SHOOTING TECHNIQUE

Balance

Elbow

(elevation)

B E E F

Eye

(under Ball)

Follow-through

Remember These Points

Balance, Eye, Elbow, Elevation, Follow-through. Pivot on inside foot. Fake before you drive or shoot. Catch the ball ready to shoot. Hold your follow-through to establish why you made or missed the shot. Don't let your eyes leave the ring on your square up, dribble or shot. Don't bob. Don't bring the ball from the waist. Don't throw the ball off your shoulder. Use your legs by getting low under the ball.

Individual Shooting Program

Goal:- To reinforce game intensity shot technique, in an effort to improve shot consistency and accuracy. Always try to improve on your best scores for each drill. Always aim for >50% accuracy in your shooting drills. Work on one shot technique (BEEF) for all occasions.

Individual Shooting Program

1. 50 Free Throws: Take 50 set shots from the Free Throw Line and record makes.

2. Elbow to Elbow (Jump) Shots: Record how many shots you can make going from elbow to elbow in 2 minutes. Record your makes from takes below.

3. 30 x 1 Dribble (Jump) Shots: Do 10 from each wing and 10 from the top. Square up, Fake, 1 Dribble and Shoot. Record makes on the table below.

4. 50 x 3 Point Shots From 5 spots in 5 minutes: Square up & Shoot, Rebound, Dribble out square up and shoot etc... Record makes from takes below. (2 x baseline spots, 2 x 45s & 1 spot at top) (Suggest: not for under 12s)

5. 3 Pointers in 2 minutes: From anywhere. Square up & Shoot, Rebound, Dribble out Square up and shoot etc... Record makes from takes below. (Suggest: not for under 12s)

6. Intermediate (Jump) Shots in 2 minutes: Shoot from mid range. Square up & Shoot, Rebound, Dribble out Square up and shoot etc... Record makes from takes below.

Individual Shooting Program Progress Chart

Date ---->									
50 Free Throws									
Elbow to Elbow									
30 x 1DJS									
50 x 3 Pointers									
3 Pointers in 2 minutes									
Mid-Range JS in 2 min									
Date ---->									
50 Free Throws									
Elbow to Elbow									
30 x 1DJS									
50 x 3 Pointers									
3 Pointers in 2 minutes									
Mid-Range JS in 2 min									