



Shooting Activity: Form Shooting

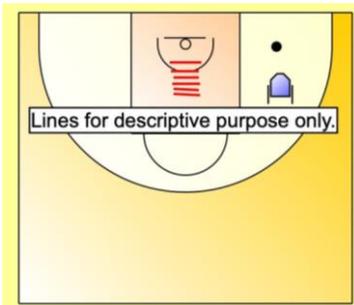


FIGURE 1

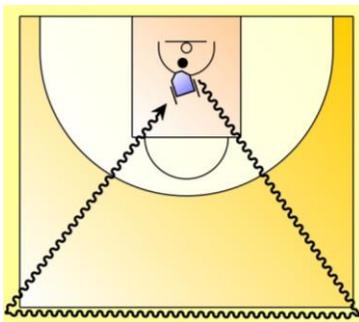


FIGURE 2

OBJECTIVE: To develop consistent technique when shooting.

Setup: One ball per player.

Instructions:

1. Start shooting one handed from a spot directly in front of the hoop. Advanced players can use guide hand if coach agrees. (Figure 1)
2. After making 1 shot that is either nothing but net (NBN) or back rim and down (BRAD), dribble a lap. (Figure 2)
3. Move back 15-20 cm and score as above.
4. Continue until 7-10 increments away.
5. Repeat scoring 2 consecutive baskets for all increments, then score 3 consecutive, etc..

Activity Rules / Games Approach:

- Always start close and then move back in small increments.
- NBN's and BRAD's only for players with well-developed form.

Coaches Key Points:

- Player's shot must always look the same.
- Player's shooting shoulder/wheel is slightly closer to the hoop.
- Players should place hand under ball with fingers spread when shooting.
- Basket only counts if the follow through is held until the ball goes in.

Variations/Loading:

- Vary the angle of the shot, but always start close and move back in small increments.
- For raw beginners allow any type of made shot.

Mental:

- Players should exhale before each shot.
- Use Quiet Eye Principle (aim for 1 second, hold aim until ball goes in).