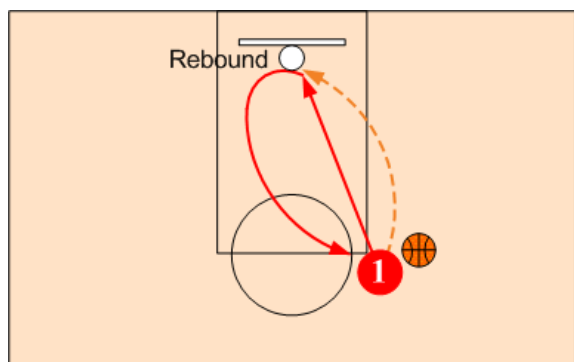
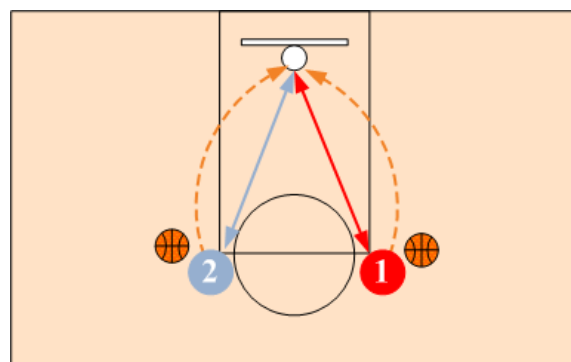


## “Emperor of the Court” – Shooting Competition

“Emperor of the Court” is a very competitive, series of shooting contests. Players are paired up at each basket with a ball. Games are played shooting from a pre-designated spot to a pre-determined number of made shots, such as eleven (11). Missed shots do not count. Each player must rebound their own shot and return to the original shooting spot for their next shot.



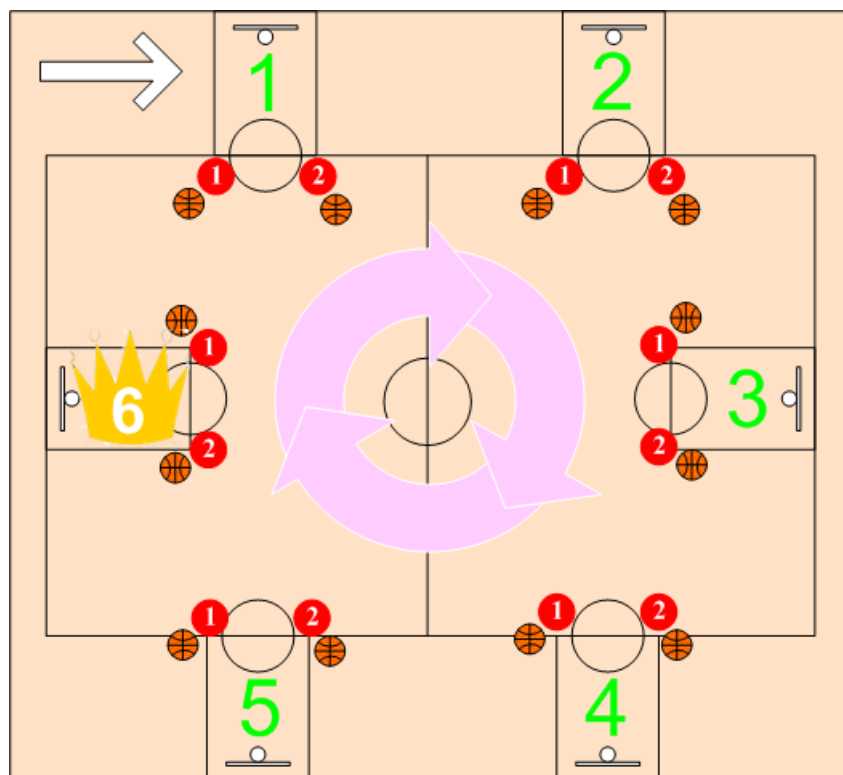
Shooters follow their shot, rebound, and return to the designated shooting spot for next shot.



Competition is between two players at a basket.

### Rotation

The first player to make the pre-determined number of shots wins and moves up a basket. The loser moves down a basket. The objective is to move up to and stay on the #6 championship basket.

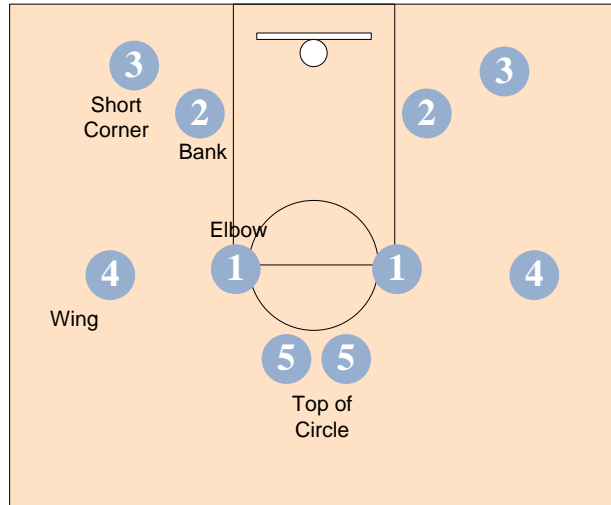


On each rotation, shooters should alternate shooting from the right to the left side of basket and visa versa.

When shooting bank shots you will need to increase the number of made shots.

NOTE: When there is an odd number of players, the odd player(s) out has next game at the first basket with the player losing at that basket stepping off.

## Designated Shooting Spots



After a period of time or rotations, the designated shooting spot can be changed. To ensure that players get ample practice shooting from each spot, alternate shooting spots on different days is an option.

### Variation

Players must make (putback) any missed shot prior to returning to designated spot for next shot. Made putbacks or rebound shots do not count. This will give emphasis and practice of making quick putbacks.

### Coaching Tips

Players' shots should be quick but not hurried. One good shot is much better than a number of rushed or off-balanced shots.

Emperor of the Court is a competition of skill. Therefore, players must avoid contact on rebounds or intentionally interfering with their opponent's ball. Players must also be wise not to shoot at the same time.

Players will love this drill. It is especially a good drill to use during camps and clinics when there are large numbers of players. It can, also, be used to liven up a practice and brighten up the spirits, especially after a tough loss.