

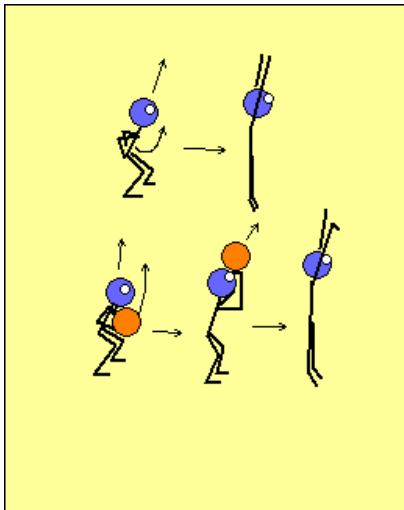


# Teaching the Jump Shot

## CB's Coaching Education and Development

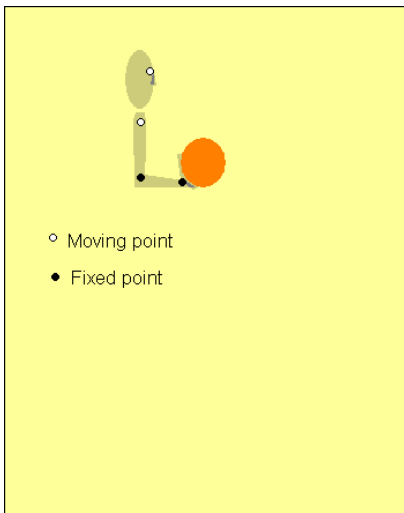
When I teach the jump shot I ask players to pretend that they are on jumping on a mini trampoline. This gets the players too:

- Start with the feet parallel and shoulder width.
- Swing both their arms for height when jumping.
- Finish the jump with both arms above the head for balance.
- Land on balance.

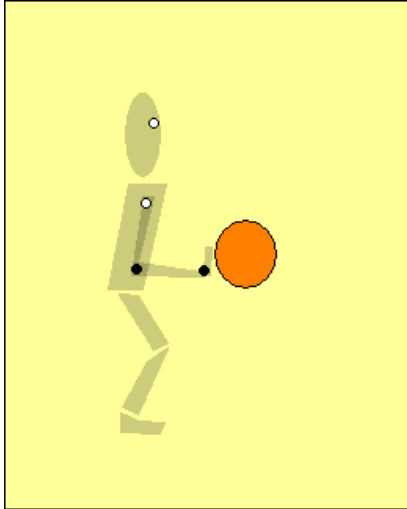


### Jump shot

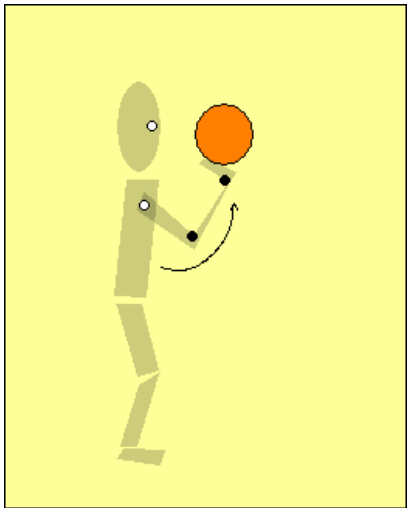
With the adoption of the short shot clock the jump shot has become a more important shot that players need to develop. Very often a player may need to elevate over a defender to get off a shot. In the past this may have been considered contested. We have a nation of set shooters. Very few players actually jump to shoot. This is ok if you have time and are not closely guarded, but we do need to develop players who can get their shot off when closely guarded. Many players will shoot off the dribble more effectively than on the catch. They can get more arm swing and can shift their horizontal movement into vertical.



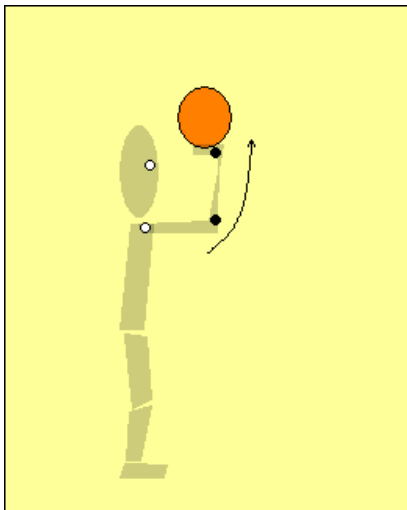
One of the key biomechanical principles of human movement is that in order to produce efficient movement, one end of the muscle remains fixed. If there is no fixed point the body part can move in more than one direction. This extra motion is inefficient. It is difficult to reproduce a straight-line motion consistently if a player has movement in all of the joints of the arm at one time. Also, the proper sequencing of the limbs means an efficient transfer of the power generated from the big muscles of the legs.



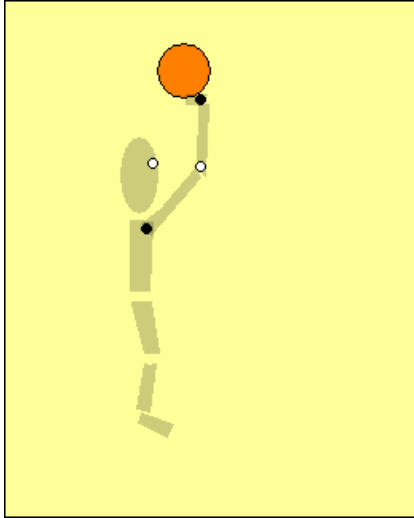
We want players to start with a **C or L** in the shooting arm. The C is formed by the 90° angles of the shoulder, elbow and wrist. Note that the forearm is parallel to the floor. This allows the player to swing the arms and generate lift.



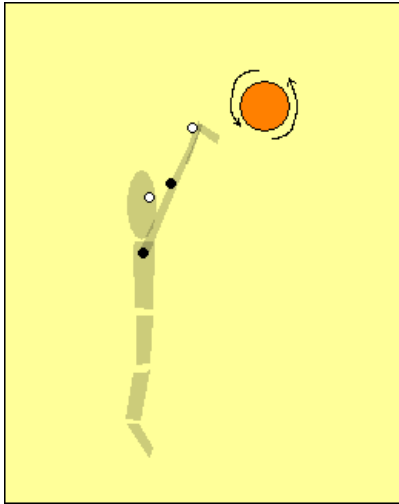
As the legs begin to straighten the C position is maintained. The shoulder joint is the only joint where movement should occur.



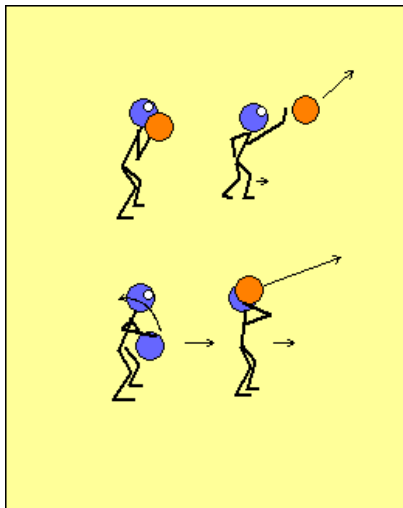
The C is maintained (by keeping the elbow and wrist fixed) until the player is looking under the ball.



Now the elbow starts to straighten once the shoulder has reached the proper height.

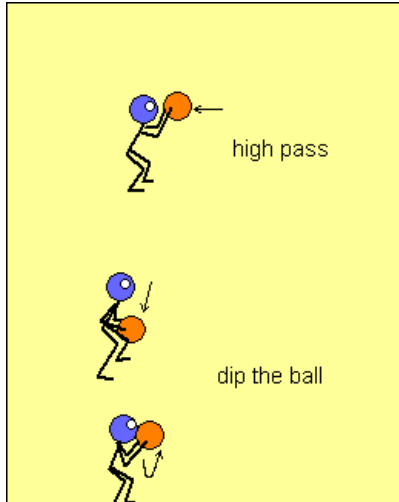


The final movement is by the wrist. The elbow and shoulder remain still. This action occurs as the player leaves the floor (younger players). With older players it is at the top of the jump. This proper sequence of movement allows the power generated from the legs to travel up through the body and out the shooting fingers. When there is movement in other planes of the body at the same time energy is lost. For a young player this is deadly to producing the proper power and finesse to shoot properly.



Too many players start the ball with a V in the shooting arm. This means the ball is near the face. Since the arms cannot swing from this position to help in generating vertical lift the player develops power by pushing. It usually ends up in a shot put action. The player often will drop the non-shooting hand. Often the shoulder, elbow and wrist are all moving at the same time.

Players who start with a flat wrist or on top of the ball develop a backward flip of the ball when they set the wrist at the top. These players generate power by arching the back and then slinging the ball forward. They are playing darts. Because the wrist is not set or fixed we have the shoulder joint, elbow and wrist all bending at the same time. The ball cannot be propelled forward until this negative motion is stopped.



When players catch a high pass the general tendency is to dip the ball. Why? The need to generate lift. It is also a rhythm thing. It is hard for young players to generate the power needed to shoot properly without stepping into the shot and catching the ball at the good staling position. As players get stronger and sequence their movement effectively many will be able to handle a high pass and shoot without dipping.