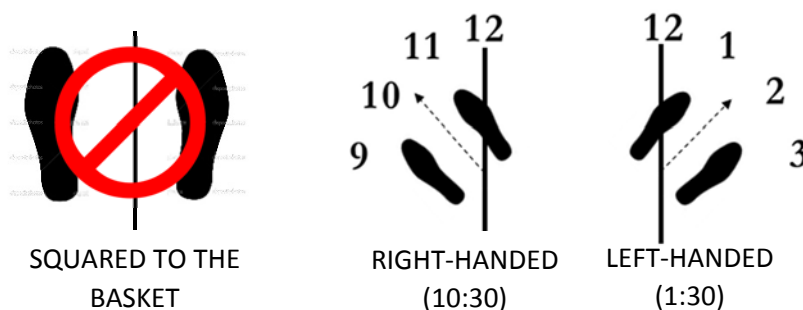


The skill of shooting has revolutionized the game. With the addition of the 3pt shot, shooting has become dramatically more important for all players on the floor. Some would argue that it is the single most important skill in basketball. Whether or not your career is dependent on shooting, kids' enjoyment of the game largely is. When kids or adults alike show up in a gym and want to play basketball, very few of them choose to just pass against a wall, or dribble around. People love to shoot! So, to make basketball more enjoyable to kids, becoming a better shooter is key.

ALIGNMENT:

To become a better shooter it begins with alignment. The first myth that we need to dispose of is that good shooters square their feet to the basket. Many coaches will say "Square up" or "Ten toes" to the basket. This teaching point does not promote proper alignment. In order to have the shooter's hip, elbow, shooting finger, and eye aligned to shoot more accurately, the player must turn his/her body. Our bodies are built with our arms at our sides. With our feet and hips square to the basket it takes a lot of tension and effort to pull our elbow into alignment with the basket. Although if the shooter will turn his/her feet at an angle shown below it is much easier and much more natural to align the elbow and shooting hand with the goal. This is why GABL teaches shooters to turn their feet as the first teaching point for shooting.



MOTION AND RELEASE:

Once the body is aligned the motion and release have a much better chance of creating an accurate shot. The main goal of the motion of the shot is to remain aligned and be fluid. Shots should all begin and end in the same points to promote accuracy. Each shooter is built and proportioned a little differently shot getting from point to point may look different from shooter to shooter but should be fluid and smooth for each individual. Below are descriptions and teaching points for the starting ("U"), mid ("M"), and finishing points ("COOKIE") of a shot.

"U" Position- Very similar to "Triple Threat" the player should be in an athletic stance with knees bent, hips back, chest and eyes up. The shooting hand should be behind the ball with the fingers up and the off hand will be placed on the "ear" or side of the ball. This creates a "U" with the hand, forearm, and upper arm.



FRONT VIEW



SIDE VIEW



HAND PLACEMENT

“C” Position- Ball is raised with just the shoulder to slightly above the head. This is the mid point and good stopping point for a shot fake. During an actual shot there should be no pause or stopping point. The hand, forearm, and upper arm are in the same positions and now creates a “C”. Fingers should be under the ball and pointed back over the shooter’s ear.



“Cookie- All joints extend beginning with the legs (knees, hips, ankles, shoulder, and elbow). The last to fire is the wrist and fingers. Good follow through begins with the elbow. By pushing the elbow up, good wrist action should follow. Encourage shooters to make a pinching motion down into the cookie jar with the thumb and index finger. The wrist and fingers should relax and not be forced to over flex with all fingers down as shown below. The shooter should finish on his/her toes or up into the air. Hold the arm and hand in place after the release to double check alignment.



FRONT VIEW



FRONT VIEW



SIDE VIEW

SHOOTING PROBLEMS: When teaching shooting be patient, but be sure to correct the following mistakes when they occur and have players practice to counter act and reinforce proper shooting mechanics and muscle memory.

Shooting with two hands: The shooter holds the ball on the sides and pushes from under the chin, or at the top of the release the shooter will push with the off hand’s thumb.

*Tip- have the shooter practice with one hand starting from the “C” position, then two hands on the ball from the “C” position, then with two hands with a full shot.

Poor Follow Thru: The shooter push the ball from the palm and the wrist and fingers do not flex causing no rotation on the shot.

*Tip- have the shooter practice up against a wall from the top of the shot with the elbow extended but hand still underneath the ball. Or have the shooter hold the ball out in front of them with arms extended but the hands placed properly for a shot or pass, and have them pass/shoot the ball against a wall by only flicking the wrist and fingers.

Poor Alignment: The shooter starts with feet wide and pointed outward, or the arm and elbow stick out to the side.

*Tip- have the shooter stand on a line w/ out a ball and have the shooter turn his/her feet, and swing his/her shooting arm straight in line into the “C” position, pause then finish the motion of the shot by pushing the elbow straight up.

Young shooters will show many instances of a wide variety and multiple shooting problems. This is why the curriculum is designed to spend a lot of time with shooting mechanics and creating proper muscle memory.