



Mike M^{ac}Kay - Manager Coach Education Development



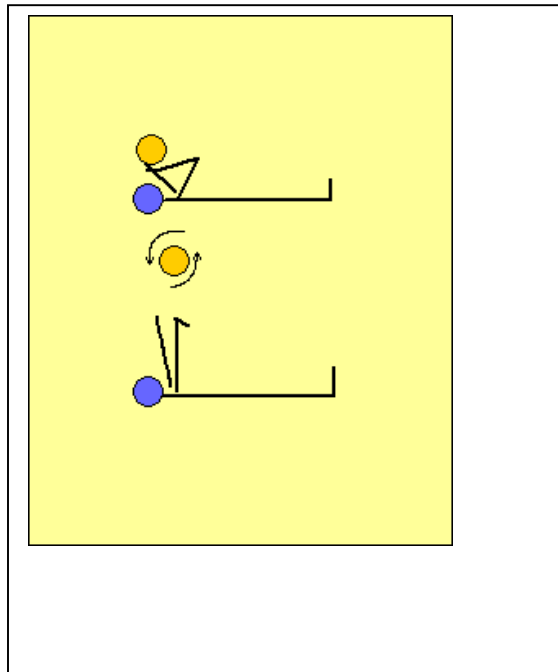
Shooting tips

Lying down

I found this very helpful with the players in getting them to spin the ball. The majority of the younger players just push it with no release. I found they struggled to use just one hand so we used two.

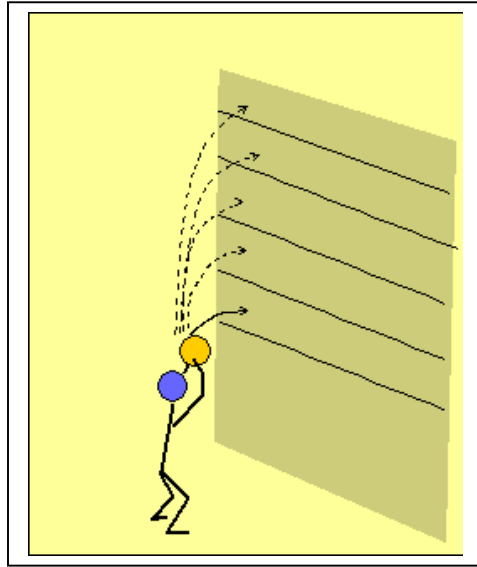
Point of emphasis:

- lock the elbow out
- spin the ball
- have it come back to your hands



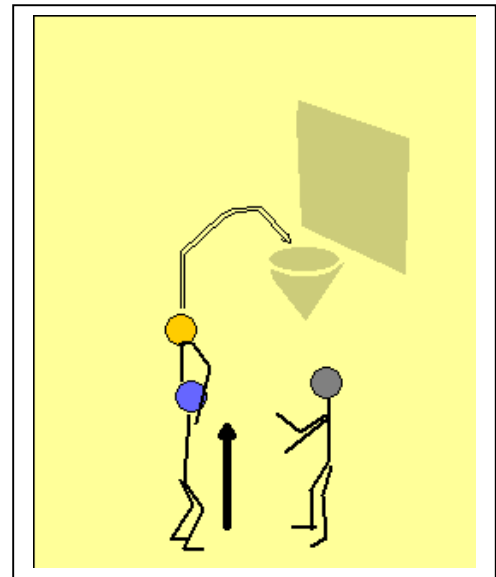
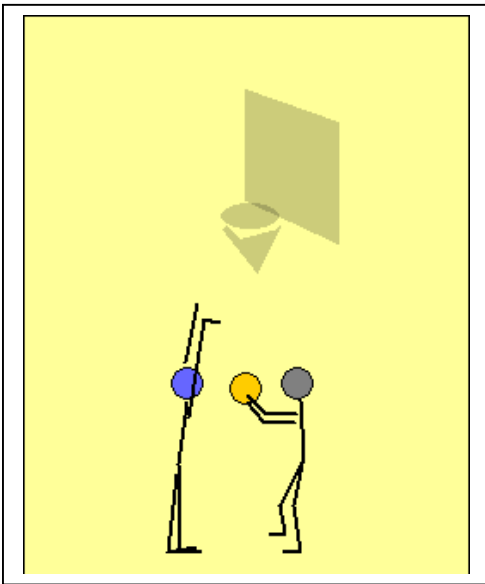
Wall Shooting

The players work on finesse. Using good shot form keep shooting at the bricks on the wall. Move one brick higher after each successful shot. This also works shoulder strength. Do not let them drop the ball down to the shot push position



Looking under the ball

Have the player start up close to the basket. Do an "air shot" and hold a good follow through. Have a partner fit the ball into your hands.



Tip the wrist back of the shooting hand and place the ball in position. Bend the knees to load the legs. Now push up with the legs, jump! Break your wrist to follow through. Hold a high follow through. I have found that if you use a small ball and a low basket even the little children can accomplish this task. We were having grade 4's shoot on a big basket using a small youth ball.

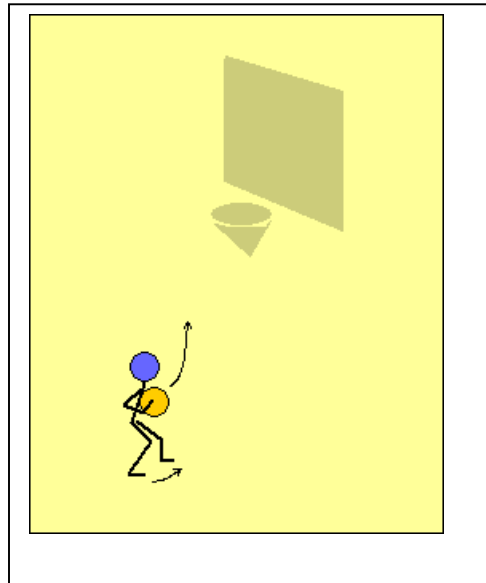
Key points:

- load the legs
- jump
- break the wrist
- don't allow them to bring the ball to the shoulder when lower the legs.

Step to shoot

As the player steps into the shot he/she must load the legs. Too many of the players raise their hips. Therefore when the second foot hit the ground they need another way to produce power. It was usually a dropping of the shoulder to shot put the ball or by continuing to jump forward.

As the second foot hits the player should be looking under the ball with both legs loaded so he/she can push up through the ball with one continuous motion.



One hand shooting

When shooting with one hand many players will push the ball off the shoulder like a shot put. They do not get good rotation on the ball.

Ideally the thumb should rotate in aligning the ball over the dominate eye

