

## Shooting Videos

Hello Team,

The three (3) videos below are very interesting in terms of how shooting has changed in recent years—especially with the emergence of the GREAT shooters who have bucked the norms...

Not that long-ago players were told to:

- a) Never dip the ball
- b) Toes pointed to the rim—in some cases, 10 toes to the rim
- c) Never fade away on the shot
- d) Go straight up and come straight down
- e) Shoulders square to the rim when shooting

### ***My-oh-my has shooting changed...!***

Today players are encouraged to:

- a) Dip the ball—increases shooting rhythm
- b) Turn your feet so your shooting shoulder and shooting hip are closer to the rim—relaxes shoulder muscles
- c) Turn in the air for longer shots (Steph Curry is often turned completely sideways after a long shot)
- d) Jump forwards ('sway' forwards)
- e) Make use of the fade-away shot

*“You are encouraged to watch the following videos and implement any or all of these techniques into your shot. If you’re a GREAT shooter, you may only want to implement a couple of these techniques. If you need help with your shot, you are encouraged to take the video information to heart, rebuild your shooting technique and begin to become a GREAT shooter.*

*Research supports that the process to change a habit is to perform 10,000 repetitions of a desired action. Are you willing to implement any of these techniques 10,000 times? How much do you really want it?”*

What follows are three (3) great videos designed to help you improve your shot:

1. Steph Curry’s shot analysis (YouTube video)  
Link: <https://www.youtube.com/watch?v=HOiH1eVCggw>
2. Shooting Secrets of GREAT Shooters—Turn Dip & Sway (YouTube video)  
Link: <https://www.youtube.com/watch?v=LGeYZFEBWRw>
3. 7 Best Scorers in the NBA  
Link: <http://www.visionbasketballacademy.com/>  
Click on **COVID Practice** and then click on **NBA Scorers Shooting Video**  
Video must then be downloaded to view

