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Foul shooting – Rick Torbett



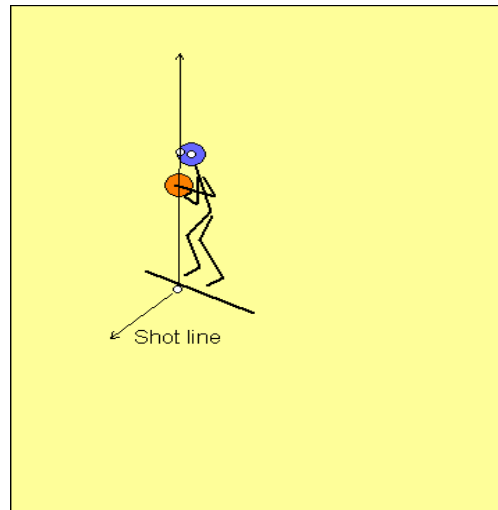
Three distractions

- ❑ **Auditory** – crowd noise, opponents comments, team-mates, coach talking to the shooter
- ❑ **Visual** – crowd, looking away from target
- ❑ **Mental** – little voice inside the head – this is the most difficult to control

The way to deal with distractions is to develop a physical ritual that you stick with.

Parts of a physical ritual

- ❑ **Find your shot line** – many players have been taught to line up their shooting foot with the nail hole on the foul line. The problem with this is that it does not always represent a player's shot line. Have someone watch you shoot. Make note of where the ball is released. This should line up with the nail hole.
- ❑ **No more than three dribbles** – more than this can become a distraction. In FIBA you only have 5 seconds. The dribble does help some players get some rhythm and feel before shooting



- ❑ **Ball grip** – you have the chance to align the ball with the seams.
- ❑ **Knees flex** – there should be some bounce or bend in the knees. Michael Jordan did a rhythm bounce. A dip just before the shot.
- ❑ **Breathe** – Exhale before you shot allow you to relax. Holding the breath can tighten the upper body.
- ❑ **One piece movement** – once the player starts his/her movement it should be continuous
- ❑ **Frame the shot** – a study done in California found that players who held their follow through shot a higher percentage than those who immediately drops their hands.
- ❑ **Put an inner voice to the routine** – great players have an inner voice that repeats the ritual. This fills the mind and prevents distracting thoughts from filling the void.

Example: “Nail hole”(shot line placement), “Bounce”(dribbles), “Seams”(find the grip), “Knees”(knee flex), “Eyes”(find the target), “Breathe”(exhale), “Fire”(shoot the ball in one continuous action).

Your routine needs to be practiced repeatedly. If timed in should always be the same.

This comes from a study done of all the great foul shooters over history. These were the things they had in common.