

THE TRIPLE THREAT

SHOOTING

It is the final goal of any teamwork. It is both, the easiest and the most difficult fundamental skill to teach. The easiest one because players are happy to shoot; so it is easy to have them practice this for a long time in order to improve their shooting form. At the same time it is very difficult because it needs a lot of ability and coordination.

We have two main principles to build a good shot:

- A. Take a lot of shots.
- B. Create game like situations.

We insist on a high number of shots because this is pure mathematics, not an opinion. The more shots you take the higher your ability to score and confidence. We try to create a game like situation using two weapons: stress pressure, e.g. having to score a basket after a great hustle, or we cut players that are missing two or three shots in a row. We never let players shoot randomly. We alternate a fatiguing drill with a shooting drill but never relax. Shooting practice takes forty per cent of our workouts.

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Analysis of Movement:

1. **Feet:** shoulder width apart, facing the basket with the foot in line with the shooting arm a little bit ahead.
2. **Legs:** they give power from the feet up through the ball and through our body. It must be a simultaneous move: bend your knees and raise the ball.
3. **Arms:** the non-shooting arm helps to bring up the ball and to have a good balance. The shooting arm is bent under the ball making with the wrist, arm and body three angles of 90 degrees each. Extend the arm fully.
4. **Wrist:** after release it must be bent below the index finger and towards the basket. It is the final touch and this move creates the back spin of the ball.
5. **Hands:** the non-shooting hand helps the shooting hand to raise the ball but does not affect the shooting form. The shooting hand must be well spread for good ball handling. The thumbs on the ball are in a "T" position. Fingers are orientated toward the basket with the index finger pointing at it.
6. **Target:** we want the net as a target because it is easy to see. The front of the rim is like an obstacle so it will determine a good arc when shooting. For this reason we start shooting very close to the basket: we force the player to have a correct shooting arc.
7. **Ball:** we raise it, in alignment over our head between the nose and the shoulder.

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Common Mistakes and their Correction:

Everybody have their own personal biomechanics, however they must try to follow a correct shooting form. The most common mistakes are as follows:

1. Elbow spread out.
2. High or side facing wrist.
3. Shooting arm off balance.
4. Hip off balance.
5. Overly influencing non shooting hand.
6. Flat shooting arc.
7. Feet too wide apart or too close together.

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1. Elbow spread out

This is a common mistake. We stop the ball when a player is shooting and we show him that his INDEX finger is bent in a diagonal position. We bring the index finger to a vertical position and the elbow moves into a correct position.

2. High or side facing wrist

Easy to correct. We suggest that players stay one second (with fully extended arm and bent wrist) with their index finger pointing towards the basket.

3. Shooting arm off balance

We bring this player one meter away from a wall. We instruct him to put his arm in contact with the wall. We ask him to turn toward the basket and now he is in a correct stance. We must be close to the basket because sometimes a bad shooting form comes from being too far away.

4. Hip off balance

When we look at the shooter he looks like he is “seated”. His hip is too far ahead. We use a simple drill: have players throw the ball in front of them and catch it with a one-step stop. The weight of his own body will oblige the player to create a proper balance.

5. Overly influencing non shooting hand

We teach our players to bring the ball up over their head with the shooting hand only. The ball must be between the nose and the shoulder: non shooting hand can only touch the ball but not bother it. This is geometry, not an opinion.

6. Flat shooting arc

Easy to correct. We bring the player under the basket, half a meter away! He will be forced to find a proper arc. As he improves you can bring him a little bit further out!

7. Feet too wide apart or too close together. We use the Saracheck Drill in order to correct this common mistake.