

THE ART OF FOOTWORK SUMMARY

FOOTWORK FUNDAMENTALS

1. Don't have your feet pointing straight at the rim. Your feet should be slightly tilted or slanted to the left if you're right handed when you shoot.
2. Every time you get a catch you should use either a 1-2 step or a hop step to get squared up.
3. Focus on using the hop step off the catch and shoot situation.
4. Focus on using the 1-2 step into the dribble pullup.
5. The better you can stop abruptly and still make the shot, the better your pull up jumper will be.
6. When you use the hop step make sure you are dropping into it and not actually hopping as that's slower.
7. If you 1-2 step while popping out for a catch make sure you are using the 3 step push off to gain more space and create more power into your shot.

THE STEP BACK FUNDAMENTALS

1. Always push off your inside foot while shooting a stepback and imagine you are bouncing back off of a trampoline.
2. Remember that you don't want to jump straight back. Try and jump diagonally back to create a new lane to the basket.
3. When going to the right (for a right hander) make sure to turn your hips to get squared up and if you're a beginner land on two feet.
4. When going left focus on creating as much space as you can and your feet can land in a 1-2 footwork or not.

THE HESI FUNDAMENTALS

1. Bring the ball out and hesitate while the ball hangs in your hand.
2. At the same time the ball is hanging step with the foot that's on the same side as the ball.
3. Then bring in the other foot in to get into a shooting stance.
4. Rise up into your shot.

THE CATCH AND THE RELEASE RULES SUMMARY

THE CATCH FUNDAMENTALS

1. Catch the ball with your fingers in the grooves, but do not spin the basketball in order to get them in.
2. After the catch bring the ball to the bottom of your shot line while dipping down and coiling up.
3. Your thumbs should make an "Open T" while holding the basketball.
4. The ball should be on your fingertips and your fingers should be spread.
5. When you go up and the ball is at the set point of your shot you should have your elbow cocked back and in, your wrist cocked back as well, and together your arm should make a backwards letter "C."

THE RELEASE FUNDAMENTALS

1. Don't short arm the shot. The wrist and elbow always need to snap.
2. Legs should naturally kick out, but don't force it. If they don't that's fine, but if they do that's ok too.
3. Finish your shot with a straight follow through.

THE SHOT LINE & KINETIC CHAIN SUMMARY

THE SHOT LINE

1. The foot, the knee, and the wrist should all be in a straight line when you go up into a shot.
2. Make sure that on your catch that you bring the ball to the bottom of that shot line with a small dip.
3. When you go up into your shot you will rotate at the shoulder bringing the ball straight up through your shot line up into your set point right above your eyebrows.

THE KINETIC CHAIN

1. The kinetic chain controls the power of your shot.
2. You need to have all of the joints in your body working together to transfer all of that energy into the ball. They must snap in the correct order to do so.
3. While your ankle, knees and hips are snapping your shoulder needs to rotate up so that when you get off the ground the ball is at your eyebrows or higher.
4. Once you leave the ground all you have to do is snap your elbow and wrist. The earlier you do that after you leave the ground the more power you will have.
5. How late or early you snap your arm determines if you are a 1 motion shooter (earlier release = more range), or a 2 motion shooter (later release = higher release point).

THE ART OF GETTING OPEN SHOTS SUMMARY

MOVE WITHOUT THE BASKETBALL

1. When you make a post pass it's a great time to relocate to an open area away from your defender to get an open shot.
2. When you're on the wing and a player drives baseline from the other wing you need to relocate to the corner to open a passing lane.
3. When you're on the wing and a player penetrates to the basket from the top you should relocate to the corner to stay in your teammates vision.
4. Hand offs are also another great way to get open shots, but are a much more difficult shot to make than a catch and shoot.
5. If you're on top and your teammate penetrates from the wing you can fill their spot and get a kick out pass for an open shot if they pivot back.

USE SCREENS

1. When you don't have the ball you should always try and fake out the defender and try to "get their back" before you use the screen.
2. If you can get their back, push them into the screen, fake away from the screen, and then use the screen.
3. Also you can use a big step in the opposite direction to try and setup the defender before using a screen.
4. If your defender slips the screen you should fade or flare off of it to get an open shot.
5. If your defender stays tight on you or trails you off of a downscreen you should curl.
6. If he gets screened and you get space you should come flat too the ball by taking a few steps towards the ball.

FINAL THOUGHTS

When it comes to basketball nothing is written in stone. New ideas and methodologies are born every day. The things I teach my players are what I have found to work best for me. When I have a player that needs help with his or her shooting form I normally will take a look at his or her shot and then try and make one minor adjustment. If that helps then we run with it. If not then we try to adjust something else. This program is a great starting point but ultimately it's up to you to find what's most comfortable for you and what allows you to make the most amount of shots. I hope you found some valuable tips in The Art Of Shooting and now it's time to apply these things into your own shooting.