

TIPS & TRICKS

FOR SHOOTING

OFF THE DRIBBLE

- Dribble hard so ball can come into hand cleanly.
- A good Pick Up is key to a good shot.
- Bend your knees while you dribble so shot is one fluid motion.
- Footwork - jump stop or 1,2 step. Have both in arsenal.



OFF THE CATCH

- Ball in the air, feet in the air.
- Land and jump straight into shot without a pause in between.
- Allows for quick release.



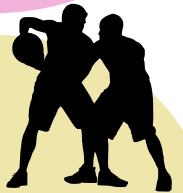
OVER A CLOSE OUT

- Use their hand as a guide to help with your arc.
- Think “up and over” their hand.



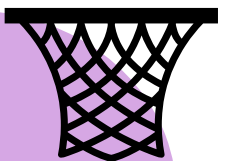
IN A GAME

- Practice is Precision. Game is Flow and Confidence.
- Practice enough so you have confidence during a game and can let your muscle memory take over.
- A game is not the time to practice. Just clear your mind and shoot with confidence.



SHOT SELECTION

- 3 components: Time and Score, In Range, On Balance
- Time and Score: Is this a smart shot to take right now?
- In Range: Do I practice from this range? Can I keep my form at this range? Can I consistently score from this range?
- On Balance: Am I squared? Did I catch the ball correctly? Can I land in the same place I jumped from?



PRECISION

- Shoot the same shot every time.
- A shot is easier to correct if you miss the same way every time.
- 10,000 hours to be an expert. Start now!



WHAT COMES NEXT?

- You WILL miss shots, that's part of the game!
- So...FOLLOW YOUR SHOT!!!
- You know better than anyone where it will end up. So go get it!
- Build the habit. Make it second nature.
- WHEN YOU SHOOT, YOU REBOUND.



LET THE PAST BE THE PAST

- Shooting (especially shooting practice) is largely mental.
- Don't let bad habits creep in on a rough shooting day. Stick to your shot.
- Each shot has two outcomes: it either goes in, or it doesn't.
- Move on from the miss and focus on the next shot.



“BEING DISCIPLINED ABOUT SMALL DETAILS, AND TAKING JOY IN THE WORK OF GETTING THEM RIGHT UNTIL THEY’RE SECOND NATURE, IS HOW YOU BUILD CONSISTENT SUCCESS” - STEPHEN CURRY