



SHOOTING

PROGRAM


A COMPREHENSIVE
GUIDE AND
WORKOUTS FOR
INTERMEDIATE TO
ADVANCED PLAYERS

www.proskillsbasketball.com



INTRODUCTION

Just as thousands of hours are required to become a great shooter, thousands of hours have gone into the creation of this program. Developed by professional players and coaches from a wide variety of backgrounds, this program has taken what we believe are the keys to becoming a great shooter and combined them into one program.



Pro Skills Basketball contains a team of dedicated coaches who have played and taught basketball all over the world. One thing that connects PSB's founders and directors is the ability to shoot the basketball. All former players, PSB coaches played every position on the floor and firmly believe everyone, from centers to point guards, must be able to shoot the basketball from outside 10 feet from the basket. This will not only help the individual find success on the court, but a team with players at every position that can shoot is extremely difficult to guard. So no matter the position, the PSB shooting program is here to help you learn how to become a confident, consistent shooter.



IS THIS PROGRAM RIGHT FOR YOU?

Becoming a great shooter requires consistency. Consistency requires repetitions. Repetitions require discipline. This program requires consistency, repetition and discipline. If you are looking for the newest, fanciest or easiest way to become a great shooter, this program is not for you. We do not promise unrealistic results that require no investment. There are no shortcuts to becoming the best shooter you can be. The path to greatness requires hours and sacrifice. This program is designed to both educate and keep you on track. If you're passionate and dedicated, this program is for you and you will see results if you put in the time.



WHO THIS PROGRAM IS FOR

- Players who tenaciously pursue self-improvement
- Players who are willing to invest a great deal of time and energy into becoming a great shooter
- Players with the drive to play basketball in college and beyond

WHO THIS PROGRAM IS NOT FOR

- Players that make excuses
- Players that are not passionate about improving
- Players who give up easily



PROGRAM GOALS

- Teach players how to **make themselves** better shooters
- Teach players what it takes, **mentally & physically**, to become a great shooter
- Instill into each player a **love of shooting** and a strong **desire to improve**

PROGRAM

BUILDING BLOCKS

This program is much more than a book and series of videos that show players the proper shooting form! Being a great shooter requires attention to multiple facets of players' practice habits, workout routine and mental focus.



PROGRAM

BUILDING BLOCKS

FORM: We believe there are a million and one ways to shoot the basketball. Every player is built differently and to say that everyone should shoot the same way is insane! This program will cover the principles that we believe make up the foundation of becoming a great shooter. We will also cover strategies that may or may not help you. Becoming a great shooter is about experimentation.

ANATOMY: Shooters come in all shapes and sizes, but when it comes to their anatomy, there are a few things that they all have in common. This program will cover proper warm-up routines, strength development, body analysis and body positioning.

REPETITION: This program will require players to spend hours on the court. In order to become a great shooter, players must be able to repeat the same shooting motion over and over and over. This requires hundreds and thousands of hours of shooting. Alone or with a partner. Inside or outside. In-season or off-season. This program requires repetition, repetition, repetition.

PROGRAM

BUILDING BLOCKS

COMPETITION: Players taking part in this program will be given tips and drills that will help them to self-compete. In addition to repetition, competition is a key aspect of becoming the best shooter you can be. Keeping workouts engaging and competitive helps players focus and maintain motivation during those long hours in the gym.

MENTALITY: Basketball's greatest shooters are not easily shaken. Having the ability to knock down a game-winning jump shot or practice when tired requires mental focus and strength. Everyone goes through shooting slumps and even the greatest shooters miss more shots than they make. How do shooters build and maintain their confidence? This program, if followed, can help!

STATISTICS: Are you improving? Are you a better shooter from one spot on the floor than others? How do you know? Becoming a better shooter requires players to learn from every workout and game. In order to do this, statistics will be used to help players track their progress and discover where they are strong and where they can improve.

KEY SHOOTING CONCEPT: SIT

SIT: Before a player ever catches to ball, they must maintain an athletic stance that at PSB, we call the "Sit" position. The importance of establishing a strong, balanced base cannot be underestimated when it comes to being a consistent shooter.

Sure, the top players of the world can make shots that are off-balance. But until players reach a level of success both statistically and personally, establishing a balanced body position must be the foundation on which their shot is built.

PSB teaches the "Sit" position, which is just like it sounds as we encourage players to make believe they are sitting in a chair.

1) Players establish the foot position in a manner that is comfortable for them, more than likely hip or shoulder width apart with the foot of their shooting hand slightly in front of the other foot.



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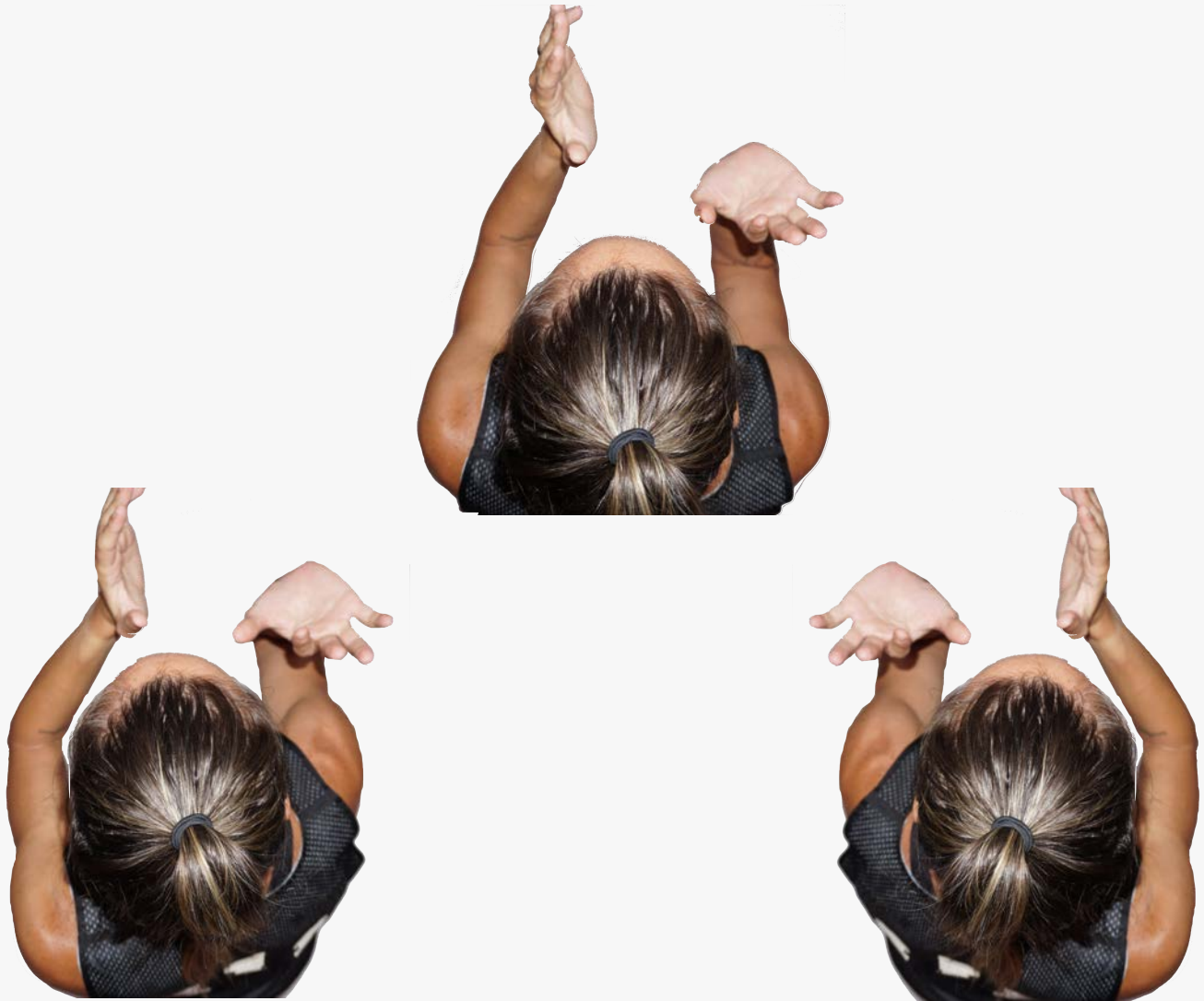
Many successful shooters point their toes directly at the basket, while others choose to angle their toes 10 to 20 degrees away from their dominant hand normally with the foot of their dominant hand slightly in front of their other foot. Toes should always be facing the same direction.

As we stated at the beginning of this book, there are many aspects of body positioning that successful shooters do differently. Stance width and toe angle are two examples. Players are encouraged to find what is comfortable to them while maintaining proper balance.



FORM

2) Just as with toe angle, the angle of a players shoulders can slightly vary. Some great shooters square their shoulders to the basket, while others choose to angle their shoulders a few degrees to the left or to the right.



FORM

3) Players should try to maintain a relaxed and natural head position.



4) As with sitting in a chair, players bend their knees while sending the hips back and down. The depth of a player's sit position is a matter of comfort and effectiveness. It is recommended that players find a sit angle of between 10-35 degrees.

Players should also focus on keeping their chest and head up.



COMMON PROBLEMS WITH "SIT" POSITION

Many players fail to maintain proper body positioning for a few reasons:

1) Seen in younger players especially, a lack of sit angle drastically reduces the strength necessary to become a consistent shooter. Players should focus on sticking their posterior back and down. Shooting is a triple flexion and extension motion. Ankles, knees and hip should all be flexed in the sit position.



2) Knee drop or Valgus collapse is common in many players, even some that are effective shooters. But if a player finds that they lack the strength necessary to make shots consistently, watching for this common issue could be very effective in improving their shooting.



FORM

3) Lack of strength and flexibility to properly execute the sit position. This will be covered in greater detail later in this book.

4) Foot positioning, whether too wide or too narrow, can greatly affect a player's balance and strength. Players are encouraged to experiment with the width of their feet to find a combination that is comfortable and effective for them (photo 19 & 20).



5) Tension in the sit position can create drastic problems with both a shooter's strength and rhythm. In order to be a smooth, quick shooter, players must focus on maintaining proper body position while relaxing their neck, shoulders, arms and hands.

KEY SHOOTING CONCEPT: **LIFT**

LIFT: Once a player is in the proper "Sit" position and the ball is caught or picked up from a dribble, getting the basketball into proper Lift position is important. While many players differ in this process as well, the Lift position will play a major role in determining a player's accuracy.

At PSB, we believe there are a few key points of emphasis in the Lift position.

- 1)** Players **MUST** keep their shooting elbow under the ball. You will be hard pressed to find a great shooter that does not keep their elbow below the basketball in the Lift position.
- 2)** Hand positioning on the ball also plays a major roll in shot accuracy. The shooting hand should be placed under the ball, in line with the elbow, while the non-dominate hand can be placed on the side or somewhere between the side and top of the ball (photos on the following page).

FORM



3) A lot is made of elbow angle of a player's shooting arm. The elbow should not be extended past 90 degrees but can be flexed anywhere between 90 and 70 degrees.

COMMON PROBLEMS WITH LIFT POSITION

1) A common problem with young shooters is the inability to maintain the Sit position while beginning their shot and transitioning to the Lift position. Players are encouraged to begin the shooting motion, the triple extension of ankles, knees and hips, while transitioning to the Lift position



FORM

2) Players will struggle to maintain accuracy if the position of the off hand (support hand or non-dominant hand) interferes in the transition to the Lift position and shooting motion. Young players may be placing their support hand too far underneath the basketball or too much on top of the ball.



3) In an effort to avoid tension interfering with a player's shooting rhythm, every effort should be made to keep the elbow of the support hand pointing down to the ground in a relaxed manner.

Many players, even some successful shooters, flex their off shoulder and point their support elbow out to the side.

While this can be overcome, if a player is struggling to maintain accuracy or wants to speed up their release, practicing a tension free upper body may be a possible step in the right direction.



KEY SHOOTING CONCEPT: **DIP**

DIP: At PSB, we refer to a player's follow through as the Dip position. This name comes from the fact that if executed properly, from the viewing angle of the player it looks as if they can “dip” their fingers in the rim. This requires a player to extend their shooting arm and flick their wrist. Without the proper extension of the arm, angle of the arm and flick of the wrist, a player will find it difficult to maintain the needed backspin and arch of the basketball.

At PSB, we believe there are a few key points of emphasis in the Dip position:

1) A player's transition from the Lift to the Dip position should be smooth and seamless. Players should use the energy from their leg extension to propel their shooting arm up and towards the basket.

2) The angle of an extended shooting arm should be between 45 and 70 degrees. Again, this is a matter of comfort and effectiveness.



FORM

3) Players should effortlessly practice a flick of the wrist at the extension of their shooting arm. Players can choose to have the ball roll off their pointer finger, middle finger or a combination of their middle and ring fingers, but being consistent with which finger is last off of the ball is a MUST!

COMMON PROBLEMS WITH "DIP" POSITION

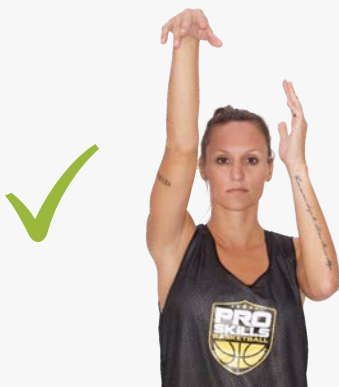
1) A very common problem in the Dip position is the lack of proper angle of the shooting arm. An angle that is too low will lead to a shot that is too flat and an angle that is too high will lead to a shot that is too high and difficult to control.



FORM

2) Extending the non-shooting arm is not completely destructive to a player's shot, but can lead to other issues that could be causing problems with accuracy, so we believe it should be avoided.

3) Flicking the support hand can be a wrench thrown into an otherwise perfect shot. Plays MUST not let the fingers of the support hand have any impact on the basketball. The support hand should remain in a neutral position.



4) Players who create what we call “the claw” can be having a negative impact on their shot. Players should maintain a relaxed shooting hand and only focus on flexing their wrist and not their fingers or thumbs!



COMBINING THEM ALL: MOTION AND RHYTHM

While we choose to breakdown the act of shooting to three separate movements, in reality, there is no clear-cut beginning or end of each of these phases of shooting. This brings us to the point of shooting rhythm. We have previously discussed how tension can keep a player's shot from being fluid and smooth and below we will discuss what shooting rhythm is and how a player can find the right rhythm for them.



FLUIDITY: Players should make every effort to make their shot as smooth and fluid as possible. This can be done by keeping tension out of their upper body, focus their strength and energy into their legs and work on combining the extension of their lower body with the extension of their upper body.

RELEASE POINT: Many effective shooters, especially effective 3-point shooters, focus on having a quick release. Players should focus on extending their shooting arm and releasing the ball as they leave the ground or reach the apex of their jump...but never as they return to the ground.

Most of the energy required to get the ball to the basket comes from a player's lower body. If a player shoots as they descend from their jump, they have just squandered their lower body explosion and now must require the weaker and less accurate muscles of their upper body to get the ball to the basket.

SHOOTING SPEED: Players MUST practice at game speed! We recommend practicing game-like shots at a speed that is uncomfortable but still allows a player to maintain their form.

ANATOMY

As stated earlier, we will cover some common traits amongst good shooters when it comes to strength, flexibility and explosiveness. The good news is that you don't have to be a bodybuilder to become a great shooter. Unless blessed with natural strength and explosiveness, players cannot neglect their strength and expect to become the best shooter they can become. Below are areas that players should focus on in order to develop the proper strength and flexibility needed to become a great shooter.

LEG STRENGTH - While he looks skinny, many people do not know that Stephen Curry can deadlift 400 pounds, which is astronomical considering his body weight. Stephen possesses great strength in his quadriceps, hamstrings and glutes. We strongly encourage players of all ages to seek out professional help from a strength and conditioning specialist to increase lower body strength and explosiveness.

This will not only help with shooting but will be a great investment towards improving a player's overall game. While we will not cover heavy weight lifting exercises, on the following page is a list of exercises that are very effective in developing lower body strength using only a player's body weight.

Click on the link below to see a video explanation of the exercise.

- [Wall sit](#)
- [Walking lunge](#)
- [Lunge drop](#)
- [Lunge matrix](#)
- [Body weight squat](#)
- [Slide w/ band](#)
- [Squat jump](#)

CORE STRENGTH - Besides developing lower body strength, core strength is incredibly important when it comes to helping players become better shooters.

Below is a list of our favorite exercises that focus on the abdominal and lower back muscles.

- [Hollow holds](#)
- [Hollow rock](#)
- [Superman](#)
- [Knee to elbow plank](#)
- [Bridge](#)

COMPETITION

Players must find ways to self-compete in their workouts. In this program, we have included some of our favorite shooting games that players can play on their own or with a shooting partner. While we strongly encourage players to follow the games taught in this program, we also hope players will get creative and find new ways to compete with themselves.

Remember, one of the main goals of this program is to teach players how to make themselves better shooters, so we want players making their workouts fun and getting creative.

A few ways players can self-compete:

AGAINST THE CLOCK: Any shooting drill or game can be done against the clock. Set a timer or stopwatch on your phone and have it by the court. Can you make a certain amount of shots in a certain time period? Can you track how long it takes you to make a certain amount of shots and then try to break that time? How long does it take you to make 2 swishes in a row? There are many options for competing against the clock. Get creative! It makes workouts both more engaging as well as more physically challenging.

COMPETITION

AGAINST YOUR PAST: This program will help you track your statistics from previous workouts and previous sets of a drill. How do your times or scores compare to last week? How about the previous set?

Writing down makes, misses, scores and times will help players both track their progress, as well as self-compete.

AGAINST AN IMAGINARY OPPONENT: This program makes use of a game called “Beat the Pro”, which encourages players to use their imagination and compete against any player they choose.

“Beat the Pro” is explained in the program's videos, but like we mentioned in the points above, we encourage players to get creative, use their imagination and find ways to compete against a player in their minds.

MENTALITY

There is no question that the topics covered so far in this book are vitally important to becoming a great shooter. However, unless a player develops what many people call the shooter's mentality, becoming a great shooter will become an elusive endeavor. Below are a few key points and as well as some strategies for developing confidence in a player's shooting ability.

RECOGNIZE THE CHALLENGE: If it was easy to become a great shooter, everyone would do it. It takes hundreds and thousands of hours of dedication. There will be games, days and months when shooting slumps occur. It is imperative that young players recognize the challenge ahead of them and understand that the inevitable bumps along the way. Going into this process with a clear understanding of the difficulty will help when challenging times arise.

ALL SHOOTERS MISS: Even the greatest shooters in the world miss more game shots than they make. It will serve young players to know that everyone enters shooting slumps and everyone starts from scratch. Very few people, if anyone, are born great shooters.

MENTALITY

PROGRESS WILL BE SLOW: Becoming a great shooter is not as easy as making a small tweet to your form and voila! Progress is often slow and frustrating. Will a young player always feel like getting in the gym early in the morning or hitting an outside court in cold weather? Absolutely not! But the great shooters push through the occasional lack of motivation and practice incredible discipline.

SHOTS ARE EVER CHANGING: What works for a young player to be a consistent shooter when they are 12 might not work for them when they are 15. The human body changes and can thus have effects on a player's shooting form and rhythm. Players must learn to constantly monitor their shooting form and progress while keeping in mind the effects that growing and getting stronger can have on their bodies.

"It is on every player to put the time in themselves to become a confident shooter. Once you put the time in, that confidence will start to ooze to your teammates and coaches that you are the one to rely on to make an important shot. If someone is telling you to keep shooting, then there is no point to doubt yourself. "

-PSB Denver Director & former professional player, Ross Schraeder

MENTALITY

TIPS: Never miss the same way twice in a row - Players must learn to analyze their shot quickly. Are they missing to the left or to the right? It could be a problem with balance, grip, elbow placement or any number of things. Are they missing long or short? They might need a greater angle on their Dip, a quicker release or more explosion from the legs. Missing long, short, right or left should be assessed after every shot.

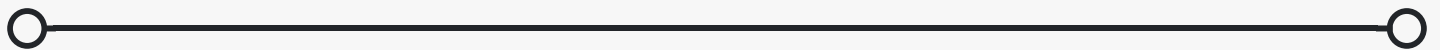
SHARE STORIES OF SHOOTERS WHO OVERCOME: Knowing that many players go through struggles only to make a game-winning shot should serve as motivation for young players going through a shooting slump. There are countless stories of players being 0 for 10 shooting and then making a game-winning shot.

It takes a special kind of confidence to do what Steph did tonight," Warriors' head coach Steve Kerr said. "I think he was like 0-for-his-first-10. I would have quit after like four shots, it's not my night. But guys like Steph, MVP-caliber players, they find a way to turn a bad night into a good one and that's what he did. He just stayed with it. He's got the ultimate confidence in himself so he just stayed with it."

MENTALITY

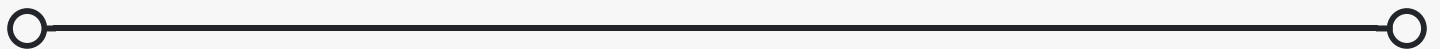
MOVE IN: Missing shots in your workouts? Move closer to the basketball and focus on seeing the ball go through the rim. Any made shot, no matter where it's from, can have a positive effect on a player's psyche.

PRACTICE A "NEXT SHOT" MENTALITY: While it's important to learn from every shot, a player must quickly forget it. Great shooters have the mentality that no matter how many shots they have missed in a row, the next shot is going in. Developing this thought process will take a ton of practice. The best time to do this is when in the practice gym. Concentrate on carrying yourself with the confidence that the next shot you take is going in...always!



"I couldn't make nothing the second half, but I made the one that counted,"

-Russel Westbrook game winning 3-pointer...after shooting 0-5 from 3 & 3-13 on the game.



MENTALITY

REPETITION: Shooting confidence can come with knowing that a player has shot a particular shot or been in a particular situation MANY times before. Missed 5 shots in a row in a game? Think back to a time when you missed 5 in a row in practice and went on to make your next 10. This comes from countless repetitions on your own.


SELF-COMPETE: The workouts included with this program are based on a lot on a player competing with themselves. Players are encouraged to do their best to create consequences when shooting by themselves. Creating self-competition will help develop a strong mentality when facing outside competition.

"Work in between practice and games, get your rhythm, seeing the ball go in, work on your mechanics. But I'll never lose confidence in myself. Ever. That will never change."

-Stephen Curry during a shooting slump in 2018

SHOOTING

PROGRAM STRUCTURE



DAILY WORKOUTS: The PSB Shooting Program contains 250 daily workouts for players to follow. Each workout will include shots and drills that players are to follow and well as a column where players can track their misses, makes, wins and losses. Players are encouraged to print out the daily workouts and take them into the gym or on the court each day.

Pictures will accompany each drill, but video explanations will also be emailed out as part of this program.

Each workout will consist of:

- Warmup Drills
- Standard Shooting Drills
- Movement Drills
- Competition Drills

STRUCTURE

WARMUP DRILLS: These drills will consist of slower paced shooting drills as well as some dynamic movements and body weight stretches/strength development movements.

STANDARD SHOOTING DRILLS: These are standard shots that should be included in every workout. Catch and shoot jumpers, shots off the move or shots on the dribble will all be part of the standard shooting drills. Repetition is the key to the standard shooting drills. Players are strongly encouraged to track their misses and makes in all standard shooting drills. There is a column to both track shots and track wins and losses when compared with the previous day's workout from the same spot.

MOVEMENT DRILLS: These are drills that will incorporate movement into the standard shooting drills. These exercises will serve as both shooting practice as well as conditioning and cardiovascular training.

COMPETITION DRILLS: These drills are designed for a player to self-compete or to compete against a partner. Competition drills serve as a way to mix-up each workout and keep each daily training session interesting and engaging.

SHOOTING

PROGRAM PHASES

The PSB Shooting Program is divided into 5 phases. Each phase consists of 50 workouts and builds upon the preceding phase. Once a player completes the 50 workouts, he or she will have access to a new set of videos that will connect with the next phase's workouts. Players will move on to each phase once they indicate that they have completed the current phase's 50 workouts.

Every 2 and a half months you will receive an email asking if you are ready to move on to the next phase. Advancing to the next phase will work on the honor system. Moving on to the next phase without completing the current phase will only harm the interest of the player. Becoming a great shooter takes repetition and repetition take time. A great deal of time and energy has gone into developing the progression of this program and it should be followed to the best of the player's ability.



SHOOTING

PROGRAM CONCLUSION

We hope that this program acts as a roadmap on your quest to become the best shooter you can be.

As you can see, many factors go into improving your ability to shoot. Please keep in mind that not all of these factors are within your control. It's important to remember to focus on the things you can control.

PSB is dedicated to helping players improve and if we can ever do anything to help you with your journey, please reach out to us.

Good luck!

