

# 5 Essentials of Shooting

## 1. Own Your Feet

- ★ Hip-width stance, like jumping rope.
- ★ Slight foot turn (10 o'clock for righties, 2 o'clock for lefties).
- ★ Shooting foot slightly ahead.
- ★ Level 1 knee bend—fingertips touch kneecaps.
- ★ Land 4-6" forward.

## 2. Shoot It Straight

- ★ Shooting foot, knee, elbow all aligned.
- ★ Use the dart analogy for directional focus.
- ★ Shooting Hand: Behind (Tuck), Under (Set), Through (Go).
- ★ Elbow in and under.
- ★ Index finger finishes last, into a Kobe pinch.

## 3. Medium Arc

- ★ Ideal arc = 45° launch.
- ★ When shooting a 3-pointer: "Top of the board = Top of the shot."
- ★ Elbow finishes eye high (or slightly higher).
- ★ Visualize a smooth, consistent arc.

## 4. Back of the Rim & Down (#BRAD)

- ★ Eyes locked on **BRAD**—often where a single net loop hangs.
- ★ Train your eyes and aim deep.
- ★ Deep makes, not soft misses.
- ★ Repetition sharpens aim. 1,000 makes per week is a good starting point.

## 5. Follow Through

- ★ Hold for 2 full seconds.
- ★ Kobe Pinch = index + thumb together.
- ★ Full elbow extension.
- ★ Index & middle fingers finish through the ball.
- ★ Sufficient backspin = Shooter's touch.

# Ready: Tuck → Set → Go

## Ready:

- ★ Own Your Feet
- ★ Show Your Hands
- ★ Level 1

## Tuck

- ★ Ball near the hip, forearm parallel to the floor, wrist wrinkled.
- ★ Shooting hand **behind** the ball.
- ★ The ball moves first.
- ★ Dip down before going up (if needed).

## Set

- ★ Ball rises into the set position. This is the perfect platform (sideways U-shape) we refer to in Form Shooting Progression.
- ★ Shooting hand **under** the ball.
- ★ Guide hand balances the ball—just as a tee balances a golf ball.
- ★ At this point, everything begins to fire: elbow, knees and toes through the floor.

## Go

- ★ Arm extends up and out. Shooting hand **through** the ball before the top of the jump.
- ★ Elbow finishes just above eye-level at a 45° launch angle.
- ★ Hands finish 5 Up (balance hand) & 5 Down (shooting hand).
- ★ Sequence takes less than 0.75 seconds—once in motion, the ball stays in motion (Up Force).

## Cues

- ★ Pick up with two hands and shoot with one.
- ★ The ball moves first—no hitches, no pauses.

# 3 Keys to Confidence

## Form Shooting Progression

- ★ Perfect reps & visualization.
- ★ Get your mind right.

## Gamified Reps

- ★ Game shots at game speed.
- ★ Consistent training matters.

## Shot Selection: BPR (Balance, Pressure, Range)

- ★ **Balance** – Are you set and in rhythm?
- ★ **Pressure** – Can you get it off vs. a closeout?
- ★ **Range** – Shoot from where you've earned the right.

*\*Also taught as: **Rhythm, Room, & Range.***

## Proper Form

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## Gamified Reps

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## Good Shot Selection

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## Shooting Confidence

***Confidence comes from preparation***

# Form Shooting Progression

## ★ Wrist Extensions

- While kneeling, place your hands on the floor palms down with fingers pointing forward and arms extended to stretch your forearms.
- Rotate your hands so your fingers point back toward your knees (still palms down), then sit back on your heels to deepen the stretch.

## ★ Trace & Retrace

- Lie on your back with your shooting elbow tucked close.
- Assume a Perfect Shooting Platform and extend your arm fully into the air.
- Finish it off with a Kobe Pinch.
- Retrace the same motion back down with control.

## ★ Arm Swing

- Start by “owning your feet”:
  - Knees slightly bent, feet as wide as your hips and slightly turned in.
- Let your shooting arm hang naturally by your side.
- Swing it forward once, twice, then lock it into your Perfect Platform:
  - Elbow under the ball and wrist loaded.
- Then using your balance hand, push the shooting elbow “up & out” into a full extension.
  - Emphasize a 2-second high follow-through with forward body momentum (controlled fall).

## ★ 1-Handed Form Shooting

- From the right side, shoot with your dominant hand only, emphasizing vertical motion (“up & out of the phone booth”). 3-5x
- Repeat on the left side using your left hand.

## ★ 2-Handed Form Shooting – Groove Your Shot

- Stand in front of the rim and add your guide hand.
- After each make, take one step back.
- Focus on a clean release with “5 up / 5 down” finish.

***Perfect Reps & Visualization. Get Your Mind Right.***

# Gamified Shooting Workout

## Keys to a Gamified Shooting Workout

A well-structured shooting workout should include a variety of shot types to build confidence, versatility, and game readiness. Whether you're training alone, using the Gun, or working with teammates, **gamify your reps** and lock in on purpose.

## Incorporate These Shot Types:

- ★ **Spot-Up, Catch & Shoot**
- ★ **Cut, Catch & Shoot**
- ★ **Dribble & Shoot**
- ★ **Catch & Drive** – includes pull-ups & finishes at the rim (Finishing School)
- ★ **Catch, Shot/Foot Fakes & Drive** – includes pull-ups & finishes at the rim
- ★ **Finish Through Contact** – go against a coach or teammate when possible
- ★ **Freethrows** – shoot 4 FT's in between drills to “rest”

## Workout Emphasis:

- ★ **Game Shots at Game Speed** – train like it's Friday Night (Gamify)
- ★ **Perfect Form** – from your feet to your follow-through
- ★ **Chart Your Makes** – count reps and track progress
- ★ **Compete Whenever Possible** – turn drills into challenges
- ★ **Never Miss Two in a Row** – reset, refocus, respond (Strong R's)
- ★ **“Next Shot” Mentality** – stay present and move on (R.A.L.F.)
- ★ **On Finishes** – practice “*closing the shoulder*” to protect the ball at the rim

***Shooting is the most important skill in basketball — Make it count!***