



Form Shooting

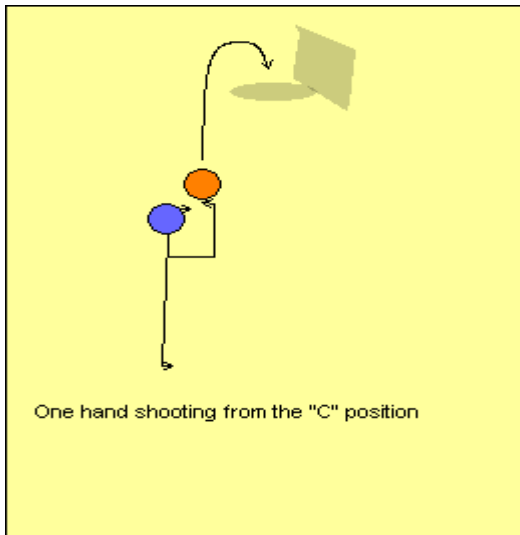
CB's Coaching Education and Development

Form Shooting

Form shooting is done at a slow pace concentrating on perfecting the perfect form. The movements are exaggerated for emphasis. It can be upper body, lower body or the whole body as the point of emphasis. You can also break it down further by concentrating on a specific body part i.e. wrist, foot, elbow.

Concentrate on the correct **start** position and **end** position.

The Athlete should be taught to self-correct. One should know why the ball did what it did.



"C" shooting

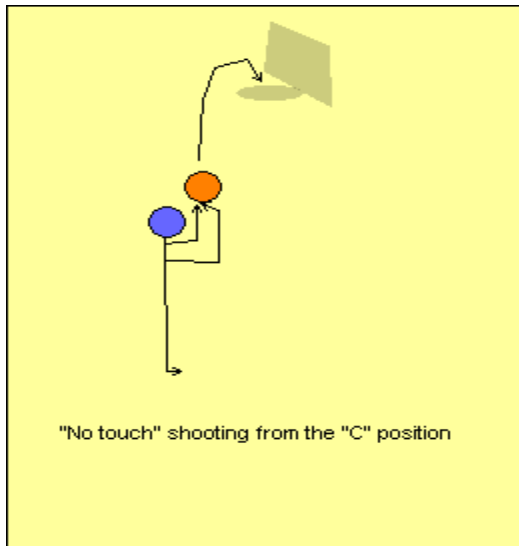
The player starts with his/her nose at the front of the rim. Holding the ball in the "C" position the player shoots the ball into the basket concentrating on a perfect swish (no rim). Hold the follow through.

Target - 5 makes

Keys:

- Start in the correct position
- Look under the ball to sight the rim
- Grip the ball on the pads of the fingers
- A slight rhythm bounce with the legs
- Hold the follow through until the ball hits the ground (end position)
- Eyes on target the whole time





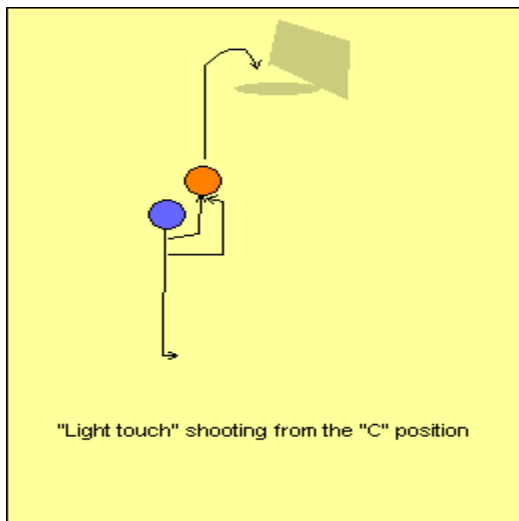
"No touch' shooting from the "C" position

The drill is done from the same position as "C" shooting. The player now raises his/ her guide hand up beside the ball, but does not touch the ball. He/ she shoots with one hand keeping the guide hand off the ball but raises it to the proper follow through position

Target - 5 makes

Keys:

- Same as in "C" shooting
- Keep the guide hand up
- Both elbows should finish above the eyes



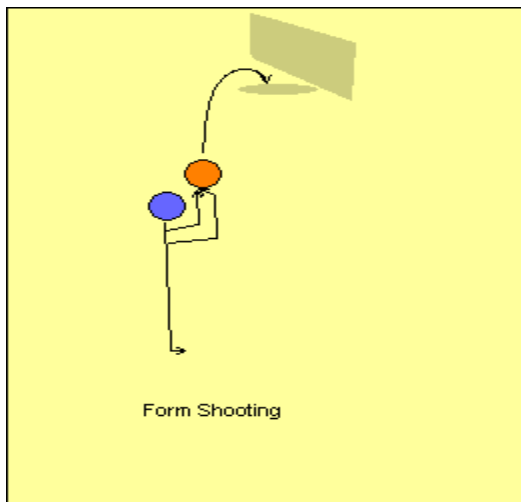
"Light touch" shooting

This drill is the same as the previous except that the palm of the guide hand is all that touches the ball. No thumb or fingers should touch.

Target - 5 makes

Key:

- The guide hand should remain still and face the direction of the shooting shoulder



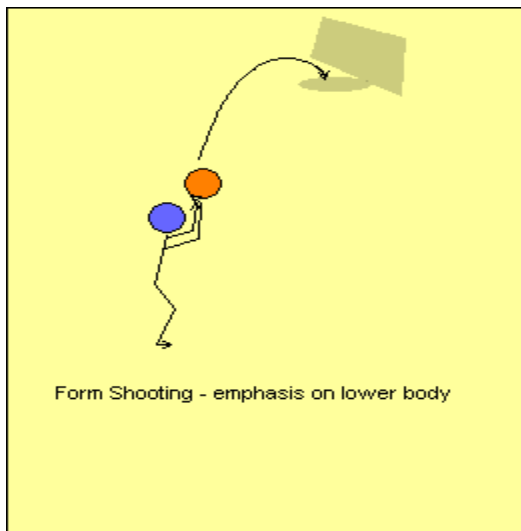
Form Shooting

The player now shoots his/her natural shot starting under the rim. Emphasis is on moving to the high shooting pocket and looking under the ball.

Target – 5 makes

Keys:

- High quick release
- Hold follow through



Form Shooting

The player now works on using the legs to add power to the shot.

Target – 5 makes – move to new spot

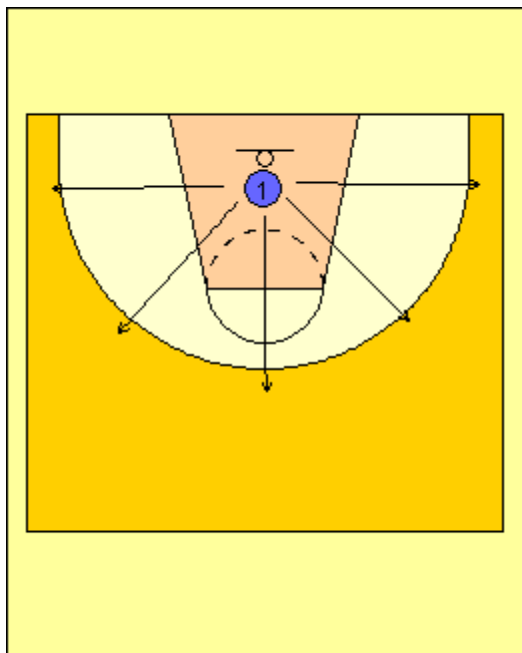
Keys:

- Bend at the waist and knees to add power
- “Pop” off the floor
- Rip the ball to the high pocket
- Still look under the ball

Rhythm and reps shooting

Rhythm and reps shooting this is still done at a slower pace. The player is working on developing feel.

Focus - feeling, technique, self-correction



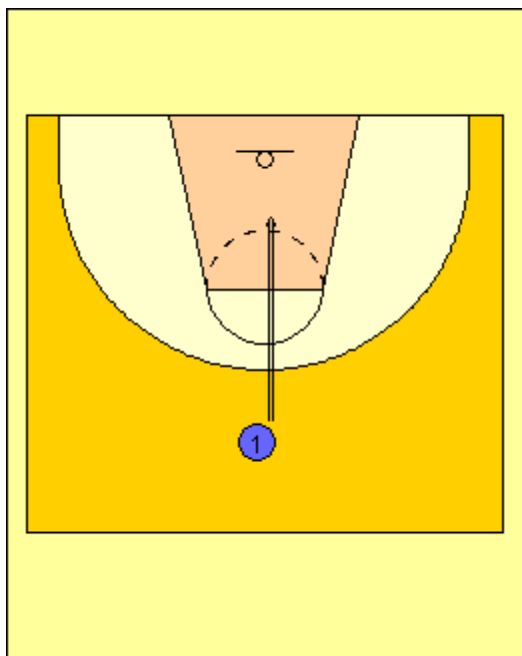
Range finder

The player now starts close to the basket working for 5 makes. Once this is completed he backs up to a new spot. The purpose is to find his shooting range from different angles and different spots on the floor.

The player will know when he is out of his range when he loses his form and he cannot make five shots in ten attempts.

Target - 5 makes in 10 attempts

Keys - Keep your shooting form



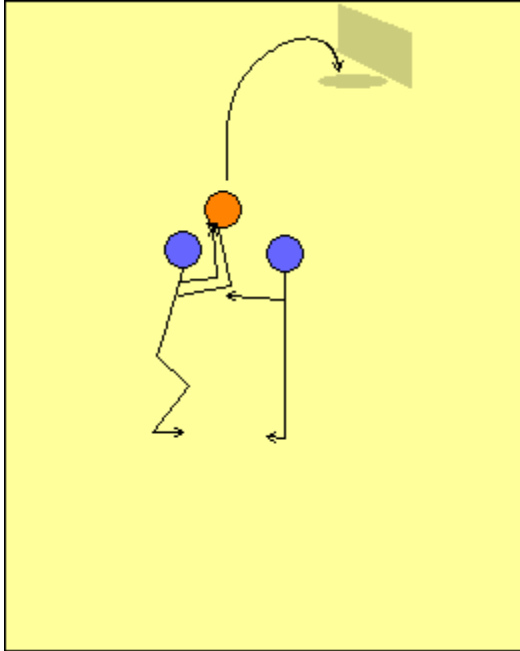
Long shots

Shoot from extreme range. This forces the player to maximize his form. It is similar to doing long tosses in baseball as part of a warm up for pitchers.

It helps warm the muscles and also over stimulates the muscles. The closer in shots now feel easier.

Target - 10 shots

Key - keep your form - do not start throwing the ball

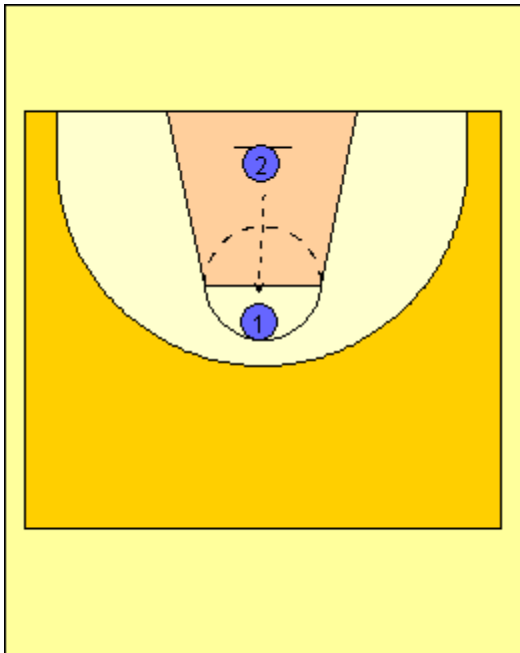


Partner shot block shooting

Player 1 starts in a shooting ready position. Player 2 stands with her hands under the shooting elbow. When player 1 starts her shot (the elbow moves) player 2 attempts to block the shot. This drill forces the shooter to shoot without excess movement.

Target - 5 shots then switch - record number of makes. Then move to a new spot. It can be used in conjunction with range finder.

Keys - be ready to shoot by being under the ball
- keep your good shot form



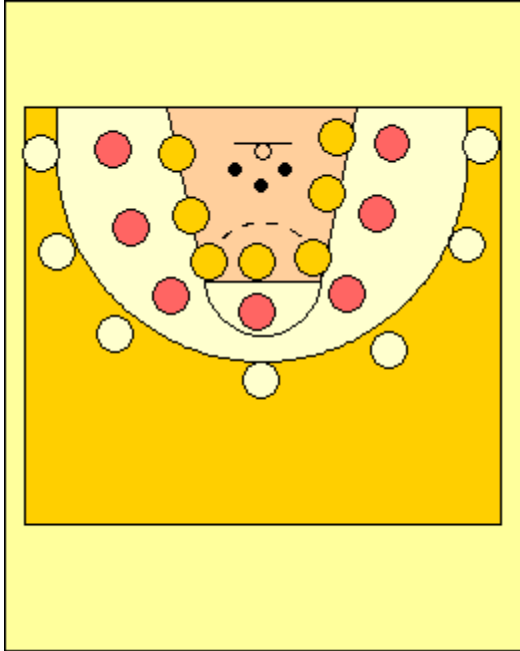
Partner rhythm shooting

Player 1 start in a spot being ready to shoot. Player 2 passes the ball crisply to the shooter.

Target - After a set number of shots, a time limit or a number of makes switch positions. The coach must decide what the point of emphasis is for the drill. By emphasizing the time you can count the number of attempts. This would promote quicker release and passing. By promoting makes you concentrate on outcome. It is always a good idea to keep track of attempts and makes and the time. If this information is recorded you can evaluate if your players are becoming better shooters.

Keys - Have the hips down and the hands high waiting for the pass

- Is the shooter going to remain stationary or step in 1-2 or hop in with two feet? Look for consistency.
- Quickly return to the ready position
- Always work on good form



Partner shooting

We have identified 24 spots that players can work from. It is recognized that the number of actual shooting spots is infinite, but these 24 spots represent general areas in which players need to be able to shoot.

It would be rare to do all spots at one time. Although you could have the player progress through talking one shot form each spot. Record the score. Another would be to move through one spot at a time until staying until you hit the shot. Record the number of attempts and the length of time.

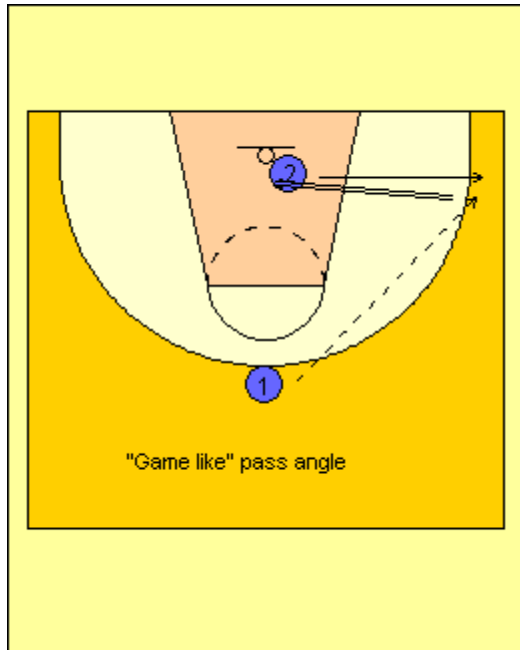
It is more likely you would emphasize certain spots on certain days. Also remember the stage of development of the child. For most young players the seven 3pt shots are long shots well out of her range.

Ready position working spots

- a) stationary
- b) side to side
- c) dribble

Timed
makes

Keep records



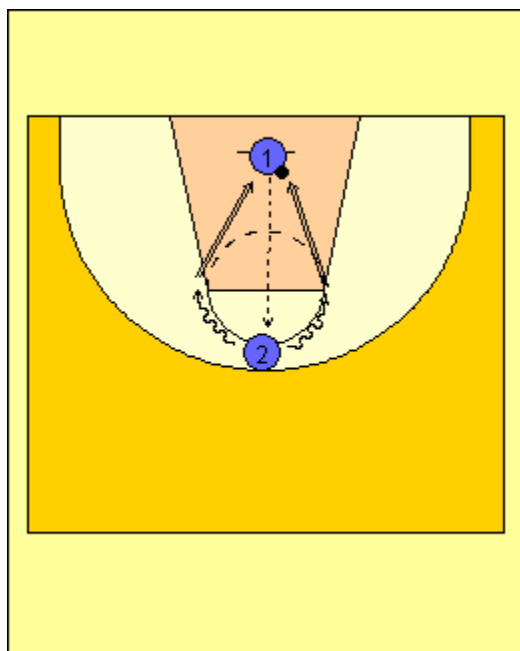
Partner side to side

Pick two spots on the floor. The player moves into the spot to receive the pass and shoot.

Target - vary between, makes, attempts and time. Record results

Keys - get behind the ball, you want to shoot immediately on the catch without pivoting or bobbing

- the passer hits the player on the move, don't let the shooter be standing still



Shoot off the dribble

Player 2 catches the pass, shot fakes and dribbles into a new spot to shoot.

Target - vary between, makes, attempts and time. Record results

Keys - Make your shot fake look like a shot

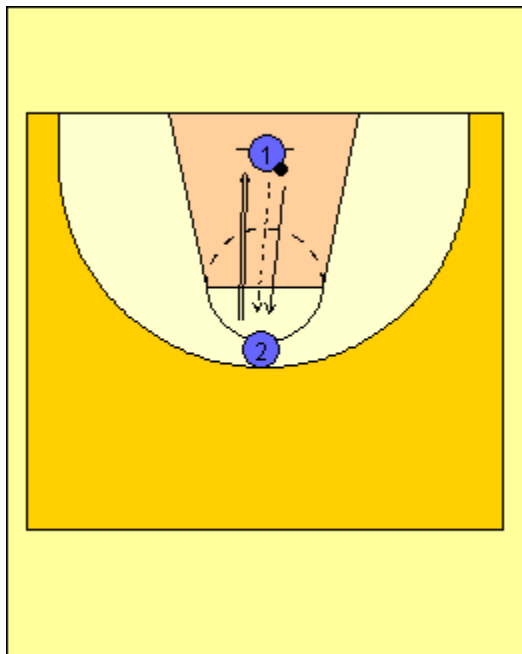
- Go shoulder to shoulder by the defender

- Pound the last dribble to pick it up

- Ball to hand when dribbling with non-shooting hand

- Hand to ball when dribbling with the shooting hand

- Consistence with the feet, inside pivot, jump stop or permanent pivot



Pass and replace get a hand in the face

Player 1 passes to 2 and chases hard to pressure the shot. 2 works on a quick release. If 1 can block the shot block it. Once 2 has her shot blocked she is now allowed to use shot fakes into dribble jump shots. 2 follows her own shot. 2 is now the passer and 1 is the shooter.

The shooter can move into a new spot.

Target - vary between, makes, attempts and time. Record results

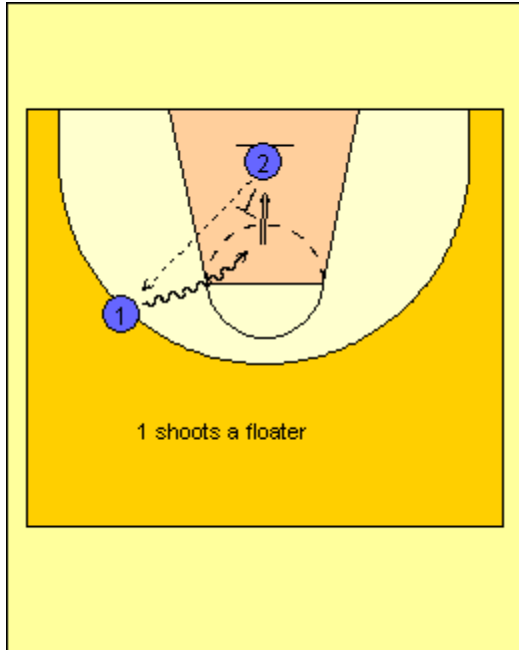
Keys - Keep your eyes on your target
 - Learn to shoot with pressure
 - The passer makes an honest effort to block the shot.

National Team Shooting

The purpose of National team shooting is to introduce players to more creative shots that a player at the highest level must use. It is felt that if players never practice these shots at young age they will never master them by the time they reach the National team level.

They cannot be introduced to these shots at the National team. The coach must use wise judgment in which shots are appropriate for each athlete. This is very individualized.

Focus - work outside the box, have fun with it



Examples

Floater - a jump shot with the ball being held high

Runner - a running lay up

Step back - can be off one or two feet

Fake shots - fake pass, drive or shot

Fall away - go away or too a side

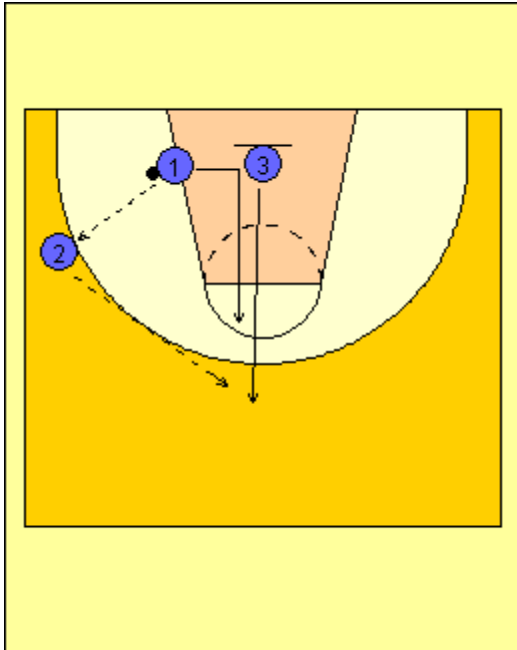
Leaner - go at the basket - usually off a step through

Game Like Shooting

In Game like shooting the player practices game specific shots. Working on the movement into the spot and receiving the type of pass that will be received in the game. It is very important to add guided defense to allow the player to read. If no reading is occurring the drill will be more of a rhythm and reps shooting.

- i) Read the defense as to should I shoot or drive
- ii) read the defense as to the type of cut to make into the shot

Focus – Read the defense, “this shot”, then let it go



3 player read and shoot off a cut

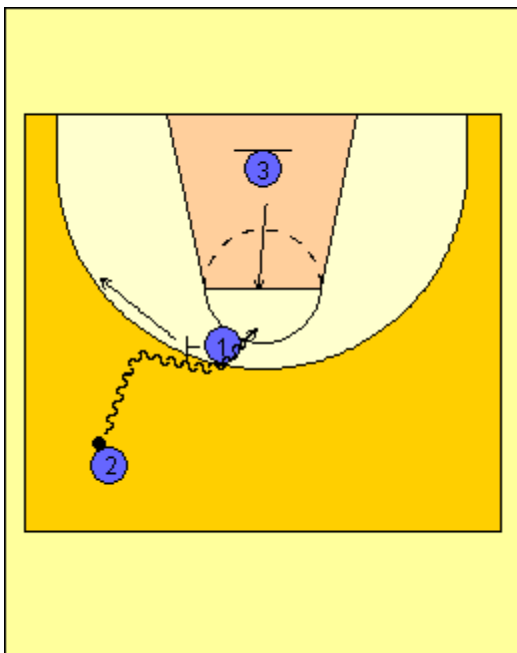
Player 3 starts under the basket and makes a hard cut to the top on the pass from 1 to 2. After passing 1 must cut through the spot that was occupied by 3 before running hard to contest 3's shot. 3 must read if he has a shot or drive. 2 must deliver a good crisp pass and should also communicate the options to 3.

Mix up the spots and the cuts.

It can also be done with 4 players to add distance.

Target - vary between, makes, attempts and time. Record results

Keys - One eye on the ball one eye on the pass
- Quick release, quick pass



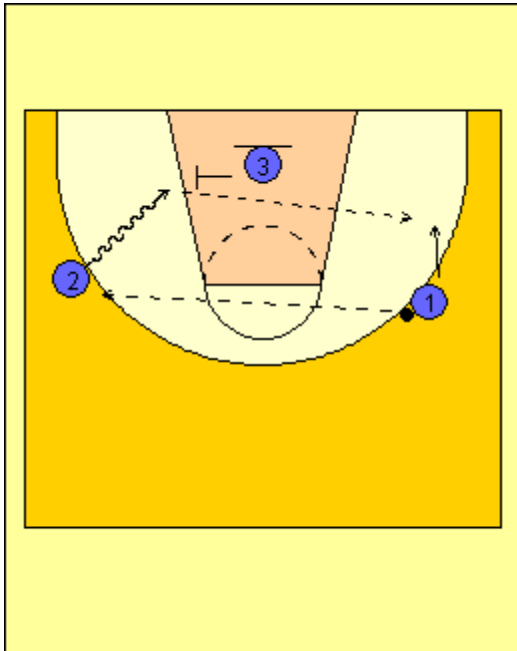
3 player read off a pick

2 dribbles the ball off the pick set by 1. 3 can either sag or step up on 2. If 3 sags 2 looks to shoot. If 3 hedges pass to 1 for the shot.

Target - vary between, makes, attempts and time. Record results

Keys - Head up
- Make a diagonal dribble over the screen
- Make a decisive quick decision

As the player develops the coach can add other shooting or scoring option.
I.e. the defense shows a high hedge, the dribbler splits the defense to a floater.



3 player read and shoot off penetration

1 skips passes the ball to 2 who drives the ball hard baseline. 3 gives a defensive read to 2, either early help or late help.

On early help (out of the key) 2 looks to skip the ball back to 1 on the diagonal for the shot.

On late help (in the key) 2 can shoot on her own or look to pass to 1 on the deep drift in the corner.

Target - vary between, makes, attempts and time. Record results

Key - Allow the players to learn from their own mistakes. Give lots of consecutive reps

- 1 must be available for the pass
- Allow 2 to experiment with different types of passes

Conditioning and shooting

Conditioning and shooting drills are designed to improve the conditioning of the team, help players shoot when fatigued and to put pressure on the shooters.

Focus - intensity, who is a competitor

Examples

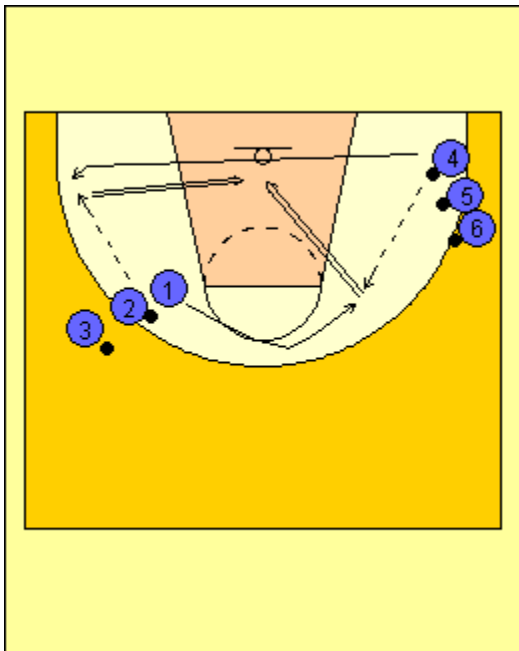
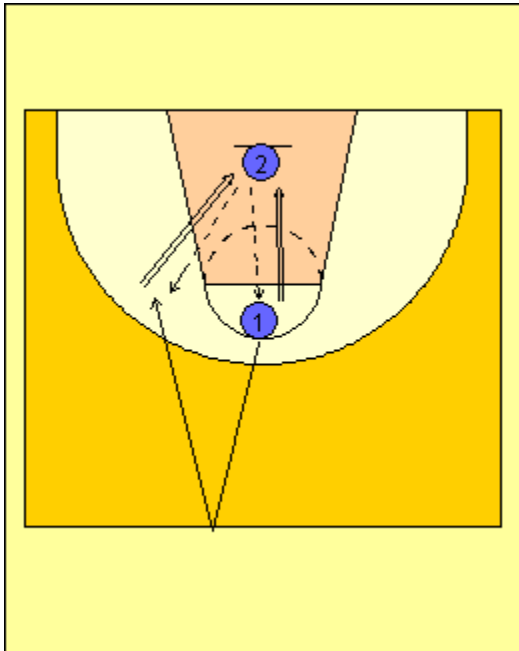
Partner shooting with a line touch

Player 1 receives a pass from 2 and shoots the ball. 1 then runs and touches the centre line with her foot. She returns to a new spot and catches the pass and shoots. She continues to do this until the target is achieved.

You can have the player shoot from the same spot, different spots, or alternate between shots and lay ups.

Target - vary between, makes, attempts and time. Record results

Key - vary the time for the desired result



Competitive Shooting Drills - take a normal shooting drill like Canada shooting and add a target that must be reached. Make 20 shots in 2 minutes. If the player does not achieve the target the drill is repeated or a simple exercise is performed to work on conditioning. This way their conditioning work out is based on their ability to shoot.

You can also do it as completion where the team that achieves the target avoids the exercise and the teams that did not win have to do the 10 push ups, for example.