

Key Fundamentals

Shooting

Goal: To create “one-eyed” straight shooters with quick, consistent, 1 motion shots off the pass or dribble from various distances.

How: Using the Pro Shot Shooting System to create consistency within the program and to teach the proper bio mechanics in body alignment to create a straight shot. (But realizing, everyone’s shot is a little different)

Teaching Components: Balance, Grip, Load (Dip), Snap, Sweep and Sway, Follow-Through

“LOAD, SNAP, SWEEP & SWAY, FOLLOW-THROUGH”

SHOT PREPARATION: FOOTWORK AND GRIP (Huge at Youth Level)

Balance- Footwork

- Foot preparation: get feet set using inside foot or hop
 - Cue: “Ball is in the air, feet are in the air”
- Feet are **Hip** Width apart
- Dominant foot in front of weak foot (staggered)
- A slight turn of the feet is OK to create hip and shoulder alignment with the basket – player’s comfort level
- Knees are flexed



Grip

- Index and middle finger are on the seam in the middle of the ball, hand slightly on top of the ball
- **Thumbs T** (hands are close)- guide hand pointer and middle finger are pointing straight ahead
 - **Footwork happens prior to the ball being caught off the pass

LOAD | Alignment:

- Ball should be LOADED in the shooting pocket
 - This action loads the shot for power by bringing the elbow to the side of the body
 - If the ball is caught above the shooting pocket, it may need to be “dipped” or “loaded” into the pocket
- LOADED Position
 - Elbow is in comfortable against side (**no chicken wings**)
 - Arm is flexed, wrist is flexed,
 - Ball out in front – near the waist or belly button area.

“SNAP”: 1 Motion Shot

- Legs through follow thru are **1 fluid motion**—flexed knees extend and shooter explodes off the balls of the feet
 - Cue: “**Chin, Cheek, Eye**” (alignment- **no shooting from the side of the head**)
 - Cue: “**Drive to and thru the L**” (reference to shooting L)
- Elbow and wrist should fully extend
 - Cue: “**SNAP**”
- ****When the feet leave the ground, the ball should be released**

SWEEP AND SWAY

- *FEET land slightly ahead of take-off point (sweep) and shoulders relax back(sway)*
 - Cue: “**Sweep and sway**”
 - Teach this using the 3 Point Arc- have kids shadow shoot and check that their feet are moving forward

Should Players TURN during their shot?

- It is okay if a player turns slightly during their shot to create alignment. Every player is different. They should never go past 9 o’clock for a right handed shooter.

Follow Thru

- Shooting shoulder is aligned towards the rim and off shoulder is back (staggered)
- Elbow fully extended ABOVE eye brow and TOWARDS the basket
- Shooting wrist is flexed with thumb and pointer finger down and pinched together. Pointer finger should be pointed above and middle of the rim.
 - **Cues for ball to come off the correct fingers: “Point - Pinch”**
 - **Cues for the shooting arm | hand to finish in correct alignment: “Above the rim, middle of the rim.”**
 - **Teaching Visualization: Pretend that you are holding a fish by the tail above the hoop and you are going to drop it into the hoop.**
- Guide hand touches or is close to the forearm area of the shooting hand
 - **Corrective Cue for player who is pulling offhand away too far or in a jerky manor:**
 - **“Touch hand to wrist”**

One-Eyed Shooter

- Shooting is an aiming skill, like shooting a pistol or bow. Kids have a dominant eye and the best shooters are “one-eyed shooters.”
- **Checking for one-eyed shooting:** After shooting the basketball, the player should hold their follow thru. If they were to close their non-dominant eye (ex: right handed shooter would close their left eye) about half or most of the basketball rim would disappear.

Final Thoughts on Shooting Form

- Every player’s shot is going to look a little different. Having a repeatable 1 motion shot and finishing with the shoulder, hip, and shooting hand & fingers aligned with the rim and key in creating straight shooters.
- **Proper form must be taught, reinforced, practiced, and corrected in every practice you ever coach.**
- **After each shot during form shooting and drills make kids freeze and assess their shot.**

Shooting Progression

- **Grades 3-5**
 - Teach how to make lay ups and bank shots
 - Do LOTS OF FORM | PROCESS shooting
 - Feet
 - Dominant foot forward (11 o’clock turn)
 - Point hip and shoulder towards the middle of the rim
 - Grip
 - Index and middle finger comfortably in middle of the ball
 - Ball on all finger pads (pretty deep)
 - Guide hand on the side (Close | Thumbs T)
 - Load
 - Elbow in, but comfortable (no chicken wings)
 - Ball in front and over shooting leg | knee
 - Snap
 - Explode thru and shoot on the way up (1 motion)
 - Finish/Freeze
 - High follow through
 - Shooting fingers above and middle of the rim
 - Guide hand slightly touching shooting hand

- **Grades 6-8** (20 minutes shooting each night – can include O breakdown drills)
 - **½ Form Shooting** (Process Shooting) **Form Shooting Routine**
 - Feet
 - Dominant foot forward (feet staggered, comfortable turn for alignment)
 - Footwork to catch the ball off the move (hop or inside foot)
 - Grip
 - Index and middle finger comfortably in middle of the ball and slightly on top of ball
 - Ball on all finger pads (pretty deep)
 - Guide hand on the side (**Close | Thumbs T**)
 - Load
 - Make sure the elbow is in and the ball is out in front
 - Snap
 - 1 motion shot
 - Sweep and Sway
 - The feet come forward
 - Follow-through/Freeze (freeze is used to check finish)
 - The shooting hip, shoulder, and arm are lined up with the rim
 - Arm extends up and out (**shooting shoulder forward**)
 - The shooting fingers are centered above and in the middle of the rim
 - The guide hand touches the wrist/forearm area of the shooting arm
 - **½ Game shots** (Volume Shooting)
 - Extend range and work on shooting on the move and shooting off the dribble if form stays perfect

Ball Handling

- The ability to dribble the basketball is the easiest skill to teach in basketball, it is also the **most important skill in youth basketball** (along with making lay ups)
- Dribbling is the only way a player can move with the basketball in a game, so encourage kids to work hard at it so they can move in the game.
- In stationary dribbling, players should strive to be “low, ball quick, and tight” with the basketball. In moving drills, they can push the basketball out, unless they are doing a change of direction move.

A good ball handler:

- Has great VISION: can see the entire floor and find open teammates
- Can dribble full speed with their weak hand
- Can change speeds and directions to keep the defense off-balance
- Can handle the basketball effectively against defensive pressure
- Pounds the basketball hard to quickly explode, retreat, or change directions if needed
- Plays (LIVES) low and explosive

Passing

- Step towards your target
- Step around a defender to pass (use your pivot foot)
- Snap your wrists on your passes
- Hit your teammate in the hands
- Use fakes

Catching

- Go to the pass (meet it)
- Have 2 hands up and 2 feet in the air as you catch it (so you can pick your pivot foot)
- Catch and rip to triple threat (get dangerous)

Jump Stops/Pivoting

- Teach players how to come to a stop in basketball (prevents travelling)
- Have them practice dribbling and then using a jump stop
 - Teach them to use their “butt breaks” and sit down to stop
 - They should have quiet feet
- They should be holding the ball in triple threat with 3 pts of contact (hands and shoulder)
- Then teach them to rip and sweep the basketball while pivoting on their opposite foot

Rebounding Technique/Strategy

- Teach all players to have a desire to rebound—Emphasize it and Reward it
- Teach your entire team to go to the boards on defense
- Teach proper form
 - Face your opponent
 - On their first move, give them a forearm shiver to the chest (“Hit and Git”)
 - Swing the gait “leg and body” and close the door

Defense

- Low and wide stance
- Active and wide hands
- Attacks and traces the opponent when they pick up the basketball
- Proper closeouts and High hands on shooters (Hands HIGH-WIDE)
- In help position away from the ball
- Communicates on the floor constantly