

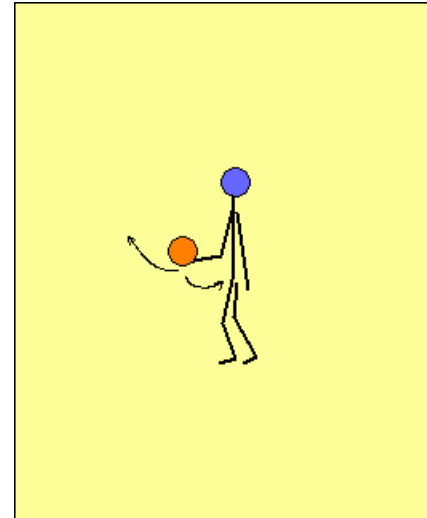


Shooting Progression

CB's Coaching Education and Development

Shooting Grip

Hold the ball in the hand with the palm up. Quickly move the ball back and forth from side to side. If the ball is not held on the finger pads the player will lose control. This is excellent for younger players who often grip the ball incorrectly. Pete Maravich was a strong proponent of this little technique. It cannot be emphasized enough the number of players who start with a poor grip. So many other problems are magnified by this basic mistake.

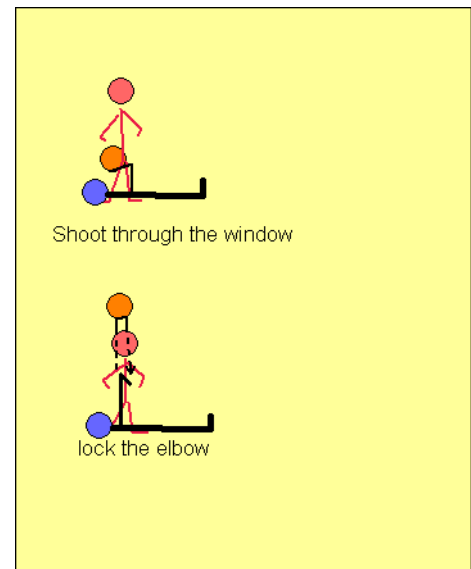


Release

This is still one of the best drills to have children work on to develop a consistent release. The shooter lies on his/her back and shoots the ball up in the air with one hand. The players need to lock the elbow and wave goodbye (break the wrist) to the ball. The ball should return to the same hand.

In this example a partner stands over the shooter and forms a window for the ball to be shot through. If it does not return through the window there is no consistency in the player's release.

Give the players a specific target of how many in a row they can make. Too many players judge the power or distance on their shot by varying how hard or far they straighten the elbow. This leads to a very inconsistent release. This drill also checks how the ball is coming off the hand.



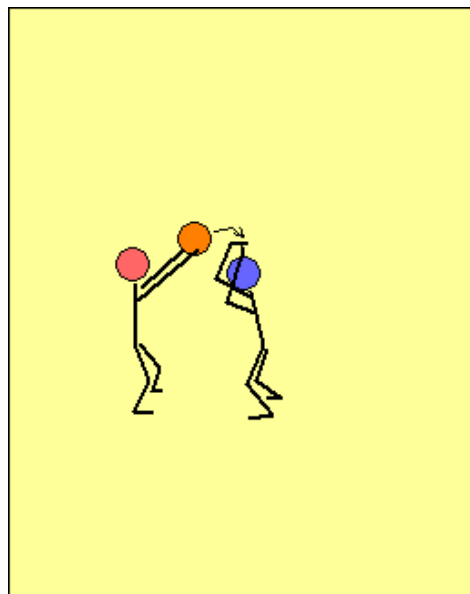
Load

Do this drill while shooting with two hands (a guide hand). It will point out if players are having the guide hand interfere.

Release position

The shooter starts in a loaded position with the hands ready to receive the ball. It is crucial that the player be looking under the ball and have two eyes on the target. Once the ball is in place the player's pushes up through the body, locking the elbow and holding the good follow through position. The other player can check the follow through by placing the ball back in the hands at the completion of the shot.

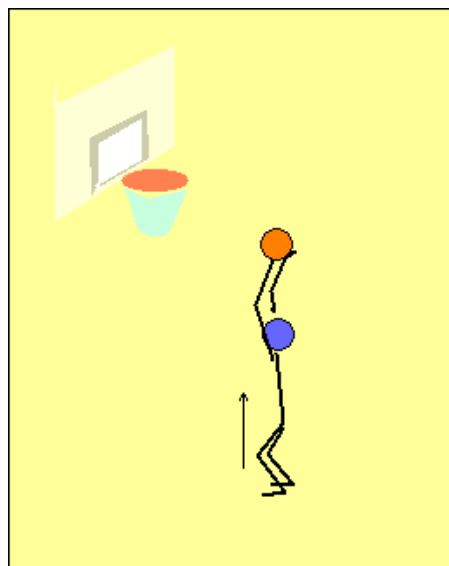
NOTE: When players are shooting the majority of players will not start their shot in this position. This drill is to emphasize the final push on release. Start in close to the basket.



Many players will not use the toes in their shot. Heels will not leave the ground. This usually means that there was a deceleration somewhere in the shot.

Progression #2

In this progression the athlete starts with the knees bent and the ball in the release point. This is not a fully extended position. It is just above the temple and over the dominant eye. The emphasis is on pushing with the legs. We want the players to come off the ground. Jump!!! Hold the high follow through.

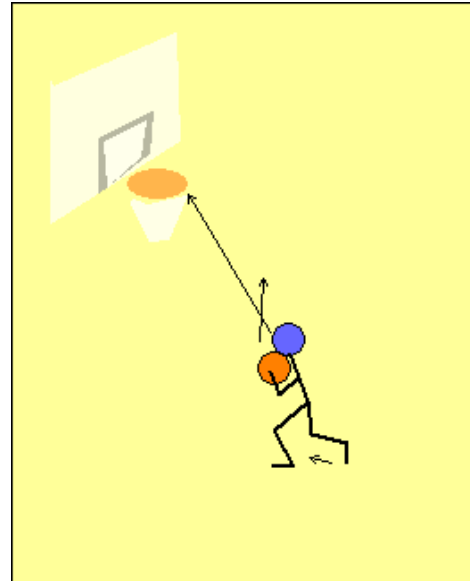


Progression #3

In this progression the ball is started in the triple threat position. The athlete is looking over the ball with one foot back. The front leg is loaded (bent). As the athlete steps forward, at the same time the ball is raised to the release point in one continuous action.

Keys:

- As the foot hits the ground the ball should be moving up to the release position pushing with the legs.
- Be looking under the ball at the release point.
- It should be one continuous motion
- Jump!
- Hold a high follow through
- Be sure to use both feet.

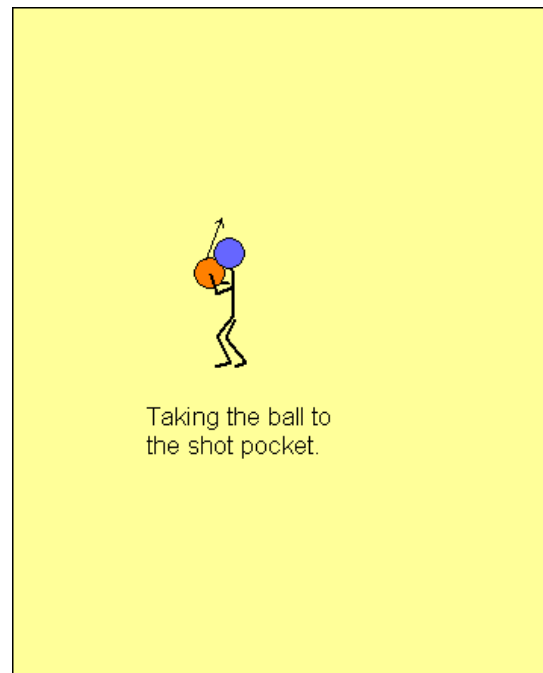


Triple threat to the release point

The player must now learn to take the ball from the triple threat position to the high release point in a one-piece action. This movement should be smooth and involves the coordination of the entire body. Many younger players will start to straighten their lower body before the ball is raised to the high release point. This means they have no power left for the shot. They will have to go back down or take a big step forward to generate power.

Load

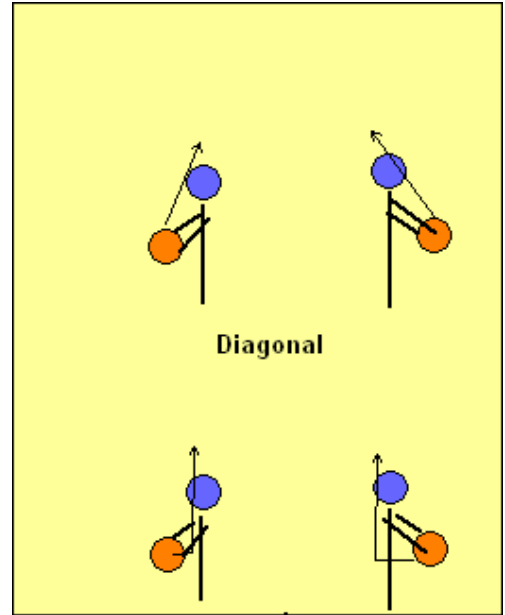
Add a guide who stands in front of the player. The guide places a friendly forearm on or near the belly of the shooter. The other arm is up as if to give a high five. Do not block the shot. This forces the player not to dip the ball and release with a high pocket.



Advanced

Great players need to be able to get their shot off when closely guarded. Especially with the 24 second shot clock. Players need to take the ball on diagonals and not "L's" when lifting the ball to the shot pocket.

Against a close defender you cannot pick the ball up by bringing it into the middle of your body. Especially on the dribble.

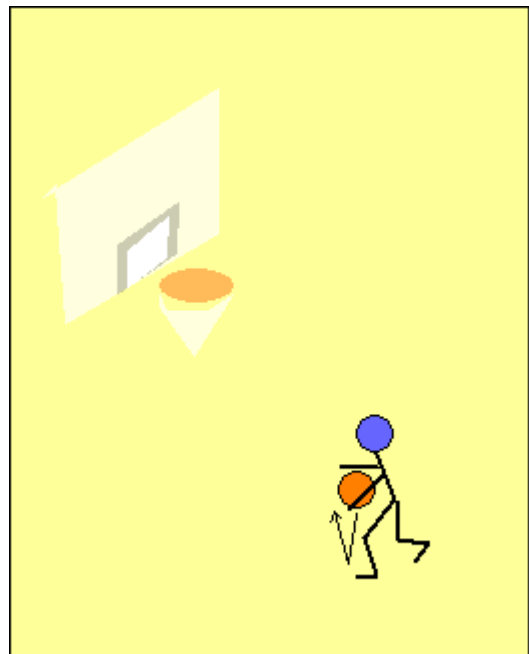


Progression #4

In this progression we add the dribble. As the ball is dribbled the player does a quick 1-2 step with his/her feet. We are working towards a jump shot that can be used when the player is closely guarded. It is quicker to use the 1-2 rather than the hop.

Keys:

- Hard dribble so you don't have to reach
- Quick 1-2 with feet
- Take the ball on the diagonal to the release point in one motion.
- Jump!!!
- Hold the high follow through.
- Be sure to use both hands and both feet.



Progression #5

Now the player takes a couple of dribbles and goes into the jump shot off the dribble. The key is the quick 1-2 with the hard dribble to pick the ball up.

Add a guided defender who keeps his/her arm out to make the player work on a clean pick up.

Play 3-2-1. Have the player toss the ball. They must get the shot off before the shot clock goes off. The defender counts down "3 – 2 – 1". All jump shots off the dribble.

Play a small-sided game (3 on 3 or 4 on 4) where the only score is from jump shots.

