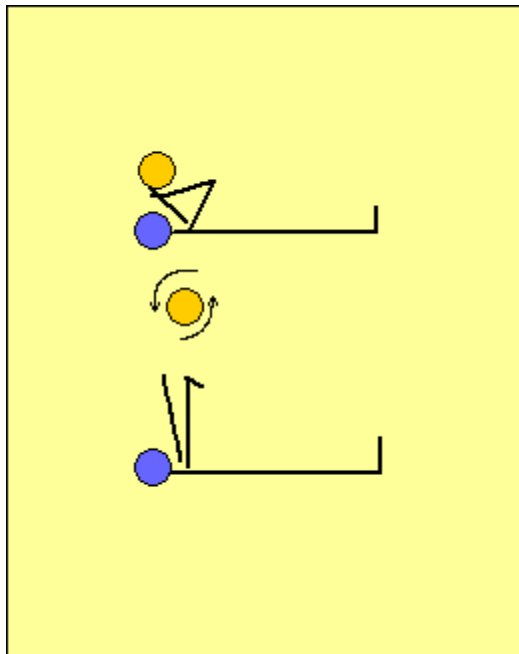


## Shooting Tips

### CB's Coaching Education and Development

#### Shooting

Here are some warm up activities you can do as a player to improve your shooting. Some of them you can do when you don't have a basket.

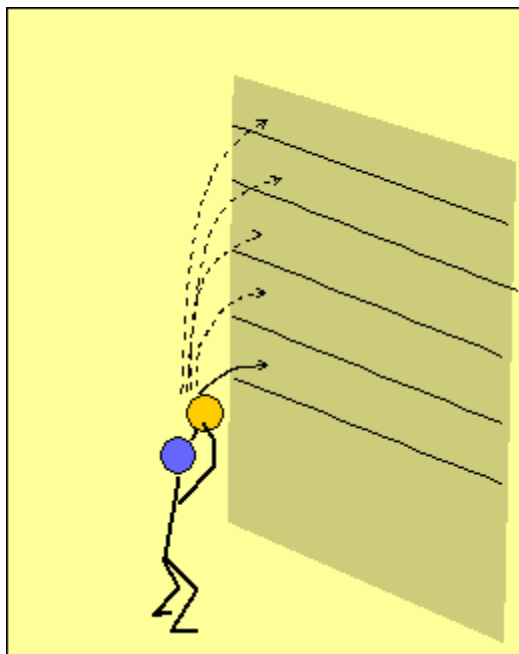


#### Lying down

This old stand by drill is very helpful with getting the proper spin and release on the ball. It will also improve your arm strength. If you push the ball instead of shooting the ball it will not spin. The ball should leave the hand and return to the same spot. Challenge yourself with how many in a row you can make. If one hand is too difficult use two to start.

#### Points of emphasis

- ❑ Lock the elbow out (it should be straight at the end of the shot)
- ❑ Spin the ball off the index and middle finger.
- ❑ Have it come back to your hands

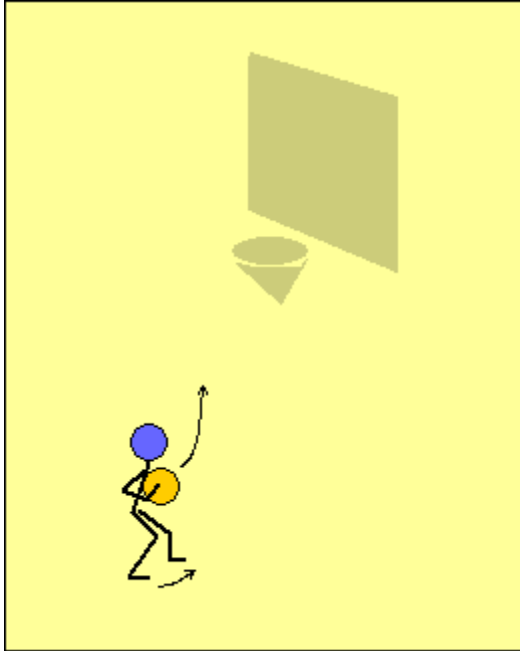


#### Wall shooting

By shooting at the wall first you can concentrate on your form. You do not have to worry about the ball going in the basket. Start by looking under the ball. Use one or two hands; it depends on your strength. Using good shot form keep shooting at the bricks on the wall. Move one brick higher after each successful shot. This also works shoulder strength.

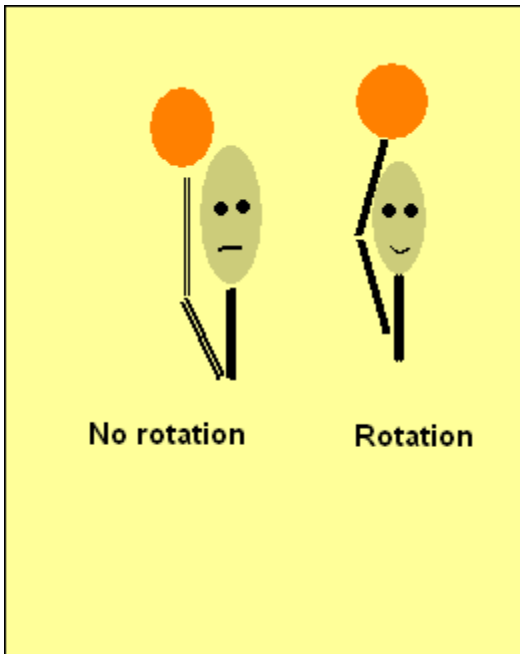
#### Points of emphasis

- ❑ Do not let the ball drop down below the eyes to start the shot.
- ❑ As you move higher you will need to add the legs, jump!
- ❑ We want to emphasize hitting the brick with finesse not power. The ball should "kiss" the brick, not rebound away from the wall. The ball should return to your hand without moving the feet



## Step to shoot

As you step into your shot you must load your legs (this means to stay bent at the hips ankles and knees). Too many players raise their hips. Therefore when the second foot hit the ground they need another way to produce power. It is usually a dropping of the shoulder to shot put the ball or by continuing to jump forward. As the second foot hits floor you should be looking under the ball with both legs loaded so he/she can push up through the ball with one continuous motion. A good way to practice is to self-toss the ball to yourself. This allows you to practice moving into a ball on your own.



## One hand shooting

Many of you will practice shooting with one hand. When shooting with one hand many players will push the ball off the shoulder like a shot put. They do not get good rotation on the ball.

Ideally your thumb should rotate in so the ball can align over your dominant eye. This will “set” the ball better in your hand. There will be a slight angle to your forearm. This is okay. Your body does not work in perfectly straight lines.