



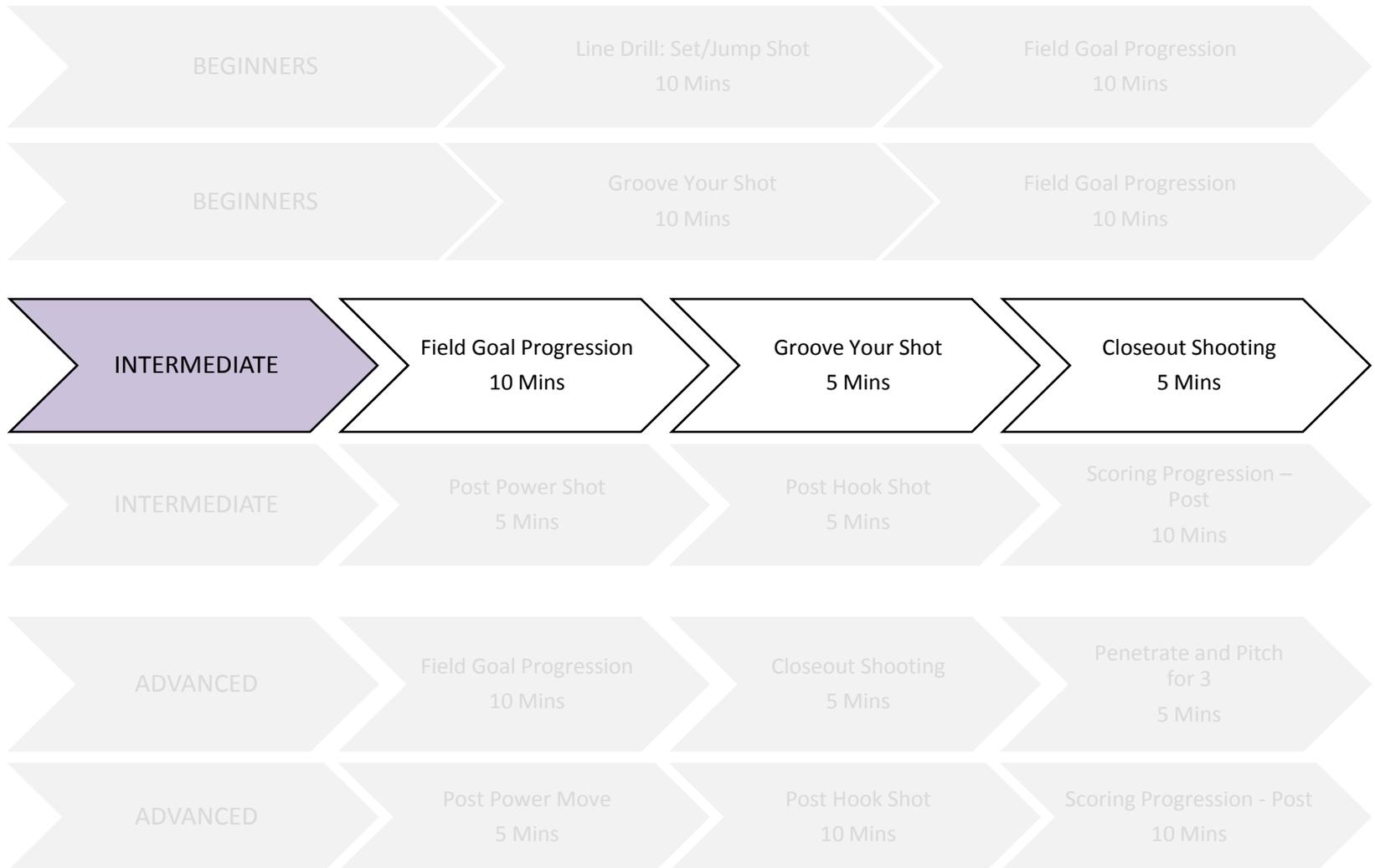
Shooting & Scoring Skill Progression

eBasketballCoach.com

Shooting & Scoring Skill Progressions – SAMPLE

The following skill progression is a sample from the Total Basketball Skill Development Package. The goal here is to build a base of fundamental skills, then move onto more advanced techniques as your players begin to master them.

The complete package includes 24 skill progressions for Beginner, Intermediate and Advanced Players. Plus, 97 drills, all explained with instructions and diagrams, and demonstrated on video by Hall of Fame Coaches Jerry Krause and Don Meyer.



SHOOTING FUNDAMENTALS

BEEF:

- **Balance:** Player should be straight with no lean, weight evenly distributed, should jump forward no more than approximately 6 inches on jump shot.
- **Elbow:** Must be pointed straight toward basket.
- **Eyes:** Always look at the rim and keep your eyes on the target when shooting, find the bulls-eye.
- **Follow-through:** Player should hold high (60 degrees or higher) one-second follow-through with wrist making a parachute (or reaching into cookie jar or waving good-bye to ball).

BACKBOARD SHOTS:

- Target is near top corner of square.
- Ball should hit on the way down.

SHOOTING KEYS (ROBOT):

- **Range:** Player should know their range and not shoot outside it.
- **Open:** Player should be open to shoot, this means no hand in the face.
- **Balance:** Player should be in balance and under control.
- **One Count Shot:** Catch and shot, no extra movement, economy of motion.
- **Team Shot:** Player should look to shoot their best shot from their best location and players should try to help them get that shot.

SHOT PREPARATION:

- Hands Ready.
- Feet Ready (knees bent).
- Wrist cocked (like a waiter carrying a tray).



Player works on shooting from with guide hand off the ball.

FIELD GOAL PROGRESSION

Purpose:

Helps players get a feel for their shot and ingrains proper shooting mechanics.

Setup:

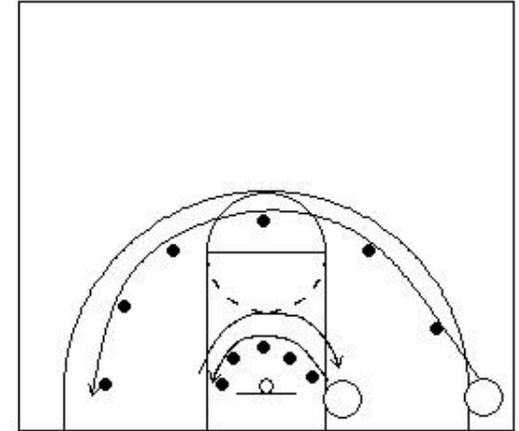
Player with basketball.

Execution:

1. Player does three slams – slamming the basketball into the palm of the other hand to wake his hands up.
2. Player takes 3 form shots – shooting the ball up into the air (not at the basket) with proper form and balance
3. Player takes Circle Shots – shooting the ball off the glass as he moves in a semi-circle around the basket at a distance of about six feet away from the rim. He goes around the basket and then shoots his way back to where he started.
4. Player shoots Pass Pickups – he spins himself a pass and shoots from the corner wing and top – both sides of the court.
5. Player next does Dribble Pickups – again he shoots corner, wing, top and works both sides of the court.

Coaching Tips:

- In the form shots, player should take his guide hand off the ball and should be striving for perfect rotation on the shot attempt.
- Players should hold a high, one-second follow-through. Players should also hop off the foot closest to the basket.
- Key with dribble pickups is to pick the ball up with the off, non-dribbling hand.



Players move around the court practicing their jump shot in this drill. Shown above, Circle Shots near the basket and Pass and Dribble Pickups farther out.

GROOVE YOUR SHOT

Purpose:

Builds muscle strength and improves shot form.

Setup:

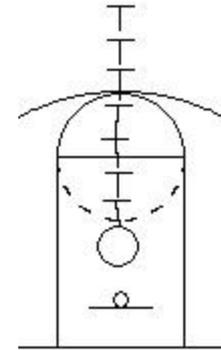
Player with basketball.

Execution:

1. Player starts out about 3 feet from rim.
2. He shoots one handed shots with exaggerated arc, trying to swish the ball with no rim contact.
3. When he makes 3 in a row at one location he takes a step back and starts again.
4. He keeps stepping back from the rim as far his range will allow.

Coaching Tips:

- Players should be holding a high, one-second follow-through on each shot. Also, remember their guide hand should be off the ball.
- Young players often try to hold the ball too high and end up pushing their elbow out. Make sure players are keeping their elbow in. If they need more power, they should bend lower and use their legs more.



In this drill, the player keeps moving back. It's a great way to extend a player's range as long as the player focuses on form – keeping his elbow in and aligned with the basket.

CLOSEOUT SHOOTING

Purpose:

Players practice shooting with a defender in their face.

Setup:

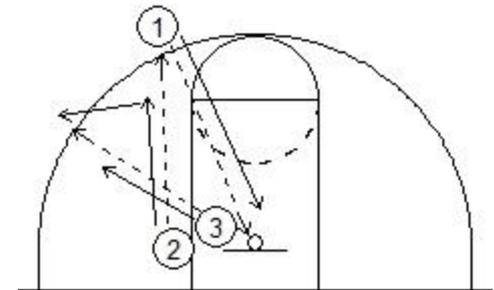
Three players, two balls.

Execution:

1. Player 2 under basket passes to Player 1 who catches and shoots.
2. Player 2 closes out against Player 1 defending the shot.
3. Player 1 goes and gets his own rebound.
4. Player 2 goes to offense catching the pass from Player 3 and shooting with Player 3 closing out.
5. Player 2 goes and gets his own rebound.
6. Player 3 goes to offense catching pass from Player 1 and shooting.
7. Drill continues like this.

Coaching Tips:

- Look for good form from the defender closing out. Hand should be up and he shouldn't be flying by the offensive player. He should be in good defensive position playing the drive.



Players alternate shooting and playing defense in this three-person drill.



LIMITED 24 HOUR RELAUNCH

Total Basketball Skill Development will be available again for 24 hours at
12pm Noon, Friday 19th February

Go to <http://ebasketballcoach.com/op/totalskillsrl/> and bookmark that page now.
Then come back Friday at noon to get your copy!

This will be your last chance to get this offer at this low price.