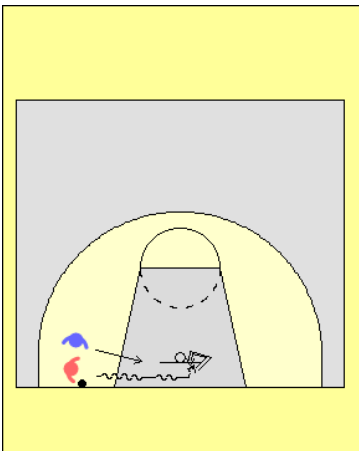


Baby Hook

This layup is used when driving to the middle. The player should use the basket to protect the ball. The player needs to drop the inside shoulder when shooting this shot.

Players can also use the one, two power when going middle.



Reverse Layup

When driving baseline sometimes the basket will open up on the far side if they beat the help defender. The player needs to step on the other side of the midline to ensure that they can find the backboard. The player can open to the basket or close the body. Each has its advantages.

Note: There are many other layups that the players can learn. It is important to take them through the progressions. Be sure that the player can do them on the right and left side. Eyes must be up at all times. Many bad layups should have been pull up shots or passes for assists.

SHOOTING

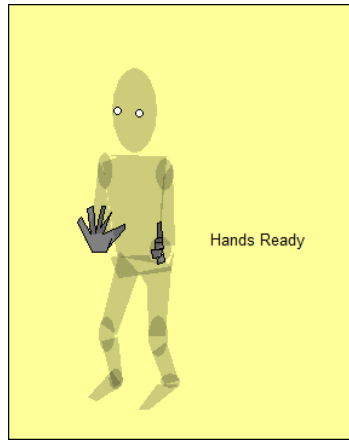
Points of Emphasis

- Hands preparation
- Teach in three phases (one, two and three)
- Alignment (elbow – knee – foot)
- Arm extension (until the ball touches the ring)
- Put the hand inside the ring (check shot form)
- When to use a jump stop versus one, two stop or inside pivot

Hands Preparation – Building the arm of the shooter

Hand and Arm Preparation is Key

- A. Walk and show shooting hand: keep arms along the side of the body; raise the shooting forearm by bending the elbow to 90 degrees. Dorsi-flex the shooting hand so that the palm faces forward.



B. Walk and show both hands: keep arms along the side of the body, raise both forearms by bending the elbows to 90 degrees. Dorsi-flex the shooting hand so that the palm faces forward. The non-shooting hand is kept with the palm perpendicular to the other palm. A ball should fit in the hands. The player is ready to catch the ball without having to move the hands.

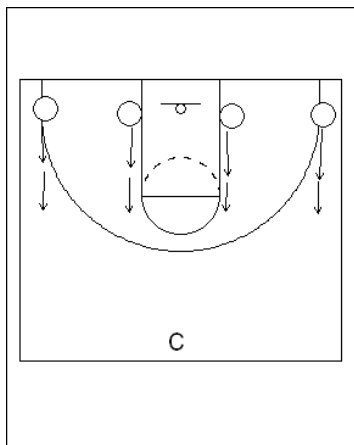


Diagram A-B

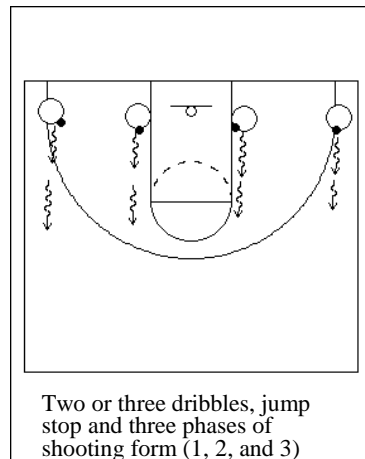


Diagram C

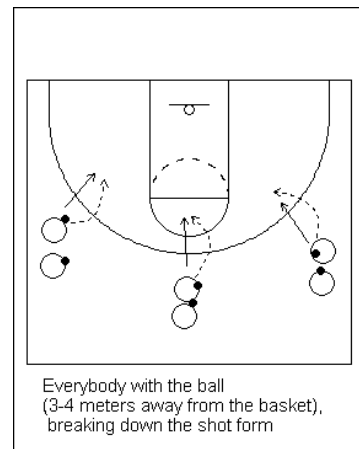


Diagram D

C. Everybody with a ball, toss the ball and catch it putting the hands in the right position, strong hand on the back with bent wrist and weak hand on the side.

D. Everybody with a ball (three to four meters away from the basket), toss the ball. breaking down the shot form: each player has a ball on hip; bring ball to front of shoulder

Three Phase Breakdown (One, Two and Three)

Phase 1: Triple threat position - This position permits the player to shoot, put the ball on the floor and pass without extra movement to change position.

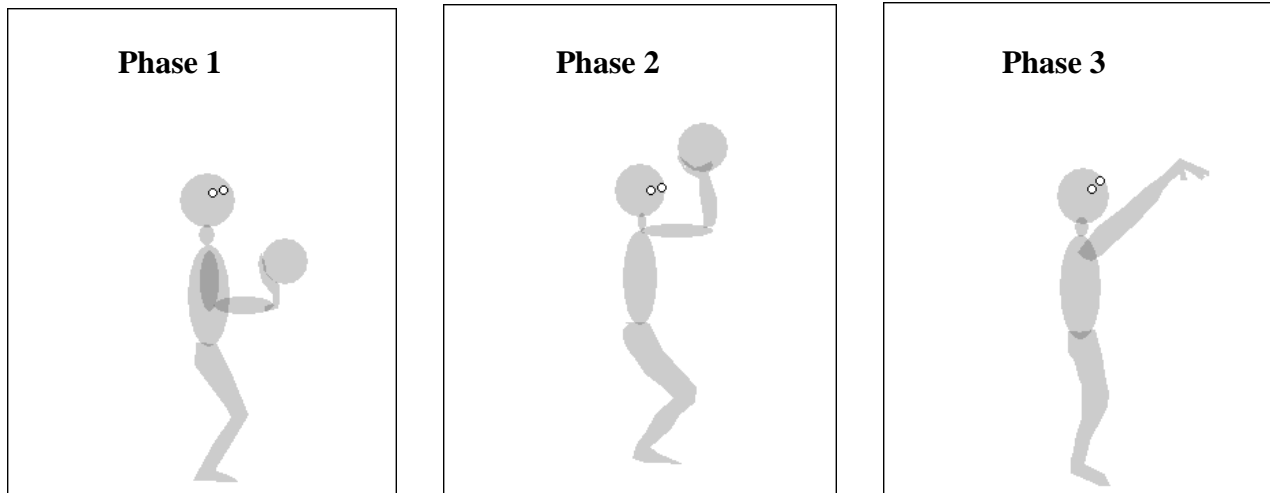
Shooting alignment - Player drops hips and makes sure knee is aligned with the ball of the foot. Elbow is in line with knee.

Phase 2: Bring the ball up above the forehead and in front of the face. Hips and legs are flexed like a loaded spring. Make sure the ball sits on fingers like the top of a table or waiter carrying a tray. The elbow must be below the ball.

Phase 3: Finish the shot.

- Arm extension

- Open hand with the fingers pointing in the direction of the ball
- On toes
- Every player has to check the position of his arm and hand and eventually make the corrections on their own.



*Make sure to shoot the ball with legs and finish on toes.

On each phase (up-on-in) the player has to wait one second (to check the right position) before going to the next phase in order to allow the coach to see if one of the phases is not correct. The coach has to tell the player which phase is not correct and the player has to put his attention on it.

(Diagram 1) One dribble shot - Everybody starts with the ball extended in the left hand on their left side with bent knees: let the ball bounce on the floor, reach and catch it with two hands (the player is simulating catching a pass from the left), use a crossover step with the left foot and rip the ball for a right hand dribble, pick up the ball and take a shot following the three phases. The players perform some repetitions on the right and then on the left side.

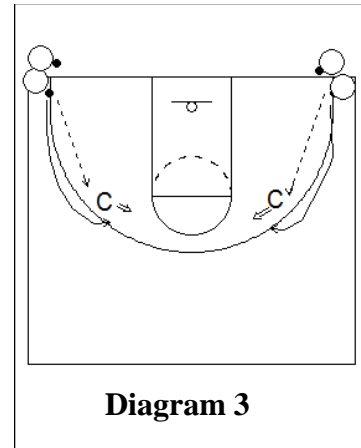
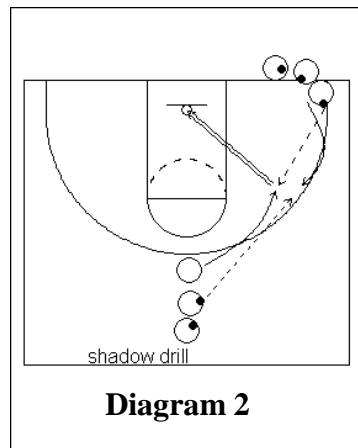
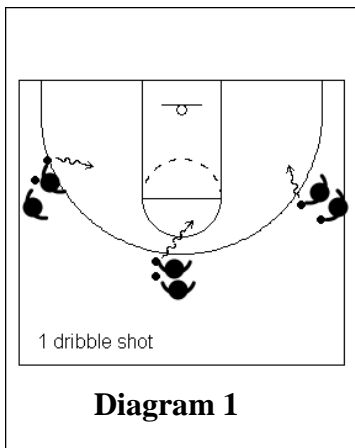
Jump stop to shoot: A *one foot jump stop* is preferred. This allows the player to quickly convert horizontal energy into vertical. However, if players are not strong enough they may stop in a two-foot jump stop.

When attacking from right side with the non-dominant hand, the player must bring the right hand over to pick up the ball so that the hands are already in proper position on the ball. When attacking from the left side going to the dominant hand, the player must try to pick up the ball with the shooting hand behind and under the ball as quickly as possible. The idea is to eliminate twisting the ball in the hand.

(Diagram 2) Two-line shooting: One line on baseline and one line at the three-point line on top. The top player cuts and focuses on hand preparation and footwork to receive the pass and then must work on the three phases of shooting. The passer then cuts to receive pass from top and works on the three phases of shooting as well.

(Diagram 3) Pass to the coach; run behind the coach, take a hand off and one to two stop to shoot.

Coaching point: On every shooting drill check and correct the players, reminding them WHICH PHASE they have to pay attention to, in order to have good shot form.



*Shooting must be done slowly to work on form. The speed at which the players perform the drill should never exceed the speed at which they can properly execute the skill.

Free throw shooting

- Deep breath
- Imagine shot going in before shooting
- Bend knees and shoot (on, two and three)

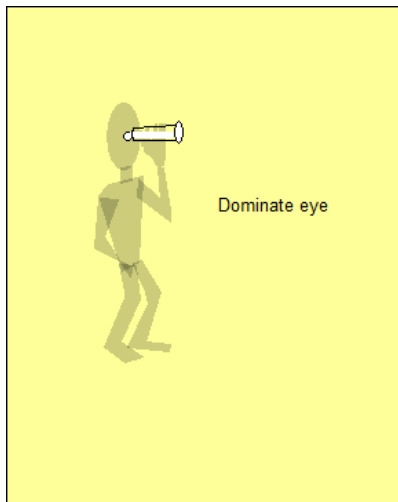
Form shooting should take place for the first 20 to 30 minutes of practice when mentally and physically fresh. Game-like shooting can take place at a different time in practice. Here, the focus is form.

Exceptions for body types

- Players with wide shoulders may bring their shooting foot slightly forward in order to align the shoulder over the knee.
- Players with narrow shoulders can stay square more easily.
- Tall skinny guys/girls can take a step further forward.

Dominant eye

A player's dominant eye will have an impact on how the player sights the basket. The player may slightly turn the head to lead with the dominant eye, a cross dominant shooter (right handed, but left eye dominant or vice versa) may have the ball more towards the left eye at release. Coaches need to be aware of these idiosyncrasies. They are not errors in the players shooting form.



Dominant eye paper test – The players can create a paper tube. Find an object and look through the tube with both eyes open. Close one eye at a time and see what happens to the object. If the object stays still the eye that is open is the player's dominant eye. If the tube moves when one eye is closed, the closed eye is the dominant eye.

The most important factors for good shooting are:

- 1) Hand preparation
- 2) Bent legs and hinging slightly forward at the hips
- 3) Start and finish of every shot must be the same – on balance

If they are not doing it properly or omitting one of the key factors they are not feeling the movement.

Teaching Shooting

Phase A – Shooting form (one, two, three) jump stop, ball catching, position of the body, extension of the arm, follow through and soft release.

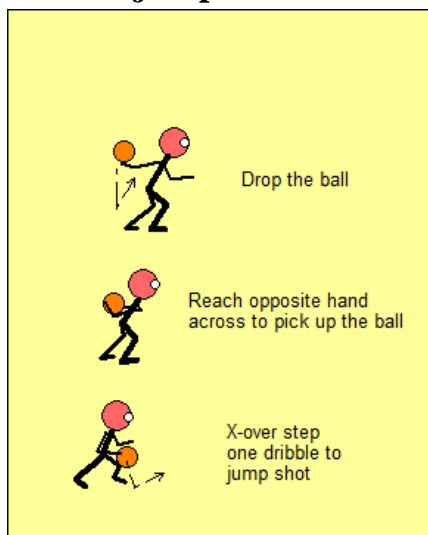
Phase B – Consistency of the movement without the addition of pressure, shooting without time limits and percentage.

Phase C – Exercises with stress: shooting with defence, shooting range and percentage, reading the defence

Phase D – Shooting session on game situation, coaching the shooting form within the rhythm of the game.

It is important that each player have the ability to adapt to the rhythm and intensity of the game. Shooting form has to be adjusted to the characteristics of every single player.

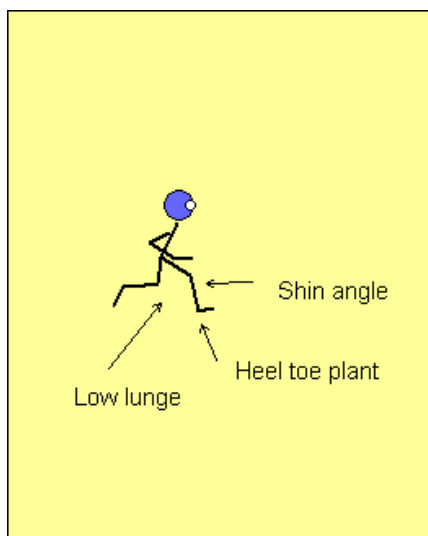
Dribble jump shot



Dribble Jump Shot Form

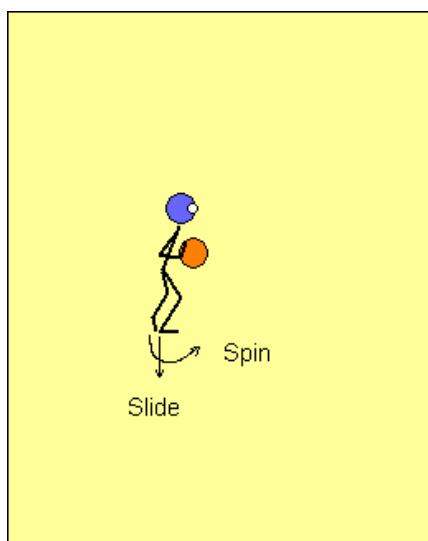
The player starts with the ball in an outstretched hand. The ball is dropped to simulate receiving a pass. Reach across with both hands to catch the ball. No one-handed catches. The ball is ripped to the other side of the body where the player takes one crossover step into a dribble jump shot.

Eventually players can take more than one dribble. Work on going both right and left.



Inside Pivot Jump Shot Off the Dribble

The player must be able to perform a lunge. The lead foot must be a heel-toe plant with the shin angle pointing back to create a breaking action.

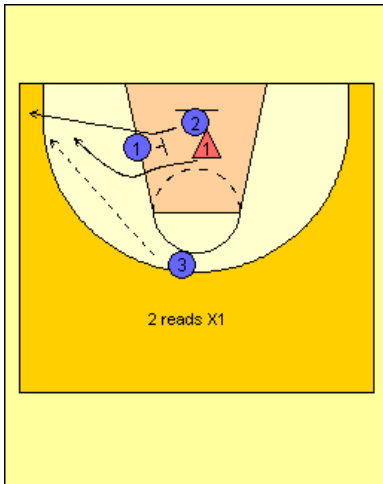


The second foot must get around quickly to a square position. For a right-handed shooter going right the player will have a tendency to over rotate. By focusing on sliding the right foot to the side to get square and not spinning it forward, helps the athlete stay square and on balance. This keeps the shooting shoulder still.

Going left it is not as much of a problem for a right-handed shooter. Here the tendency is to under rotate. The opposite is true for a lefty.

Game- like Shooting

In game-like shooting, the players practice game-specific shots. Working on the movement into the spot and receiving the type of pass that will be received in the game. It is very important to add guided defence to allow the player to read. If no reading is occurring, the drill will be more of a rhythm and reps shooting. Read the defence – drive to basket or shoot? Read the defence as to the type of cut to make into the shot. The focus is on reading the defence not on form. If a shot is missed, let it go, be ready for the next one.

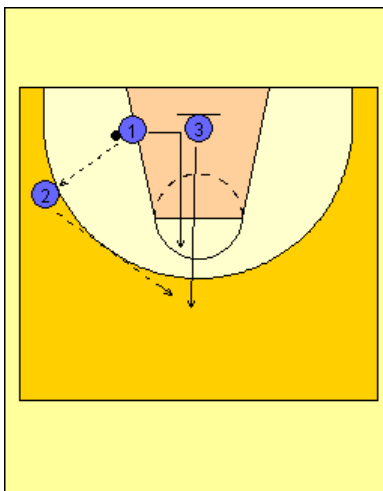


Example

The coach should decide what types of shots the players will see on offence.

- Off transition
- Off cuts
- Off picks
- Off penetration
- Off screens

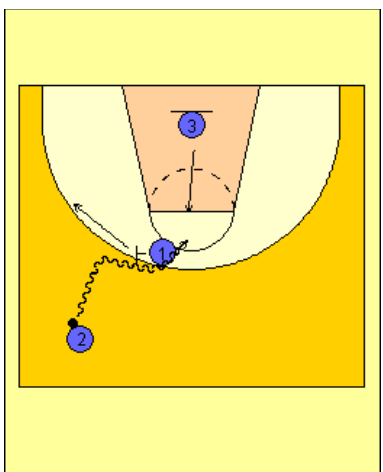
This diagram shows a player reading and shooting off a screen.



Three Player Read and Shoot Off a Cut

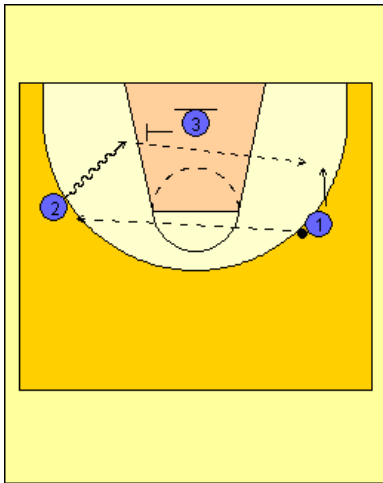
Player Three starts under the basket and makes a hard cut to the top on the pass from *Player One* to *Player Two*. After passing, *Player One* must cut through the spot that was occupied by *Player Three* before running hard to contest *Player Three's* shot. *Player Three* must read if he has a shot or drive. *Player Two* must deliver a good crisp pass and should also communicate the options to *Player Three*. Mix up the spots and the cuts.

It can also be done with four players by adding distance.



Three Player Read Off a Pick

Player Two dribbles the ball off the pick set by *Player One*. *Player Three* can either sag or step up on *Player Two*. If *Player Three* sags, *Player Two* looks to shoot. If *Player Three* hedges, pass to *Player One* for the shot.



Three Player Read and Shoot Off Penetration

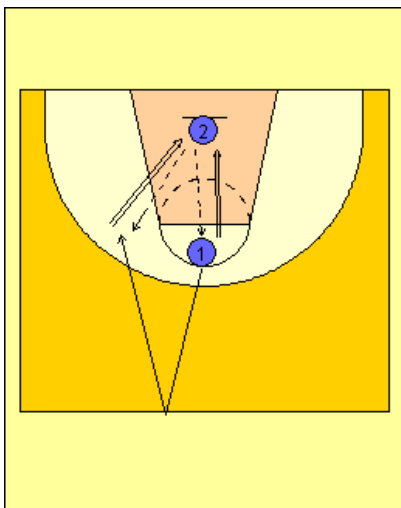
Player One skips passes the ball to *Player Two* who drives the ball hard baseline. *Player Three* gives a defensive read to *Player Two*, either early help or late help.

On early help (out of the key); *Player Two* looks to skip the ball back to *Player One* on the diagonal for the shot.

On late help (in the key), *Player Two* can shoot or pass to *Player One* on the deep drift in the corner.

Conditioning and Shooting

Conditioning and shooting drills are designed to improve the conditioning of the team, help players shoot when fatigued and to put pressure on the shooters.

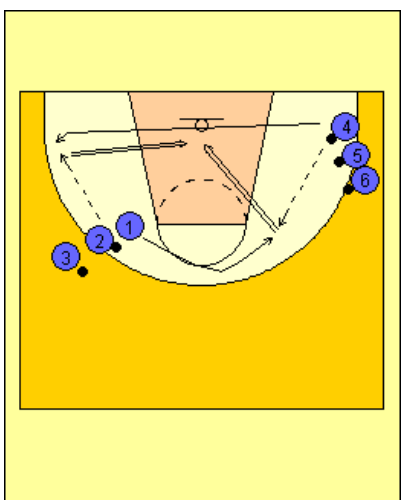


Examples

1) Partner shooting with a line touch

Player One receives a pass from *Player Two* and shoots the ball. *Player One* then runs and touches the centre line with their foot. They return to a new spot and catch the pass and shoot, and then continue to do this until the target is achieved.

The player can shoot from the same spot, different spots or alternate between shots and layups.



Competitive shooting drills – take a normal shooting drill like Canada shooting and add a target that must be reached. Make 20 shots in two minutes. If the players do not achieve the target the drill is repeated or a simple exercise is performed to work on conditioning. This way their conditioning work out is based on their ability to shoot.

This can be done as a competition where the team that achieves the target avoids the exercise and the teams that did not win have to do the 10 push ups (as an example).