



JIM CLAYTON - SPORTS CITY U BASKETBALL ACADEMY Founder/CEO & National Nike Shooting Specialist

JCSCUHOOPS@AOL.COM / 304-412-4263/ <http://twitter.com/JCSCUHOOPS>

<http://www.facebook.com/pages/Sports-City-U/369198356843>

“Shooting Fundamentals and Utilizing the Three Point Shot”

How many coaches had problems with their teams shooting percent this season? Reason is they do one thing one way and one thing another way. There is only one way...the right way. That's why we're here!

How many coaches today are actually teaching skills, specially shooting? We are quick to point out the problems but only offer generic solutions....what is needed is a game plan and that's why you're here!

Shot power...50% legs, 35% core and 15% arms

Shots do 1 of 5 things

1. go long
2. go short
3. move right
4. move left
5. go in (index finger in middle, elbow in middle of rim don't want a slice shot)
6. there are only two ways to shoot , off the pass or off the dribble

Warm-Up – Each player will have a basketball. The purpose of the warm-up is not only to get loose, but to work on different fundamental movements that will aid in shooting fundamentals. Everything should have a purpose even in your warm- ups. Warm-up consists of going side line to side line.

1. High Knees
2. Backwards High Knees
3. Butt Kicks with ball around waist(right to left)
4. Butt Kicks Backwards with ball around waist (left to right)
5. Karaoke long stride/short-quick with ball around waist (right)
6. Karaoke long stride/short-quick with ball around waist (left)
7. Skip jumps- right hand/left hand
8. Repeat 1-7 but add a right hand dribble/left dribble to each exercise/ make sure dribbles are high above waist/shoulder and keep hand on top of basketball.

Fundamentals of Shooting

Game of strait lines

- Understanding the dribble line and the shot line
- Shooting is a game of straight linesyou can draw a straight line to the hoop from any angle and any depth (<Right and < left - 31's)
- This is what we call shorting the shot and mastering the 3 lines of touch and technique

Secret of Squareness

Have you ever told a player to square up? What is the actual reason why they don't?

- Height of dribble
- to low ...to slow and flat/ we call that the high 5 shot
- Most important dribble...the last one ...the one most players mess up, but never fixes

How to square up on your shot

- Hand position on the ball
- Right handed players – dribbling with right hand, bring left to the ball/ dribbling with left hand, bring ball over to shooting hand
- Left handed players- dribbling with left hand, bring right hand to the ball/dribbling with right hand, bring ball to shooting hand
- Importance of height of dribble

Shooting Off the Dribble

- last dribble is the most important
- last 3 dribbles are the key to power and explosion
- last 2 steps are the key to balance and body control

DRILLS.....31 right, 31 left, 31 < right, 31<left

Right handed players have hardest time going right and left handed players the same left

KEY TEACHING POINT: a lot of problems in shooting are the result of poor dribbling skills

Foul Shot

Problems

Solution

