



Shooting Activities: Quiet Eye Series

OBJECTIVE: To hold aim for one second before the shot, and hold both the aim and the follow through until the ball goes in.

Setup: One ball per person. Use 3 locations: Left side, centre and right side.

Instructions:

1. Make 'x-number' of shots from each location.
2. Set the goal for shots made at 3 or higher.

* A successful shot is when the aim starts 1 second before the shot and is held until the ball goes in.

Set 1:

- Shadow shots from each location (R, C, L).
- Form shots made from each location.
- Dribble in from 3-point line, do a bounce stop, then shoot.

Set 2:

- Toss to self, shoot, then toss to self, fake pass, shoot.

Set 3:

- Dribble right, turn, set up and shoot, then dribble left, turn, set up and shoot.

Activity Rules / Games Approach:

- Individuals or the coach can set the target for shots made from each location.
- Aim must be held for 1 second before the shot.
- Follow through is held until ball goes in for the shot to count.

Coaches Key Points:

- Ball in shot pocket with hand under ball, hold aim for 1 second, then shoot.
- Players should hold aim and follow through until the ball goes in.

Variations/Loading:

- Foul shots.
- Three favourite shots (e.g. 'gamers').
- Fake 3, dribble, duck and shoot.
- Extend range.

MENTAL:

- Players should concentrate on holding the aim steady and focus on holding follow through until the ball goes in.
- Can use shadow imagery between shots.
- Focus of attention must be NARROW and EXTERNAL.