

Junior Blues Shooting Philosophy

It's a simple game, we just make it harder because we don't focus on our fundamentals - Ganon Baker

Club Philosophy:

Keys to the club achieving improvement in not only the shooting of the players, but the understanding of teaching shooting are –

- Consistency of instruction & terminology from training to training, coach to coach, year to year.
- Coaches being “Process Orientated” and balancing between *teaching shooting* and *drilling shooting*.
- Simplicity – the jump shot mechanism is not a complex movement.
- Repetition of form technique, then practice at tempo. - Balance & maintenance.

The 3 key components in the teaching are:

Set Point

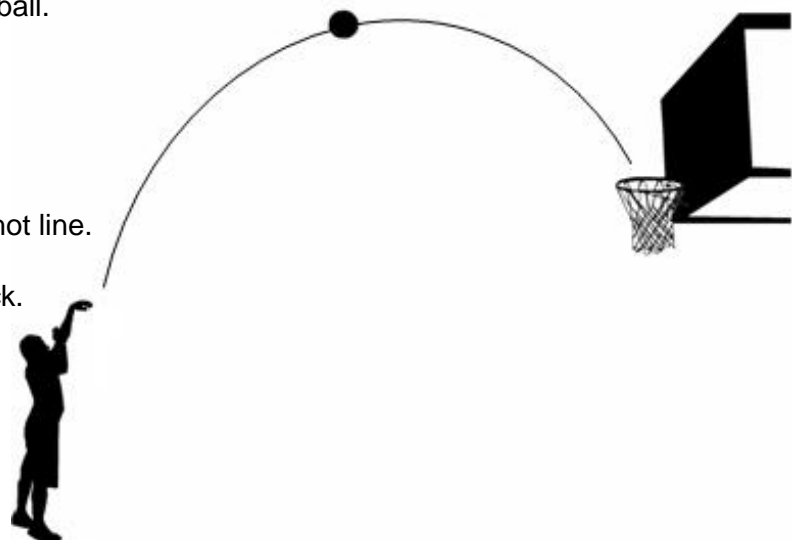
- Feet spread, knees bent, shooting foot forward.
- Start the shot looking over the ball, sighting the rim.
- Create a straight “shot line” to the basket with the lead foot, knee, elbow, and the ball.
- Shooting hand under ball, fingers spread & back towards the shoulder with forearm parallel to the floor.
- The ball sits in the hand with contact on the finger tips, and the pads of the hand.
- The forearm should be parallel to the floor with a 90 degree bend in the elbow. (Triple Threat Position)

Shooting with an “All out Action”

- Shoot the ball on the way up in one smooth action along the shot line. “Catch the Power Wave”
- Use more power from the legs than from the arm.
- Arm finishes straight, elbow locked.
- No tension in wrist or fingers.
- Finish the shot looking under the ball.

“Let it Fly”

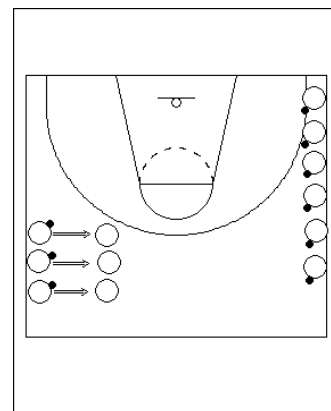
- Shoot the ball with arc and lift.
- Hold the follow through on the shot line.
- Drop it on top of the rim.
- Release point at 10.30/11 O'clock.
- Land in the same spot, with feet still pointing to goal.



Teaching Progression:

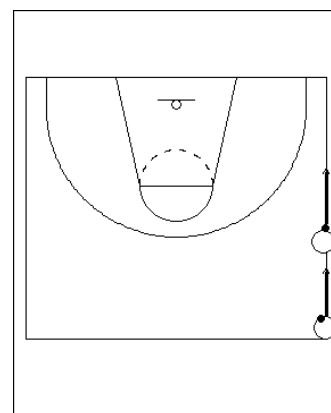
Sideline Form Shooting

- Best way to reinforce shooting mechanics as “making shots” is not a focus.
- Can start with or without a ball, without a ball is good to work on shooting with one smooth action and on the way up.
- Progress to shooting to your partner and focus on shooting the ball with arc. Aim to land the ball on top of your partners head.
- Emphasis on above 3 key components of shooting mechanics.



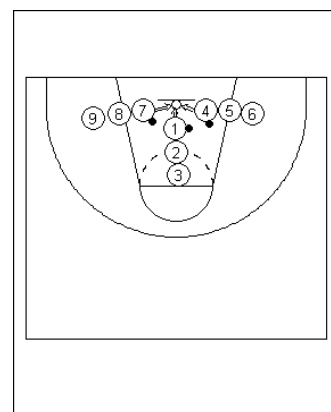
Shoot the Line

- Great way to teach creating a straight line to the basket with the shooting foot, knee, elbow, eye and the ball.
- Can be done with or without guide hand.



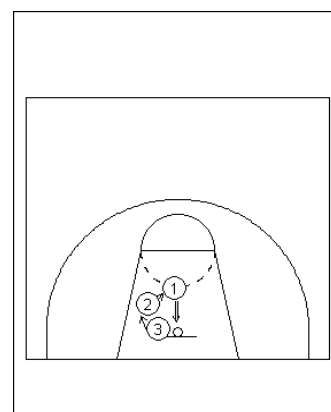
1,2,3 Line Form Shooting

- Is a must do prior to a team or individual shooting session or component.
- Emphasis on making shots with correct technique - Set Point, All Out Action, Flight & Follow Through.



3 Man Focus Shooting

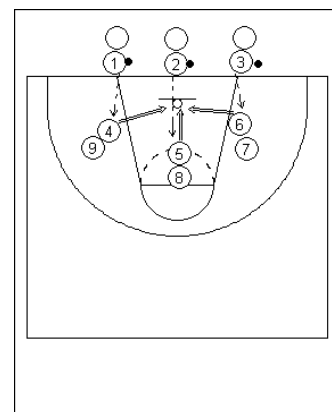
- 3 players, 2 balls.
- 1 shooter, 1 “passer”, 1 rebounder.
- Shooter maintains vision on the rim at all times.
- After shooting, player receives the ball from the passer, who hands it to the shooter.
- Shoot sets of 5-10.
- Emphasis on form & constant vision on hoop.



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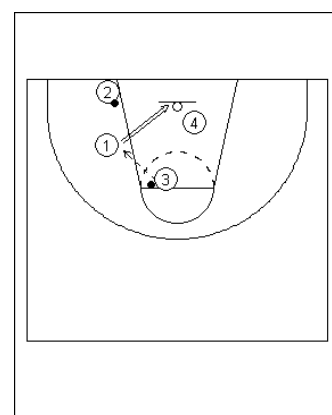
3 Line, 3 Ball Catch & Shoot (Spot Up)

- “Anchor Foot” (non dominant foot) forward, “Shooting Foot” behind.
- Catch and step into shot with shooting foot.
- Can be modified to Partner Shooting if sufficient baskets available. Shoot 5 then rotate to passer.



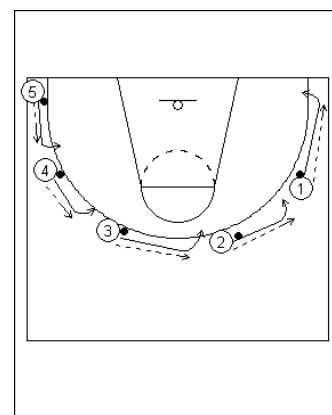
4 Man Spot Up Shooting

- More game specific shooting drill with players practicing the shot with passes coming from the left and right.
- 1 is the shooter, 2 & 3 are the passers and 4 is the rebounder.
- 1 receives the ball from alternate side practicing the spot up shooting technique.
- Players rotate after a set amount of shots.
- Main point of emphasis is to keep anchor foot directed to the basket.



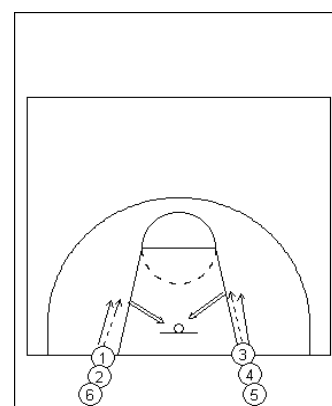
3pt Line Spin Outs

- Used to develop inside foot footwork.
- Emphasise “Catch it down,” face the basket.



Catch & Shoot Spin Outs

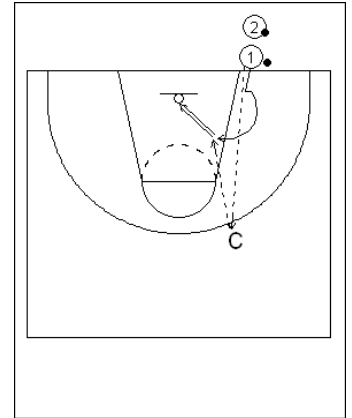
- Work on “Inside foot shooting.”
- Payers spin the ball out, step into the shot for catch & shoot
- Emphasis on:
 - “Hands & Hips Ready” - shooting wrist bent back, guide hand on the side, knees bent with hips low to ground before the catch.
 - “Turn into the catch” - Dip inside shoulder before you catch and “Banana the cut.”
 - Pivot in one smooth motion to the basket and build to shooting “through the set point.”



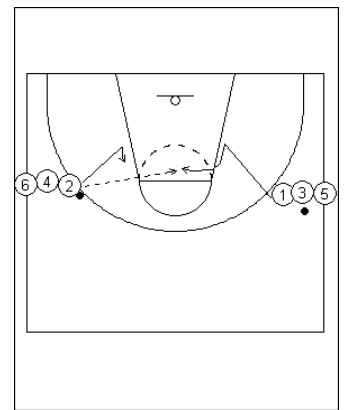
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2 Line Inside Foot Shooting

- This drill can be introduced with a coach to ensure passes are accurate and to reinforce correct footwork by slowing down the drill.
- Players pass to coach and curl cut to receive the pass and shoot on the inside foot.



- Drill can be progressed to 2 Line pass and cut shooting and also run from wing to wing as diagramed.

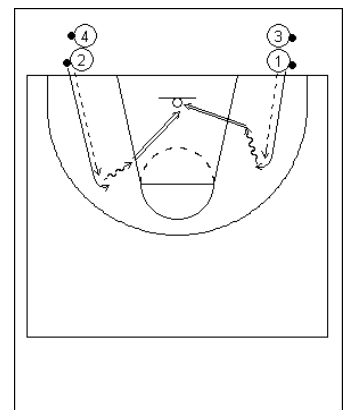


One Bounce Form

- Used to teach players to be quick from the gather to the shot and to shoot through the set point.
- Add footwork and emphasise “perfect feet” after the stride stop.

Spin Out One Dribble Moves

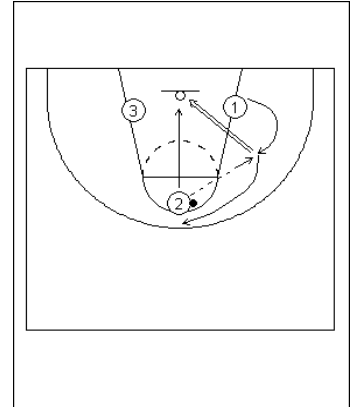
- One Dribble Move Points of Emphasis include: Catch and face before dribbling, eyes on the rim, stay low until shooting.
- Terminology: (All moves using “Inside Pivot Foot” to square up to the basket)
 - Onside Drive - Dribble to middle and use “3 step move.”
 - Crossover Drive - Dribble to baseline and use “2 step move.”



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Curl Cut Shooting

- Can be used for catch and shoot, flare cut and one dribble shooting.
- 1 cuts to receive pass, after shooting 1 runs to Ft area to pass to 3 after 2 rebounds and outlets the ball.



“Every shot you take is either making you better or worse.”