

# Shooting

## *Basic Skills & Drills*

### Shooting Basic Skills

#### **Things to Remember**

One of the greatest thrills in the game of basketball is seeing the ball pass through the net. To become a good shooter, a player must develop proper shooting mechanics.

#### *Shooting Teaching Points:*

- Square up shoulders to the basket
- Ball on fingertips, not palms
- Opposite hand should be lightly placed on side of ball (balance/weak hand)
- Practice **BEEF** principles:
  - **Balance**  
Learn to prepare for the shot by stopping with the feet set, knees slightly bent, ready to jump (good triple threat position)
  - **Elbow**  
Proper shooting alignment; ball should be directly over the elbow with the wrist cocked
  - **Eyes**  
Pick a spot (front of the rim, back of the rim, etc.) and focus on that target as the shot is being attempted
  - **Follow through**  
Release the ball smoothly, completely extend the arm, and snap the wrist, which should create good backspin on the basketball

#### **Confidence**

Many players ask what they should do when they are having an off-shooting night (or week, or season), First thing, practice and practice some more. If you put in the work and you know you can make these shots, and then just keep shooting. Great shooters have a short memory, no matter how many they have missed; they **KNOW** the next one is going in. Be confident and take heart - this is the golden rule, and it will work.

## **Use Your Biggest Muscles**

Your legs are the biggest muscles in your body. They are the engine that power the entire shot. As you jump, you want to ride the power of your liftoff from the floor through your entire shooting motion, releasing the ball at the peak of your jump. This will give distance and stability to your shot. The more you rely on your legs to power the shot, the easier it will be for the rest of your shooting to be effortless and repeatable.

## **The Midas Touch**

Having a soft touch is very desirable, and really just means that rather than clanging off the rim, your ball dribbles softly around the edge - due to your soft touch. To develop a soft touch, you want to have more rotation on the ball when you shoot and a higher arch to your ball. An undesirable trait is thinking too much, and it is due to being tentative. To overcome this tentativeness you want to make sure that when you don't have the ball you think about what you will do with it when you get it (for example - "If I'm open for the shot I will shoot it." etc). This prevents you from freezing up and "thinking too much" once you have the ball.

## **Shooting Range**

One of the determining factors in whether a shot is a good one or not is if it is taken within your shooting range. Your shooting range is the big circle around the rim that you can comfortably shoot from. You don't have to change your form, or technique from your shooting range. One problem younger kids have is they try to shoot outside of their "range" and develop bad shooting habits because they are not naturally strong enough to shoot from this far. Find out your shooting range by shooting, taking a step back, shooting, taking a step back. When you begin to lose your form because you are so far out, that is your range. Don't shoot outside of it.

## **Proper Ball Flight Control**

You want to keep your eye on the target (the rim) throughout the shot. You want to hold the release an extra half second to a second to increase to provide proper rotation of your shot. An automatic and predictable release and follow through makes all shots easier and gives you

more control of your shot. As you land, you want to come down exactly where you started your jump or slightly in front of where you started.

### **Basketball shooting drill**

Your coach will most likely give you a basketball shooting drill to practice with until you are able to perfect your basketball shooting skills and abilities. As your shooting skills improve you will begin to learn how to successfully follow through with basketball layups and other more difficult maneuvers. Your coach will begin you with easy basketball plays in the beginning, then move you to more difficult plays as you show the skills and abilities needed for each level of play. A good portion of basketball and improving individual basketball skills is mental. If you are mentally prepared you will most likely be able to take what you learned in practice and apply it successfully during a game. You, your coach and your team members know you have the skills and abilities, now you need to show you have the strength to apply. Now that you are participating in the “game” with crowds of people cheering you on, you want to make certain you have the mental clarity and control to follow through with the moves you have improved during practice. You must KNOW every move, be prepared for anything the opposing team may have prepared to slip you up, and be ready to follow through with both offensive and defensive actions as they may apply during the game. You must realize at all times during the game that you are skilled, talented and you have moves and abilities that they are not aware of because you have been practicing and perfecting all your skills. There is nothing that they can say or do to slip you up, because mentally you are prepared, concentrating on the job and hand, and they don't have the control you do.

### **Shoot When Tired**

When you get tired while doing drills, stop and shoot some free throws. In addition to getting practice shooting free throws, you will be simulating game-like conditions in that you will have to shoot free throws when tired.

### **Learn the Jump shot**

Make sure you have the proper, comfortable stance and balance. See the rim. Extend your wrist backwards. The basketball should rest on your fingerpads. Try to keep your elbow in and under the ball. Use your legs to get lift... the longer the shot, the more you use your legs. As you reach the peak of your jump, the ball should be coming out. Raise the ball smoothly and in one, fluid motion. Finish high with your arm to get good "arc" on the shot. Snap your wrist and hold that follow through to get the backspin you need for a "shooter's touch".

### **Hold your follow through**

In order to get proper rotation on a shot, the shooter's follow-through must be correct. After snapping the wrist, the fingers of your shooting hand should be pointed toward the rim.

### **Shooting Pocket**

To solve the problem of arm position on your shot, learn where your shooting pocket is. Let your shooting arm hang down at your side and swing it back and forth and several times. Swing it up toward your shoulder and hold it when it stops. This position is your shooting pocket and is the position that the ball should be in when you begin your jump shot.

### **Balance in Shooting**

Your body must be balanced and relaxed when shooting the basketball. Here are some guidelines to good balance. First, your feet should be about shoulder width apart in order to give you a strong base. Secondly, your strong foot (the foot on the same side of your body as your shooting hand) should be about a half step ahead of the other. Finally, your head should be centered. This will keep you balanced throughout the shot and allow you to shoot without having to make adjustments. All people are built differently, so if any of these are a little off, yet you are still comfortable - that is what is important.

### **Good Shooters**

A shooter is as good as the shots he takes. Take shots that you practice and you make a lot of. If you take those shots, chances are you will be a good shooter. If you take bad shots, you are probably not going to make many in a game.

### **Focus Point**

Most experts would agree that concentration is the key to becoming a great shooter. But what do you concentrate on? Where do you focus?

It's not the ball as many beginning players have a habit of doing. You should NEVER watch the ball after it leaves your hand. You should instead find a FOCUS POINT on the rim. The most popular focus point being the front of the rim. Think about it. Wherever you are on the court, the front of the rim is always there for you. When you have committed to taking a jump shot, the only thing that you should be focusing on is your focus point. Not the ball, not the defender, just your focus point. This will lead to better concentration and a rise in your shooting percentage.

### **Shooting Progression**

Because form is so important in shooting, work on making that form a habit is very important. An easy way to do this is to lay on your back and shoot the ball straight up into the air. It is very easy to check on the position of the ball, follow through, and rotation. The ball should go straight up and come straight down with proper back spin. This can be done before going to sleep at night or while watching TV during commercials.

### **Put Some Arc On Your Shot**

Get the ball up in the air with a nice high arc. The arc will give you a bigger margin of error because it basically increases the size of the rim. Look at the rim coming straight down, and then look at it from head on like a line drive shot coming straight at the rim. The rim shrinks when you shoot a line drive. Just ask Shaq, who throws darts at the free throw line and is notorious for his bad free throw shooting.

## **Hand Position on the Ball**

One of the problems with young players being told to shoot with their fingertips is that they hold the ball on their fingertips. In order to control the ball, it has to rest on the pads of the shooting hand. Then, when shooting, the ball should come off the fingertips as it leaves the shooter's hand.

## **Landing The Perfect Lay-Up**

Basketball layups are generally known as the easiest of all shooting techniques in basketball, and is normally the first technique that players are required to learn. Though it is the easiest, this does not mean that it is easy. There are many important things you should know if you are attempting to perfect this shot. Here are some easy to follow layup tips for any beginner.

When you are approaching the hoop, you must go to the right side or left side to perform a layup. If you head to the right, then you need to push off of the ground with your left foot. The opposite is true if you head to the left of the hoop. This helps to give you proper momentum and height when trying to execute this shot.

The backboard of basketball hoops has a large square printed onto it. The perfect spot to try to hit with the ball for this shot is the corner of the square, either the right or left side depending on where you are approaching the hoop from. Never watch where the ball is going, only keep an eye on where you want it to go. This will improve your chances of shooting accurately.

If you remember these tips the next time you are working on your shot, you should have no problem perfecting it in time. Practice always makes perfect, and if at first you don't succeed, you should try again.

## **Layup follow thru**

When first learning to shoot, the FOLLOW THRU should be the same as a regular shot. Your palm is facing the basket, with the ball coming off of the 1st two fingers. Flop over the wrist to get backspin on the ball for a nice soft shot. Later, when a player can jump higher, the palm can

face skyward and lay the ball up softly off of the backboard with very little spin. Try not to spin the ball and be too "fancy". This should be a sure TWO POINTS-make sure that you make it.

## **Basketball Shooting Fundamentals**

When it comes to getting that ball into the net, there are some basics to always keep in mind. With some basic basketball shooting fundamentals practiced, you won't be left trying to shoot and missing, rebounding of the backboard, or glancing off the basket.

### 1) Aim

In just about all sports, you'll need to learn how to aim your projectile at some form of target. In this case, you are aiming to get the ball into the basket (hoop). The most basic and well tried out method of doing this, is to aim for the small square on the backboard. Whether you are right in front of the hoop or you're shooting a three pointer, this fundamental always applies and can make or break your chances of scoring. When you shoot for the square, the ball should bounce down into the basket. So try not to "aim for the net", aim for the square instead.

### 2) Two Hands

One handed scores are flashy and great in a crunch, but they won't get you consistent points. The best way to keep your point rates going up, is to practice shooting the ball with two hands. More specifically, your hands should be on the ball with your thumbs near touching and the rest of your fingers spread out on the ball. Hold the ball over your head, just enough so that you can see what your aiming at, beneath the ball. When you shoot, you can either just try and wing the ball at the square or you can give the ball a backspin by rolling your hands down and away from the ball as you shoot it. A backspin will often give the ball just what it needs to land right and give you 'nothin but net'.

### 4) Distance

As a strong player, you will want to make sure you have the skills to score from anywhere. Practice your close range scores by standing as close as you can, and then backing up two steps for every shot you make. Then as you begin to build distance and consistent points, you'll want to start practicing distance and different angles. Continue to place distance between yourself

and the basket, while also shooting from the left, right, center, foul zones and everywhere in between.

### SHOOTING BASICS DRILL

Ball Requirements: Each kid requires a ball

Description: Have them practice making a perfect “L” with their dominant arm while they hold the basketball up. The next thing to tell them is that the ball should rest on the finger tips of their shooting hand and should only touch the top part of their palm not the bottom part. Have them practice holding the ball in this form with just one hand. The other hand is just the guide hand and is placed on the side of the basketball. The idea is that once the elbow is extended as the arm is moving up, it should roll off of the player’s finger tips. The other thing that needs to happen is their knees must be bent in order to generate enough power to shoot. Another important thing to note is that when the player follows through and shoots the ball the elbow should end up above eye level and not below eye level.

You can have the kids practice shooting one handed right in front of the basket and correct their form if you see anything wrong.

### CATCH AND SHOOT DRILL

Ball Requirements: One basketball required

Description:

This drill is just practicing catching the ball that is being passed from a player who is out of bounds and immediately shooting the ball. Have a player standing in front of the basket and another standing out of bounds, facing the player in bounds. Make sure that when the player receives the ball, they don’t bring the ball below their chest so that they can quickly take a shot.

### CONE SHOOT DRILL

Ball Requirements: Each player with a ball

Description:

Place a cone at the top of the arc, both elbows (where the arch meets the foul line), and about 2 feet in front of the foul line in the middle of the lane. The players will start at half court. Each one will dribble a ball to the first cone, do a crossover, dribble to the elbow, do another crossover, dribble to the last cone and do another crossover, and finish by a layup. The next round they will shoot at the last cone, the round after that they will shoot at the elbow, and the final round they can shoot from the top of the arc.

### LAY-UP STEPS DRILL

Ball Requirements: no basketball required

Description:

Instruct your players to shout “STEP-HOP-SHOOT” when performing this drill. Mirror this drill to practice left-handed lay-ups.

- Allow players to spread out in your practice area, at least four to five feet apart
- Players start in triple threat position, holding imaginary basketballs with heads and eyes up on the target
- On the STEP command, players step with their left foot (right-handed lay-ups)
- On the HOP command, players raise their right knee and right arm toward the basket (visualize a string connecting a player’s right arm and right leg)
- On the SHOOT command, players extend their right arm as they shoot an imaginary ball

### LAY-UP DRILL

Have one player quickly alternating layups between their left and right hands on the respective sides of the basket. If the player is using their right hand on the right side of the basket, their right knee should be moving up as well. If the player is using their left hand on the left side of the basket, their left knee should be moving up. Also, remind them that when they rebound the ball, they should not bring the ball low but keep the ball high so it can’t easily be stolen.

### TWO BALL LAY-UP DRILL

Ball Requirements: two basketballs required

Description: One ball should be lying on each side of the lane, close to the basket. One player is going to pick up one ball and quickly move to shoot the ball off of the backboard and into the basket. If the player misses, he/she should quickly rebound the ball, fake a shot, and then actually shoot the ball again. Once the ball has gone through the hoop, another player gets the ball and places it on the outside of the lane where it was to begin with. The player who took the shot continues to run to both sides of the lane, picking up the basketball and shooting, as well as rebounding, faking, and shooting again when necessary.

### CEILING SHOOTING DRILL

Ball Requirements: one basketball for each pair of players

Description:

Encourage your players to yell “SWISH” when the basketball is shot. Allow at least five repetitions before rotating.

- Pair up players and have them spread out about six to eight feet apart
- One player in each pair will get down on the floor (shooter), and lie on his or her back
- Instruct your shooters to place their shooting elbow on the floor and against their body
- Shooting hand should be spread wide
- The shooter’s balance/weak hand should not touch the basketball
- Non-shooting partner will place the basketball on the shooter’s hand
- As the basketball is shot, shooters should focus on a full extension and proper follow through, creating good backspin
- Non-shooting partner will catch the shot

**Variation:** *If coaching kindergarten through second-grade players, you should allow the shooters to use their balance/weak hand.*

### WALL SHOOTING DRILL

Ball Requirements: one basketball per player or divide your team into two groups

Description:

This is a great drill to keep idle players busy while running a drill on the court that may not involve your entire team.

- Player stands about four to five feet away from the wall
- Help the player find a reasonable shooting target on the wall
- Player assumes triple threat position
- Player shoots the ball at the target, concentrating on elbow in and full extension
- Player should finish the shot up on his or her toes with proper follow through, creating good backspin

**Variation**

*If coaching third- through sixth-grade players, allow them to shoot using only their shooting/strong hand.*

### TWO LINE SHOOTING DRILLS

Ball Requirements: one or two basketballs required

## Description:

The two line shooting drills incorporate the following fundamental skills of basketball: shooting, dribbling, rebounding, footwork, passing, and receiving. Players rotate lines after each turn. After several repetitions shooting from one side of the goal, change the designation of both lines and shoot from the other side of the court.

- Players form two lines opposite the goal in each corner of practice area: a shooting line and a rebounding line (use cones or chairs to mark a starting point)
- Shooting line: Assume triple threat position, showing ready hands to receive a pass
- Rebounding line: Players should block out an imaginary defender and rebound the ball above their head
- The player from the rebounding line secures the rebound and dribbles to a designated cone, makes a good jump stop landing in triple threat position, and uses proper passing techniques when passing to the next shooter in line
- Shooter receives the basketball and performs the drill as instructed by a coach

### 1. Lay-ups

Stress jumping off the proper foot and using the backboard (STEP-HOP-SHOOT)

### 2. Pull-up Off the Dribble

Set a cone at desired shooting spot (stress good jump stop and use of backboard when shooting from appropriate angle)

### 3. Pull-up Off the Pass (catch & shoot)

- Two lines: a dribbling/passing line and a shooting line
- Set a cone at desired spot for the dribbling player to perform a jump stop and pass to the moving shooter
- Set a cone at desired shooting spot
- Dribbler should use different dribbling moves to get by imaginary defender (crossover, whirl pivot, behind the back)
- Shooter should cut to shooting spot, receive the pass, and shoot a 5-10 foot jumper (no dribble)
- Shooter rebounds his or her own shot
- Shooter dribbles to a specific cone, jump stops, and passes to the next player in line

**Other Variations:** *If a shot is missed, players should keep rebounding and shooting until a basket is made. For third- through sixth-grade teams, consider adding a second basketball.*

### FORM SHOOTING DRILL

Ball Requirements: three basketballs required

Description:

This drill's purpose is to encourage proper shooting mechanics by shooting close to the basket. Three players can perform this drill at the same time. Form three lines, as those waiting their turn can mimic proper shooting techniques. Allow at least five repetitions before rotating.

- The first three shooters in line will spread out around the basket, no farther than two to three feet from the basket
- Shooters should assume triple threat position and have eyes on the target
- Each shooter will position the basketball correctly using only one hand (his or her shooting/strong hand), with the ball directly over the elbow and wrist cocked
- When shooting, players should hold their follow-through for two to three seconds

***Variation:*** Allow shooters to add their balance/weak hand.

### INDIVIDUAL SHOOTING DRILL

Ball Requirements: three basketballs required

Description:

Three players can do this drill at one time. Emphasize "ball in air/feet in air" concept, good pivot and "square up," and following the shot. Allow players to shoot for one minute before rotating out.

- Spread three players out around the basket, with their backs facing the goal
- Have players toss the ball in front of them to simulate a pass (show them how to pass it to themselves with backspin)
- Players will receive the pass, reverse pivot toward the goal, and shoot
- Players will rebound their own shot and repeat process

### THREE PLAYER SHOOTING DRILL

Ball Requirements: four basketballs required

Description:

This drill is best suited for fifth- and sixth-grade players. Two groups of three can do this drill at the same time. You will need two basketballs per group. Allow the shooters 30 seconds before rotating.

- Each player in the group of three will rotate from shooter/to rebounder/to passer.
- Shooter starts at wing area (about 8-10 feet from goal)
- Shooter makes a V-cut to the block area and explodes back up to wing area for a short bank shot
- Shooter should show passer a hand target
- Passer makes a good two-hand chest pass to shooter
- Shooter pivots, “squares up,” and shoots the basketball
- Rebounder secures each shot and passes the basketball to the passer
- This cycle is repeated over and over until time is called

**Reminder:** *A great V-cut requires a change of pace. The shooter should go half-speed toward the block and full-speed back up to the wing area.*

#### PARTNER SHOOTING DRILL

Ball Requirements: two basketballs required

Description:

Two pair of players can do this drill at one time. Allow pairs to shoot 30-45 seconds before rotating out.

- One player in each pair will shoot and follow his or her shot
- After securing the rebound, the shooter will pass to his or her moving partner (moving with a purpose, not running aimlessly)
- Partner shoots, follows his or her shot, and repeats process

**Variation:** *Shooter must score on a put-back before passing to his or her partner. You could also allow shot fakes and one to two dribbles that go somewhere.*

#### V-CUT JUMPERS DRILL

Ball Requirements: two basketballs required

Description:

This is a great shooting drill that allows lots of shooting opportunities. Use cones or chairs to represent desired shooting spots. Emphasize the following: hard cuts and “selling” the fake, proper receiving techniques, good footwork to “square up” to the basket, proper shooting mechanics, and following the shot.

- Players form two shooting lines under the goal at the free-throw lane extended (behind baseline)
- One basketball in each line
- A coach stands 10-15 feet away, facing the goal and shooting lines
- A player in one of the lines will pass to the coach and make the instructed cut to a specific shooting spot
- A coach will pass the basketball to the player who will catch and shoot (after a coach passes to a player in one line, the player in the other line repeats the process)
- Shooters will rebound their own shots and give the basketballs to the next players in the lines
- **Three shooting options:**
  1. Baseline/Corner Spot - Players take two to three short steps from block area to center of lane area (under the basket) before making a hard V-cut parallel to the baseline. Player receives the pass for a short baseline jumper.
  2. Wing Spot - Players take two to three steps from block area to center of lane area (under basket) before making a hard V-cut to wing area. Player receives the pass for a short bank-shot.
  3. Elbow Spot - **MOVE** the two lines opposite the goal in each corner of the practice area (same as two line shooting drills), with a coach standing between the two lines. A player will pass the basketball to a coach and take three to four steps straight toward the baseline before making a hard V-cut to the free-throw line extended. Player receives the pass for a short elbow-jumper.

**Variation:** Allow a shot fake and one to two dribbles that go somewhere before the shot.

### LOW POST SHOOTING DRILL

Ball Requirements: Three basketballs required

Description: This drill involves 4 players. There should be a player on each side of the lane close to the basket, a player in the middle of the lane 5 ft in front of the basket, and a player at the top of the arc. The players on the outside will have the balls. The player on the top of the arc will pass it to the player in the middle. The player will then pivot to the right or to the left,

alternating each time, and then will take a shot. The players outside the arc, while the player is shooting in the middle, will pass their ball to the player at the top of the arc and will get the rebound of the middle player so it is a continuous process: The 1<sup>st</sup> person passes the ball to the middle player (2<sup>nd</sup> person). The 3<sup>rd</sup> person passes the ball to the 1<sup>st</sup> person. The 2<sup>nd</sup> person pivots left or right and shoots. The 3<sup>rd</sup> person gets the rebound. The next go round the 4<sup>th</sup> person will participate instead of the 3<sup>rd</sup> person.

### FORM SHOOTING DRILL

#### **Drill Purpose (All Ages)**

This drill will improve shooting form and develop [good shooting habits](#) so once players get in a game, they will consistently use proper form without thinking about it. This simple drill is critical for youth player and can greatly improve shooting percentages for all types of players. All youth coaches should run this drill almost daily.

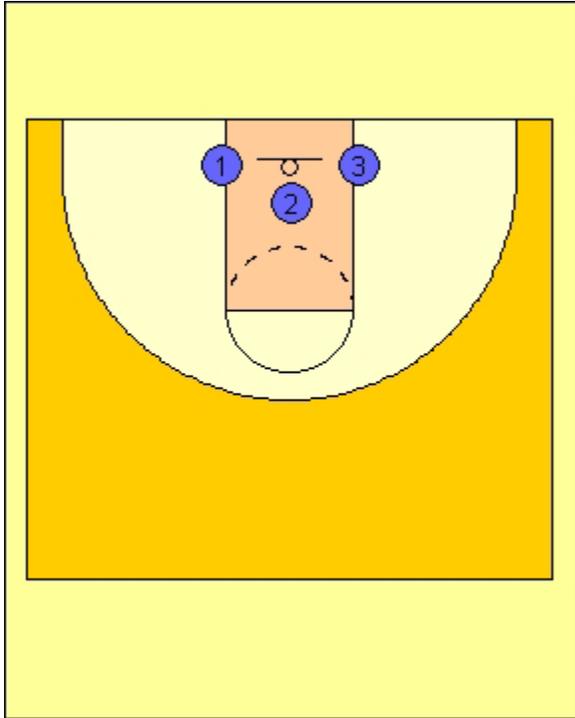
#### **Instructions**

First of all, it's important to understand that this is drill requires you and all your players to pay very close attention to the details. It also requires a lot of repetitions. This is all about developing perfect [shooting form](#), so once you get in a game you use the proper form without even thinking about it.

Note: For the first time around, you'll need to demonstrate proper technique to all your players.

Each player needs to grab a basketball and find a basket. It works best to have three players (or less) at each basket. Two players on each side of the basket and one in front.

Each player should stand about 2 feet from the basket. (Yes, it's only two feet. Do not stand farther back!)



For right handed shooters, your right foot should be centered with the basket and pointing directly towards the middle of the basket.

Your left foot should be positioned shoulder width apart in a comfortable position. Most players leave their left foot slightly behind the other foot. The left foot should be pointing in the relative area of the basket but probably should not be pointing directly at it. Most players feel the most comfortable with their left foot pointing just to the left of the basket.

Bend your knees, at a comfortable angle somewhere around 45 degrees.

Now if you're feet are aligned properly, the rest of your body should follow suit.

Hold the ball in your hand, palm facing up. Your non-shooting hand can dangle to the side.

Slowly bring the ball in and hold it as if you were shooting with one hand.

Your arm should form a 90 degree angle.

Your tricep should be parallel with the floor and directly above your right leg.

Your wrist should be bent with fingers spread out. The ball should be sitting on your finger pads, NOT your finger tips.

Your index finger should be in the center of the ball.

Pause. This is when you make sure your arm, feet, and everything is in the correct form.

Look at the front of the rim.

Proceed to shoot with one hand, leaving your off hand to the side. The player should use his legs on every shot. At the end of the shot, the player should be up on his toes. This is very important, because players generate most of their strength from their legs to shoot the ball to the basket.

Hold your follow through. Tell your players, "It's like reaching into a cookie jar."

Grab the ball and repeat the process.

Get the ball quickly but don't hurry your shot! Take your time.

Each player should get a minimum of 20 repetitions, but 50 or 100 would be better.

### **Progression**

As players master this skill, you can progress to other variations:

1. Use two hands instead of one. Just make sure the off hand is one the side of the ball and not used to propel the ball.
2. Do a jump shot. You should still stay two feet from the basket.
3. Flip the ball to yourself, pivot, and shoot a jump shot. Again, stay close to the basket and make sure you proper form, even though you are going slightly faster. Do not sacrifice form!

For more advanced players, we commonly start with one-hand form shooting and progress all the way to pivots. We generally spend a few minutes on each progression and check all the players to make sure their form is not slipping.

### **Points of Emphasis**

Continually tell your players...

- Hold your follow through.
- Take your time and always make sure your form is perfect.
- Bend your knees.
- Don't stand back too far! Stay just a couple feet from the basket.

### **Motivation / Teaching Tips**

**Tip #1** - Tell you players, "Once you get good at it, don't think you can stop. There are NBA players that do form shooting everyday!"

**Tip #2** - Assign a coach to each basket to make sure they are using proper form. Help them correct any problems. If they don't do it properly, this drill is a waste of time.

**Tip #3** - Make sure your players do NOT dip one shoulder or lean too far forward. When shooting, you want your players to have an erect torso. I like to use the phrase "shoot tall."

**Tip #4** - If you as a coach, don't know all the aspects of proper shooting form, consider picking up a good shooting video. We covered the basics above but there are more things to look for, like hand placement on the ball and so on.

Read more: <http://www.breakthroughbasketball.com/drills/formshooting.html#ixzz2AQ8ddvqL>