



Shooting Activity: Line Shooting

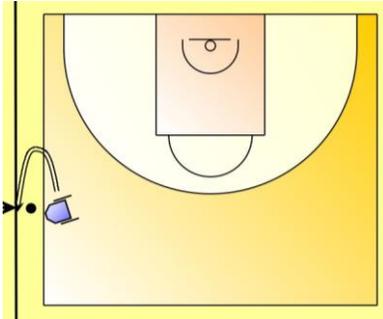


FIGURE 1

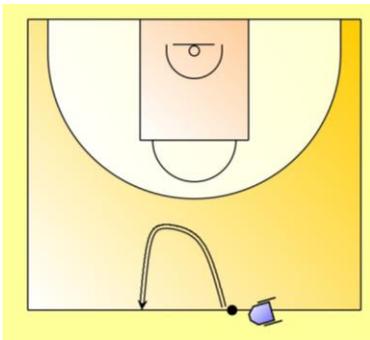


FIGURE 2

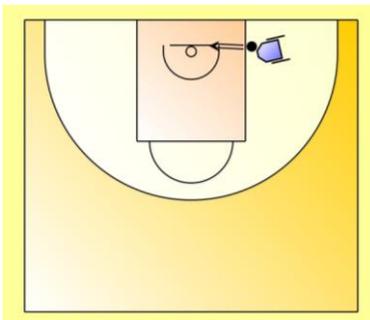


FIGURE 3

OBJECTIVE: To shoot while aligned to the target.

Setup: One ball per player.

Instructions:

1. Successfully hit the designated target in each stage the required number of times.

Learning Progressions:

LP1: Figure 1

- Find a line or mark on the wall.
- Line up the ball and the shooting shoulder with the target.
- Shoot the ball up so that it hits the target at the apex of the ball's path.

LP2: Figure 2

- Find a line on the floor.
- Line up the ball and the middle of the shooting shoulder directly above the line.
- Shoot the ball up high so that it lands a meter or two in front of the chair, and on the line.

LP3: Figure 3

- Go to the side of the backboard.
- Line up the ball and the shooting shoulder with the edge of the backboard, about 1-3m away.
- Shoot the ball up so that it hits the thin edge of the backboard at the apex of the ball's path.

Activity Rules / Games Approach:

- Set a goal for the number of times the target is hit. The hit only counts if the ball has backspin.

Coaches Key Points:

- Players should line up ball and shooting shoulder with the target.
- Shooting wheel is slightly forward.
- Players should have their hand under the ball with fingers spread wide.
- Shoot using the shoulder, then elbow and finally wrist. Hold the follow-through until the ball hits the target.

Variations/Loading:

- A challenge is to hold the ball so that the preferred shooting finger(s) are along a line on the ball, then watch the ball to make sure it spins true.
- Gradually raise the height of the shot's arc.

Mental:

- Breathe out before each shot.
- For LP1 and LP3 lock in the eyes to the target and keep them locked until the ball hits.