



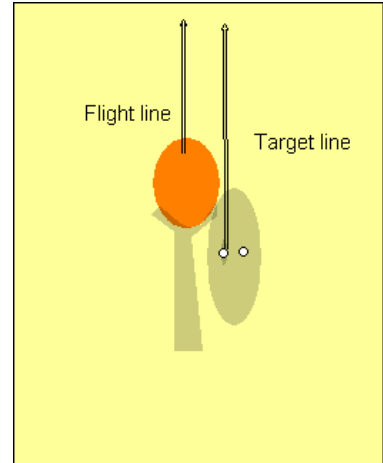
Eye Dominance

CB's Coaching Education and Development

Straight Line Theory

When using the straight-line theory of shooting we often fail to realize two things:

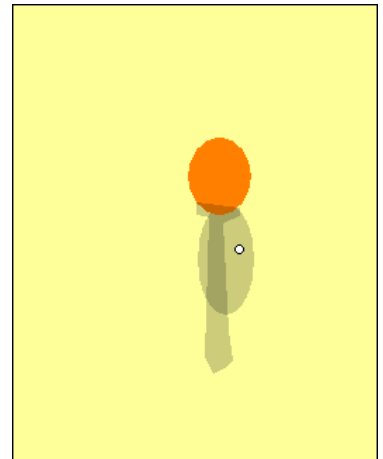
- The human body is not built to be straight
- We create a straight line that does not line up with our target line or sight line.



One Eyed Shooter

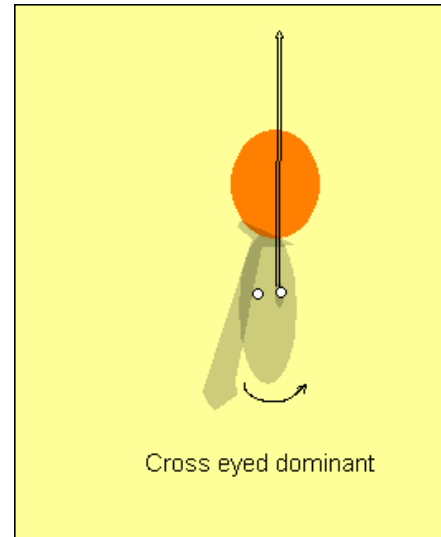
Some people have tried to solve this problem by having players shoot over their dominant eye still maintaining the straight-line principle. This creates two major problems:

- You cover your dominate eye limiting your ability to sight the target
- One eye limits our ability for depth perception.



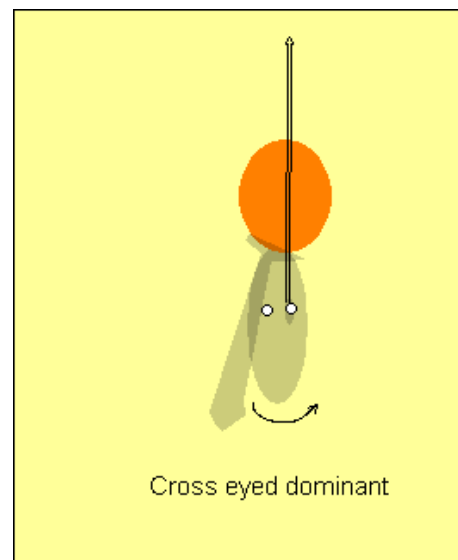
Two Eyed Dominant Eyed Shooter

When you watch shooters shoot they will release the ball (or some will argue initiate their motion forward) over the dominant eye. This creates a slight angle in the forearm. There is a slight rotation of the thumb inward. This also relieves tension in the shoulder. It is a more natural position.



Cross Eyed Dominant

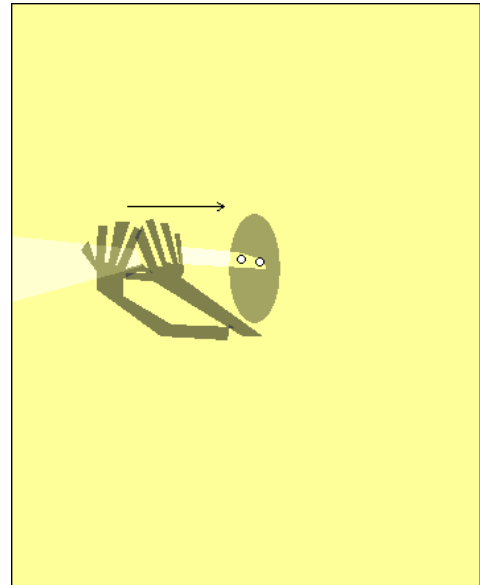
The right hand shooter who is left eyed dominate will have a greater angle in the forearm as he/she must release the ball over the left eye. Often the head will turn or twist to allow the right eye to sight the basket. As much as we try to change their shooting form he/she will still need to bring the ball back over the left eye at release.



Test for Eye Dominance

Have the players create a tiny window by crossing their hands in front of their face. Sight an object in the distance and place it inside the window. Keeping both eyes open slowly pull your hands to your face. You will end up with only one eye looking through the window. This is your dominant eye.

Note: This is not meant to be something we try to change. It is something that coaches should be aware of when coaching. People will sight naturally with their dominant eye; accept it and do not teach things that try to change this naturally occurring phenomenon.

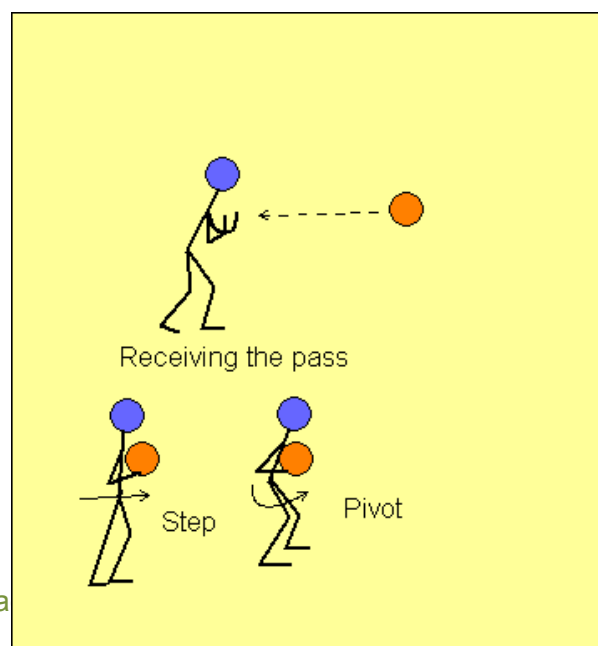


Step vs. Pivot

Watching many young player "step" into their shot or "step" to receive the pass, I have come to the conclusion that it is in the

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teaching of the step where we have lead the children astray.

When you step you move your hips forward. That is how we generate forward momentum. Therefore upon catching the ball the hips have risen and it is very difficult to generate power from the legs. The player must now:

- Step again to generate leg power
- Dip down
- Find power somehow from the upper body.

If you step into your shot you will step out.

Technically speaking the child needs to "pivot" the hips into the shot. The lead legs stays still and the back hips pivot in an arc to meet the lead hip. This allows the legs to stay low and loaded so the player can push up to shoot. If you are moving forward to catch the ball a step is appropriate. The key is when the first foot hips to not take a second step with the trail leg.

Ideally the second foot should touch the ground as the ball is being caught. Hopping into the shot eliminates this problem, but can require more strength and timing to control the hop.

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