



Shooting Activity: ROYAL Shooting

Form shooting activity that should be done every time in the gym for the 'Rest of Your Amazing Life!'

OBJECTIVE: To develop proper shooting form, focus and accuracy.

Instructions:

1. Score 1 nothing but net (NBN) or back rim and down (BRAD) basket from each of the 7 locations. (Figure 1)
2. Shoot from about 1.5-2 metres from the hoop. All shots straight in except the 45's which will bank in. (Figure 2)
3. The shot only counts if the follow through (and aim) is held until the ball goes in.
4. Progress to 2 baskets from each spot, then 3, etc..

Activity Rules / Games Approach:

Must be NBN or BRAD:

1. Baseline right
2. 45 degrees right (bank shot)
3. Close elbow right
4. Middle or centre
5. Close elbow left
6. 45 degrees left (bank shot)
7. Baseline left

Coaches Key Points:

- Player should have hand under ball and fingers spread while shooting.
- Player's shooting shoulder/wheel is slightly closer to the hoop.

Variations/Loading:

- Extend range to 3-5 meters.
- Require any goal 2 and above to be consecutive.
- Vary the type of shot to include one or more of scoop, reverse or post up.

Mental:

- Players should use Quiet Eye Principle (aim for 1 second, hold aim until ball goes in).
- Choose narrow external aiming spot (back rim, front rim, or an imaginary centre spot).

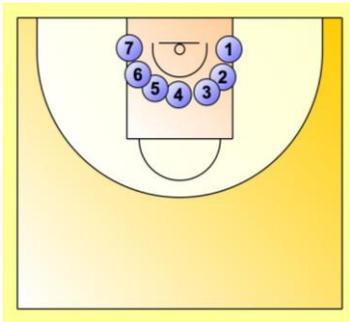


FIGURE 1

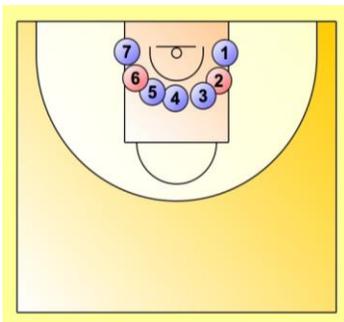


FIGURE 2