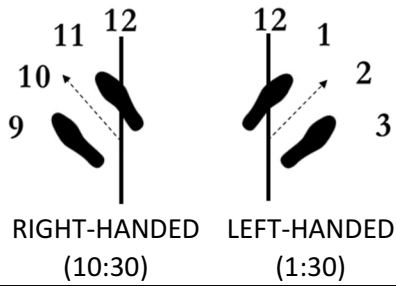




SHOOTING TEACHING POINTS

Alignment: "TURN THE FEET"



Hand Placement: "FINGERS UP" (off hand on the ear)



Arm Motion: "U" (Start), "C" (Mid-Point), "COOKIE" (Finish)



- Hand behind the ball
- Fingers up
- Wrist pointed at the rim

"U"



- Hand under the ball
- Fingers back
- Elbow pointed at the rim

"C"



- Palm of the hand is down
- "Pinch a cookie"
- Arm extended and still in line

"COOKIE"

