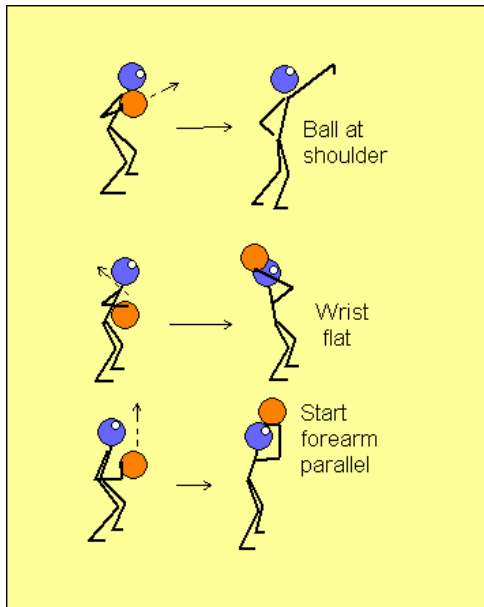


Mike McKay - Manager of Coach Education and Development
Here are a couple of tips I wanted to pass along when working with players on shooting.



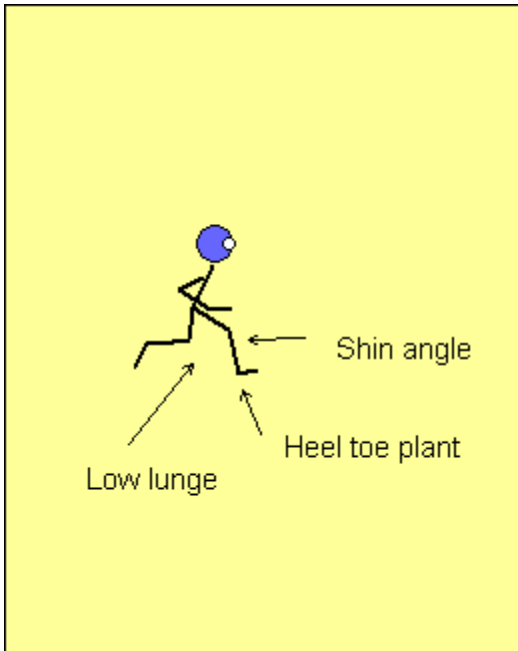
Where to start the ball when teaching shooting?

I have seen many different ideas used on where one should start the ball. I think we have often confused players by talking about triple threat position and shooting in the same context. When players get into protecting the ball, by keeping it tight at the shoulder or back on the hip, it often leads to poor shot mechanics. Protecting the ball and shooting is an advanced skill. Players need to develop proper shooting mechanics for when they have an open shot first.

When starting with the ball tight at the shoulder the player's first action must be a movement forward. Inevitably it leads to a shot put action That leaves them twisted at the end of the shot.

If the player starts with the wrist not set, usually because they have the ball on the hip, somewhere in the shot the player must sling the ball back to set the wrist. This often happens above the shoulder and leads to a two piece action. The player will look like he or she is throwing a dart. Because the forward action will be from the elbow. The shoulder gets eliminated from the shot. To develop power the player will bend at the low back.

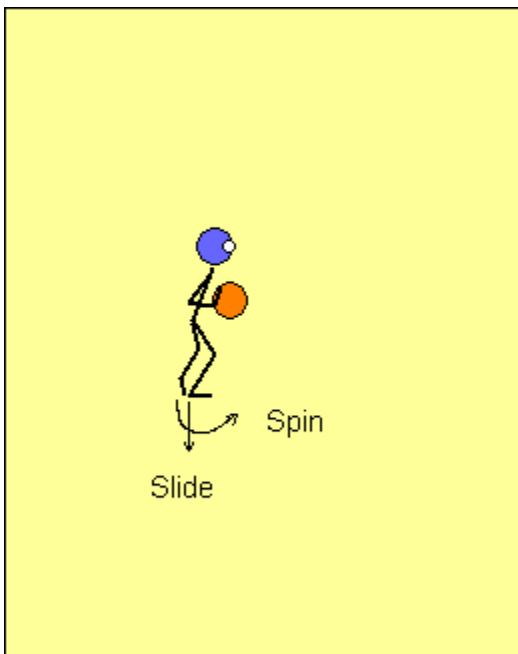
When teaching players how to shoot I have found that starting with the forearm parallel to the floor and the wrist set the best position. By starting parallel the player can pivot at the shoulder and lift the elbow while maintaining the 90 ° angle with the elbow and wrist. This is a one piece action with no pause.



Inside pivot jump shot off the dribble

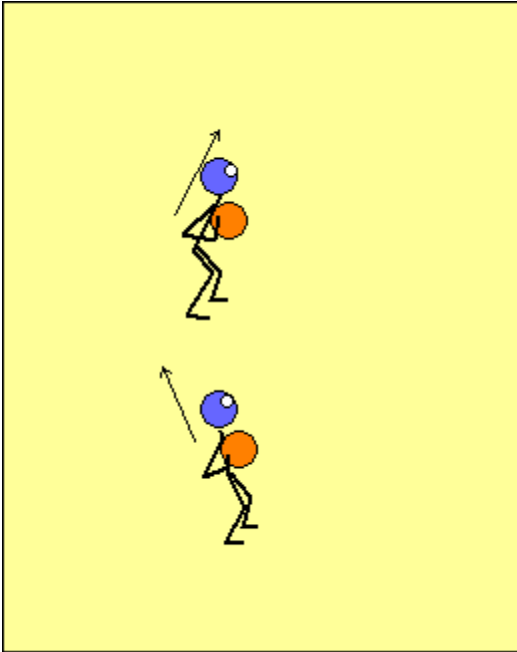
Points to consider:

The player must be able to perform a lunge. The lead foot must be a heel toe plant with the shin angle pointing back to create a braking action.



The second foot must get around quickly to a square position. For a right handed shooter going right the player will have a tendency to over rotate. I have found that by focusing on sliding the right foot to the side, to get square, and not spinning it forward helps the athlete stay square and on balance. This keeps the shooting shoulder still.

Going left it is not as much of a problem for a right handed shooter. Here the tendency is to under rotate. The opposite is true for a lefty.



Keep the head in

When working with players on shooting off the move it is very important to watch their body line. Especially younger players who have not yet developed core strength.

When landing to shoot there should be a vector drawn with the back and head that leads to the proper arc for the ball. If the head is back the vector points away from the basket.

Especially watch for this when performing hop back or step back shots. Have the players keep the head in so that the legs can push at the basket on the landing.