Shooting Part 2

I have received lots of feedback on shooting from players and coaches. There are some things I want to clear up:

1. **Advancement in technology**

Most of the information that was passed on to coaches was done through books, word of mouth and still pictures. When trying to describe what was actually happening we used static words that were often misconstrued. Acronyms like BEEF (Balance, Eyes, Elbow, and Follow through) are very vague as to what one should do. Any video or film was usually seen at regular speed and was often poor quality when blow up or slowed down. With simple apps and video taken from the internet we can know break down what is actually happening.

1. **Shooting close to the basket vs. 3 point shots**

Most of the historical information on shooting came from a time when an 18’ shot was considered a long shot. We are now dealing with three point shot that is over 22’ (6.75 m). When one shoots from in close different mechanics can be used to produce a consistent shot. When shooting from distance one must use a technique that:

* gives the player enough the power to get the ball to the hoop
* is repeatable
* quick enough to beat the defence

When you fight the natural movement of the body at this distance you produce a shot that will not stand the test of time. It must follow biomechanical principles not what coaches think is happening.

1. **Shooting is not a static movement**

When looking at shooting in pictures we see a static action. We talk about the three positions:

1. Start position or classic triple threat
2. Set position where the triceps is parallel to the floor, the forearm and ball for a “C”.
3. The follow through

In reality this never happens in a shot. Shooting is a rhythmic flow of sequenced movements. When we focus too much on the static positions we lose the very thing that make a shot effective, its rhythm. Players need to develop rhythm by hopping and dipping in their shot. These actions take advantage of the natural elasticity of our muscles. Static positions have limited use in the teaching of shooting. They help players understand basic positioning. The key is that they learn to move through these positions in rhythm.

1. **Shooting straight up and down**

When shooting from a distance one must:

* jump to generate power
* rotate the body to align the hip, shoulder, elbow, ball and dominate eye
* push forward with the ball to get it to the rim

These three actions must produce a reaction in the body. When shooting in slow motion or from a close distance it is minimal and often not seen. When shooing from a distance at speed it becomes very obvious. What we see is:

* the shoulder appear to move back as the feet come forward
* the player lands with her feet not facing the basket

This is a natural reaction that occurs from the jump, rotation and push. Trying to correct this and make the player land on “balance” facing the hoop is a trap many coaches fall into.

A new term being used is called the **Sweep and Sway**. This is just a fancy way for say that players:

* Hop into their shot
* Dip the ball
* Rotate in the air
* Allow the feet to move forward and rotated as the player lands

It has been my experience that the best method (This is what I am doing with my U13 girls’ team) is to focus on

* being elastic on the catch (a quick hop, picture skipping rope quickly, with the hands already set)
* find your target with your eyes
* jump and rotate
* shoot with a high release (hand up in front of them)

The dip, the legs “swaying” forward and rotation of the feet on landing happens naturally if you focus on the jump, rotation and release. If you focus on the legs swaying forward the players shoot a fall away.