



## Shooting Activity: Muscle Memory



FIGURE 1

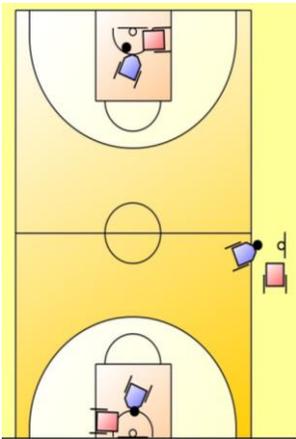


FIGURE 2

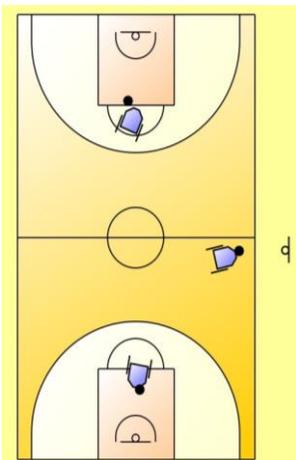


FIGURE 3

**OBJECTIVE:** To enhance automaticity in shooting form by shooting with eyes closed.

**Instructions:**

Learning Progression 1 (Figure 1):

1. Practice shooting anywhere in the gym.
2. Focus on creating the exact same feel for the shot each time.
3. Alternate shooting with eyes open, then eyes closed.

Learning Progression 2 (Figure 2):

1. Move close to a hoop with a partner for safety.
2. Shoot with eyes open until ball goes in. Remember how it felt then, shoot with the eyes closed.
3. Goal is to score with eyes open, and then eyes closed.
4. Advanced goal is score 1 with eyes open, then 2 in a row with eyes closed. Then 3 in a row.

Learning Progression 3 (Figure 3):

1. Move a bit further from the hoop.
2. Progress to a 1:3 ratio of eyes open makes vs. eyes closed makes. Always remember how it felt when the ball went in.

**Activity Rules / Games Approach:**

- Advance to a time when a made shot always feels the same.

**Coaches Key Points:**

- Players should strive for a consistent feel for a successful shot.

**Variations/Loading:**

- Shadow shooting can be done in between to help re-create the feel of a successful shot.

**Mental:**

- Narrow external is the usual focus for shooting, but to enhance muscle memory during learning or review, muscle memory feel shooting requires narrow internal.