



# Shot Doctor

## CB's Coaching Education and Development

Shot Doctor			
	Problem	Reason	Drill
<b>Hands</b>	Too much of the fingers on ball	Hand not spread	Ball slap, underhand grip
	Too much palm on ball	Hand too spread, fingers clenched	C position
<b>Release</b>	Thumb and index finger forms backward C not a J	Chicken wing, hand not in middle of ball, poor thumb placement	Hand placement on ball  C position
	Thumbs parallel not forming a fancy T	Chicken wing, using guide hand for too much support	Hand placement on ball  C position, no touch , light touch shoeing
	No spin	Hand placement on ball	Ball slap  Check for air pocket  C position
			No follow through
		Thumb flick from guide hand	C position, no touch with guide hand,

			1 handed Light touch
		Push release , no wrist	Lie on back release (wrist wrinkle)  C position  Listen to shot
	Not coming off hand straight   Too low of release angle   Twisting on release	Chicken wing  Hand placement on ball   V position not a C  No wrinkled wrist  Improper sequence of joints  Not lifting guide hand, or dropping left arm	Start with elbow under ball  Have a J not a backward C  3 finger shooting  C position— shoulder, elbow, wrist  Contest shooter with a hand  No touch shooting
<b>Eyes</b>	One eye shooter   Watching ball—tipping head back	Release position in middle of forehead   Not keeping eye on target	C-position   Eye still on rim
	Tipping head to the side— release from opposite side of the body	Cross eyed dominant	C—Position