



Shooting Activities: Shadow Shooting

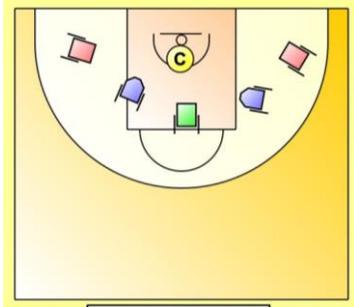


FIGURE 1

OBJECTIVE: To demonstrate efficient and effective form without a ball.

Instructions:

1. Mirror the coach - step by step through the basic factors. (Figure 1)
2. Do 12 shadow shots with each hand.
3. Receive imaginary pass while stationary, then take shadow shot. Repeat 12 times.
4. Receive imaginary pass while moving. Turn chair so shooting wheel is closer to hoop. Take shadow shot. Repeat 12 times.
5. Do an imaginary dribble while stationary, take shadow shot. Repeat 12 times. Do an imaginary dribble while moving. Turn chair so shooting wheel is closer to hoop. Take shadow shot. Repeat 12 times.
6. Do an imaginary fake pass while stationary, take shadow shot. Repeat 12 times. Do an imaginary fake pass while moving. Turn chair so shooting wheel is closer to hoop. Take shadow shot. Repeat 12 times.
7. 1 + 1 method: roll toward hoop, take a shadow shot. Go back out and pick up the ball. Roll to the hoop and take an actual shot. Repeat 12 times.

Activity Rules / Games Approach:

- Move to next step when you are satisfied you've reached the previous goal.

Variations/Loading:

- Vary the target number from 4 to 20.
- Add a height component (height of shot).
- Use video or coach the demonstration frequently.
- Using the 1 + 1 method, shoot to spots increasingly higher on the wall.

Coaches Key Points:

- Shooting wheel and shoulder slightly closer to the hoop.
- Roll forwards slightly for power.
- Ball on finger pads.
- Hand and elbow under ball (90-90).
- Eyes fixed on the aiming spot for 1 second with narrow-external gaze at target.
- Follow through (hold until ball goes in).

Mental:

- Players should exhale before each shot.