

Shooting Form Progression

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Part 1: Shooting Philosophy and Secrets to Success

- We players to catch the ball in shooting position. Every other decision will play off of that.
- Secrets to Success
 - P.R.A.C.T.I.C.E
 - Preparation-Repetition-Attitude-Concentration-Technique-Intensity-Conditioning-Expectations
 - CHANGING BAD HABITS
 - What you do after the shot will change and affect future shots! Correct form immediately.
 - Habits only change with High Reps
 - MENTAL TRAINING
 - Practice your inner thoughts. Make sure they are positive
 - We all have negative thoughts and doubts, but just let them pass through and do not let them settle in

Part 2: Building Your Shot

- **SHOTLINE**
 - Start, go up, and finish on the shotline (direct path to the goal)
- **STANCE**
 - Feet should be shoulder width apart in an athletic stance
 - 10 toes facing toward basket, but might not be directly facing hoop
 - Everyone is a little different in how their feet align up. Here is a way to see what works for you:
 - Jump up in the air and let your feet land naturally. Whatever angle they land at should be how you align them to shoot
- **BALANCE**
 - After shot, make sure you land under your shoulders with both feet landing at the same time
 - Coil to position when you catch it (avoid being straight up and down before you catch)
- **GRIP**
 - Shooting Hand
 - Ball sits in hand like a tray for a waiter-get wrist as far back as you can
 - Finger pads and fingers control the ball
 - Ball rests on thumb and pinky, but shooting is done with middle 3 fingers
 - Guide Hand
 - All fingers pointing to the ceiling
 - If you place the ball in front of stomach until forearms are parallel to the floor and it falls to the floor, the guide hand needs to be repositioned to hold pressure on the ball. Good way to see if you are holding ball correctly.
 - Elbow should be perpendicular to the floor
 - 2 right angles: 1 with elbow and 1 with wrist



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- **SHOT MOTION**
 - 1 piece motion, up and out motion
 - Keep 90 degree in both until you see goal and ball is above you (eye level)
 - Extend arms first, once elbow locked-the wrist should simultaneously break
 - Time leaving the ground with the wrist breaking
- **RELEASE**
 - Both arms should full extend
 - Common mistake is to only have the shooting arm extend
 - 3 fingers on shoot line above goal (middle 3)
 - Tips of fingers should look like they are on top of the shooting square to ensure good arc
 - Follow through should be like a “flop” instead of a snap
 - This creates less tension and a softer shot
- **FINISHING**
 - Avoid twisting on the finish
 - Getting both arms extended will help with this

Part 3: Building Your Footwork

*Here is a sequence of drills to work on getting squared up to shoot the ball with balance

*Both the Hop and 1-2 step ups will be practiced

*Great shooters can use both

Hop: best for catch and shoot; stopping while at a full speed dribble; to create separation from defender

*each of these finishes with a shot

1. Two foot hop (step off left foot)
 - a. Drop ball or spin it to yourself-jump off left foot and land on both while catching the ball-shoot
2. Two foot hop (step off right foot)
 - a. Same as #1 only jump off right foot
3. Square in the air (left shoulder close to the hoop)
 - a. Start sideways-spin ball-hop square-shoot
4. Square in the air (right shoulder close to the hoop)
 - a. Start sideways-spin ball-hop square-shoot

Step Ups: (1-2 rhythm)

5. Line up square to the hoop-step back with right foot-step back forward to balanced position-shoot
 - a. Trains the right foot to get in good position
6. Line up square to the hoop-step back with left foot-step back forward to balanced position-shoot
7. Same as #5 only dribble at same time right foot steps back-step back up with right-shoot
 - a. Pick up the ball as low as possible and on the shotline
8. Same as #6 only dribble ball with left hand at the same time the left foot steps back-step backup and shoot
 - a. Don't look at the ball
 - b. Left hand must move the ball to the shoot line (don't reach the right hand over to get it)
9. Pivot square up Right
 - a. Start sideways-dribble right-pivot-square up for shot (right hand)
10. Pivot square up Left
 - a. Start sideways-dribble left-pivot-square up for shot (right hand)
 - i. Hard to get left foot squared up

Part 4: Specific Training

- ☐ Form 1's
 - ☐ Less than 5 ft from hoop
 - ☐ Make sure ball is only in shooting hand (waiter position)
 - ☐ Elbow at 90 degree angle
 - ☐ Break wrist when elbow is almost straight (flop wrist instead of snap)
 - ☐ Do 40-50 shots in 2-3 minutes
- ☐ Shotline Drill
 - ☐ Move away from the hoop and find a line on the ground for a target (approximately 2 inch line)
 - ☐ Shoot ball to a partner if possible and try to land the ball on the 2 inch line
 - ☐ Don't watch the line while shooting and try to make it a very natural shooting motion
 - ☐ If alone, make sure it is close to a wall so it will bounce back to you
 - ☐ Can all the hops and step ups from part 3 to this as well
- ☐ Training your eyes ("Aim small, miss small")
 - ☐ Must be able to switch from seeing a very wide peripheral view to a small focused target (Hard to do)
 - ☐ Stare at the center of the net holders attached to the rim
 - ☐ Keep staring at the spot while moving around and shooting
 - ☐ As you move around, if spot gets fuzzy switch to the next one
 - ☐ Can also use back of rim or front of rim as your target
 - ☐ Find what works for you

Part 5: Other Types of Shots

*Other types of shots to be worked on which have slight adjustments to the steps above

- ☐ BANK SHOTS
 - ☐ Finding a new target to aim at
- ☐ 5 FOOT PULL-UP
 - ☐ Keep everything the same, BUT slow down arms and wrist at top of extension (creates softer and higher shot)
- ☐ LONG DISTANCE SHOOTING
 - ☐ Let distance come naturally! It kills so many shooting forms for young players
 - ☐ Hint: increase hand speed-rest of shooting pieces will also adjust to that speed
- ☐ SHOOTING IN POST
 - ☐ Pocket under chin to above your head; same late wrist break for touch like the 5 foot pull ups
- ☐ LAYUPS
 - ☐ Fast break layups do not have to be like a layup line pregame
 - ☐ Get footing right and make it
 - ☐ Pro-layups- catch on a break-no bounce-make off either foot-eith either hand
- ☐ HOOK SHOT
 - ☐ Be perpendicular to the chest of the defender
 - ☐ Late release of wrist like with the 5 foot pull ups

Part 6: For Those Taking Shooting Serious (Use Chart In Part 7)

1. Use a shot chart (see other attachment)
2. Know in order to grow
 - a. Video yourself and watch it
3. Time=Reps=Habits
 - a. 1 Hour= 10 shots per step (200 shots); 30 minutes = 5 shots per step (100 shots)
4. Get a rebounder if possible (Dr. Dish if available)
5. Focus on one thing at a time for the 10 shots (see chart)
 - a. Hold follow through
6. Be honest with makes and misses
7. Ups and Downs of totals
 - a. Don't stress about day to day totals-especially early

Part 7: See other Attachment