**3 Keys to Shooting**

1. **Get the Ball Up**
2. **Get the Ball Straight**
3. **Hold a High 1 Second Follow Thru**

**Shooting Technique Thoughts & Ideas**

-Repetition creates habits and habits create success – Dean Lockwood

-Quality of the jump shot comes from the feet:

 -Quality = how open you are, low quality = high contested shot attempt

-“Shot first” mentality on all catches – Be an offensive threat with the ball – TRIPLE THREAT CATCHES

-Great balance on all catches, before the shot

-Balance starts with a great base of support with the feet and low center of gravity

-2 biggest keys in shooting for us is: “Get the ball up” & “Get the ball straight”

-Analyze your misses – don’t miss two shots in a row – THE SAME WAY

-NSM = Next Shot Mentality

-4 Points in the shooting technique need to start and finish in a straight line

 -Shooting foot

 -Shooting knee

 -Elbow

 -Hand/Follow Thru

-Proper consistent technique will bring about consistent results

 -Process Over Product – Focus on the process and results will take care of themselves

-We want consistent shooters and that starts with having consistent technique

 -Proper shooting technique starts with the feet and builds up from there

 -NO FEET = NO SHOT – Fight with your feet on every catch – Dick Bennett

-You are the most open you will be when you first catch the ball – Don Meyer

 -so get ALL of your work done before you receive the ball

 -GREAT shooters get all of their work done before they receive the ball

-Catch and shoot the ball in rhythm

-Shooting is a rhythm skill – like swinging a baseball bat – no hitches, no pauses – JUST ONE FLUID

MOTION

-Shooting the ball is one upward FLUID motion – Rhythm

-Hold a high one second follow thru on every shot

-We want quiet/quick feet on all catches – Stay light on your feet

-Make your workouts like games, so your games can be like your workouts – DEVELOP GOOD HABITS

-Every pass should hit the shooter in the hands and lead to a rhythm jump shot for us – catch the ball

within the “strike zone” – on time/on target – Don Meyer

**Shooting Workout Thoughts & Ideas**

-Never miss two shots in a row the same way

-Clean makes to end a drill

-makes the shooter concentrate more when they are most fatigued to complete the drill

-Use drills that involve making 2 and 3 in row – makes shooters have to focus on consistent technique

and consistent focus throughout the workout

-Chart shots in individual workouts – allows players to see improvement

 -also creates motivation to improve when they see improvement

 -also creates competitiveness within players to achieve higher score than previous workout

-Chart shots as a team during practice and team shooting workouts – makes players focus on team more

 -every shot from every player within every drill COUNTS towards team’s success

-Make shooting drills competitive during practice – Have team compete against the game as one team

 -add time and score to drills to have team compete against the game

 -will also make you a better passing team

-Have individual shot charts for players during practice and games, instead of team shot charts

-Categorize your shots so you can see who and how your players are getting shots

 1. Lay Up 4. Lane Shot 7. Mid-Range Shot Off Dribble
 2. Post Shot/Block 5. Lane shot Off Dribble 8. “3”

 3. Post Shot w/ Dribble 6. Mid-Range Shot

-Inside/Out “3” is the best “3 to shoot in rhythm

 -Shooter is already squared up and facing the rim – shooter does not have to fight w/ their feet

-We want players to shoot 60% or better from behind the arc in drills that involve no defense

-Every Team shooting drill is also a team passing drill – Pass the ball “on time/on target”

-“Shooting Progression” is a physical shooting warm up, as well as a mental warm up – FOCUS ON

TECHNIQUE

-“**Shooting Progression” Ideas**

 **1. Wrist Extensions**

-Player on their hands and knees

 -Fingers pointing out “away from knees”, players leans forward

 -Fingers pointing in “towards knees” and player leans back

 -Shake out hands between each stretch, player does each stretch twice

 **2. On Back W/Out Ball**

-Start with elbow tight to rib cage and flat on the floor

 -Great wrist flick on follow thru – fingers pointing down towards feet

 -Hold a high 1 Second follow through with every shooting rep

 -Re-trace arm back down to starting position

 **3. On Back With Ball**

-Same technique as On Ball W/Out Ball

 -Partners catch ball so shooter can hold 1 Second Follow Through

 -Ball should travel straight up, and be caught by partner directly above follow through

 -Re-Trace arm back down to starting position, and partner place ball back on hand

 **4. Line Shooting**

 -Find a line on the floor, so you and your partner can be about 15 feet apart

 -Shooting foot should be “toeing” the line

 -Four points should start and finish in a straight line

 -Shooter will shoot the ball to partner with one hand – trying to get ball to land directly

on the line about 3 feet in part of their partner – Shooting the ball straight

 -Shooter wants to shoot the ball high – Top of Shot=Top of Board

 -Shooter holds follow through until the ball hits the floor

 **5. Form Shooting – “3 makes from 3 Spots”**

 -Shooter will form shoot – shooting ball with one hand

 -Shooter should get to lowest point and pause before shooting the ball

 -Shooter needs to make three “clean makes” from each block and from in front of rim

 -Shooter than moves back to about 12-15 feet from rim

 -Shooter needs to make three shots from both baselines and also FT line area

 -Shooter needs to make two “clean makes” and third make can just be a make