

# HOOPS 101 DRILLS FOR SKILLS

## SHOOTING FUNDAMENTALS

In the game of basketball, great shooters are hard to find. If you want to be a great shooter, all you need to do is decide to get it done. First, you must perfect your fundamentals. All this requires is good coaching and hours of practice. Second, you must practice at game speed. This means you approach your shooting workout with the same intensity you approach a game. It is much better to take 100 shots at game speed than to take 500 lazy shots that a good defender would never let you shoot anyway. Finally, you must understand that working on your shooting is just like putting money in the bank. If you don't put anything into it, you can't expect to get anything out when you really need it later on.

## COACHING POINTS

1. The ball should sit on the finger pads of your shooting hand and not on the palm.
2. Your wrist should be flexed all the way back so that you can see wrinkles where the back of your hand meets your arm.
3. Your non-shooting or guide hand should be on the side of the ball for better ball control.
4. Your elbow is bent and should be directly under the ball. If your elbow is out away from your side it will hurt your accuracy.
5. When waiting for the pass, you should be in a "ready position," knees bent, feet pointing at the basket, hands ready with fingers pointing up, prepared to receive the ball. Good defensive players recover quickly, so you must be ready to shoot the ball.
6. Eyes should be locked on your target. Some people shoot for the back of the rim and some for just over the front of the rim. Whether you concentrate on the front or back, keep your eyes on that point and **DO NOT WATCH THE BALL.**
7. As you jump, reach up, and release the ball with a flick of the wrist and a good follow through. The follow through will give you good reverse rotation and make your shot soft on the rim.

⇒ *NOTE: A good player must shoot the ball well off both the pass and off the dribble. When shooting off the dribble, make the last dribble hard and high to help you move directly into your shot. When receiving a pass, run the ball into your hands and catch the ball with knees bent.*

## STRIP IT FORM SHOOTING DRILL

1. Begin close to the basket (2 feet in front)
2. Shoot one-handed shots with proper form.
3. If you make the shot without hitting the rim, then take a step back. If you make it, but hit the rim, stay where you are.
4. After making the first shot, if you miss any subsequent shot, then take a step forward. Do not get any closer to the basket than where you began.

- **GOAL: Try to make it all the way back to the free throw line. Then make the free throw with proper one-handed form, and you're done!**

