
13	Series of shots on several positions with defense	7	☆☆☆☆	20
14	Series of shots with previous coordination exercise	6	☆☆☆☆	21
15	Series of shots with previous exercise and fast break	11	☆☆☆☆	22
16	Series of shots at defined corners	7	☆☆☆☆	23
17	Series of shots with previous reaction exercise	7	☆☆☆☆	24
18	Series of shots with two variants and decision-making	10	☆☆☆☆	25
19	Series of shots with coordination and passing	7	☆☆☆☆	27
20	Series of shots with defensive block and fast break	9	☆☆☆☆	28
21	Series of shots with penalties	6	☆☆☆☆	29
22	Series of shots with previous coordination exercise and consecutive action	9	☆☆☆☆☆	30
23	Shooting during endurance training	8	☆☆☆☆☆	31
24	Series of shots with athletics drill	11	☆☆☆☆☆	32

No.	Name	Players	Difficulty level	Page
Category: Shooting training for specific playing positions				
25	Shooting from individual positions 1	3	☆☆	33
26	Shooting from positions with coordination run	3	☆☆	35
27	Series of shots for the wing players with previous exertion	8	☆☆	36
28	Series of shots for the back position players	3	☆☆	37
29	Series of shots for the CB player	6	☆☆	38
30	Series of shots for the pivot	5	☆☆	39
31	Series of shots for the wing players 2	6	☆☆☆	40
32	Series of shots for the LB and RB players with exertion	9	☆☆☆	41
33	Series of shots for the back positions and running moves without the ball	8	☆☆☆	42
34	Series of shots for the pivot 2	6	☆☆☆	43
35	Series of shots from the back positions with block	6	☆☆☆	44
36	Series of shots with decision-making on the back and wing positions	8	☆☆☆	45
37	Shooting circle training for specific playing positions	8	☆☆☆	47
38	Series of shots for the back positions with crossing 1	10	☆☆☆	48
39	Series of shots for the back positions with crossing 2	7	☆☆☆	49
40	Series of shots for the wing players with crossing on the back positions	8	☆☆☆	50
Category: Complex series of shots				
41	Series of shots with previous exercise	3	☆☆☆	51
42	Initial actions as series of shots from different positions	10	☆☆☆	52
43	All-position shooting with defense	12	☆☆☆	54
44	Shooting with consecutive 1-on-1 fast break	8	☆☆☆	56
45	Two shots over the block with consecutive fast break	10	☆☆☆	57
46	Shooting in the 1 st wave with previous exercise	5	☆☆☆	58
47	Series of shots with undetermined situations	9	☆☆☆☆	59
48	Series of shots with coordination and passing exercise	8	☆☆☆☆	60
49	Series of shots with athletics drill and defense	9	☆☆☆☆	61
50	Series of shots with four 1-on-1 actions	10	☆☆☆☆	62

No.	Name	Players	Difficulty level	Page
Category: Shooting competitions				
51	Shooting competition with game of pairs	9	☆☆	63
52	Shooting competition with medicine balls	6	☆☆	64
53	Shooting competition with dices	7	☆☆	65
54	Shooting competition timed by the other group 1	9	☆☆	66
55	Shooting competition timed by the other group 2	9	☆☆☆☆	67
56	Shooting at fixed targets vs. shooting at the goal	9	☆☆☆☆	68
57	Shooting biathlon	10	☆☆☆☆	70
58	Fast break shooting competition	8	☆☆☆☆	71
59	Shooting competition focusing on endurance	8	☆☆☆☆☆☆	72
60	Sprint-and-shoot relay race with dices	12	☆☆☆☆☆☆	73