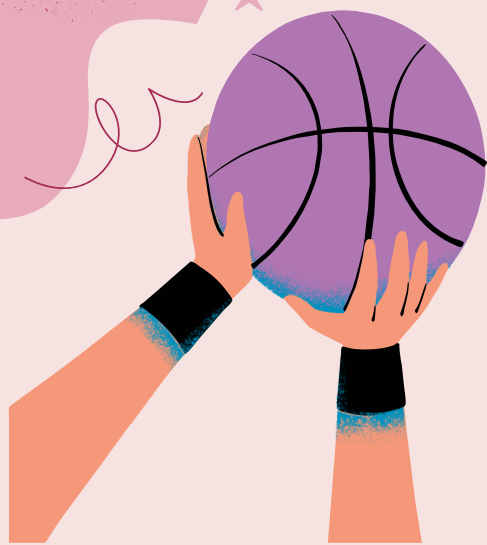




ANATOMY OF A SHOT



BACK TO BASICS



3 COMPONENTS

PICK UP, LIFT, RELEASE



BALANCE

ELBOW

EYES

FOLLOW THROUGH



1. PICK UP

A good shot starts from the moment you pick up the ball!

◆ HANDS

Fingers wide and relaxed
Space between hand and the ball (2 finger test)

Guide hand relaxed and on the side of the ball

◆ EYES

On basket
Front rim, back rim, or glass

◆ ELBOW

Forearm and bicep at 90° angle
Wrist at 90° angle
Elbow behind the ball
Forearm parallel to the ground

◆ ON BALANCE

Feet comfortable distance apart
Knees bent
Back straight



2. LIFT

RHYTHM, FLOW, AND TIMING

BALANCE

Energy comes up from the floor, through you body and then through the ball.

Arms come up together so you stay square.

ELBOW

Elbow under the ball and in - no chicken wings!

Keep your 90° angle - collapse will lead to a throw.



3. RELEASE

Release at top of shot and land in same place you jumped.

Arms and legs extended.

Flick your wrist. Fingers point towards ground and ball spins backward. "Hand in the cookie jar".

Guide hand pointed toward the ceiling and pinky perpendicular to the basket. Don't "thumb" it!

