

COACH MAC PRESENTS

11 KEYS TO

Great Shooting

TECHNIQUE



At its most basic form, developing great shooters can be broken down into two steps.

- 1. Master the Mechanics**
- 2. Lots of Smart Repetitions**

Your players will be taking a lot of smart repetitions by using the team drills and individual workouts included in this course, so it's important that we address shooting technique and ensure your players are shooting with great technique from the start.

The following 11 keys to perfect shooting technique are my own opinion. I appreciate that there are many different ways to shoot a basketball and there is no one perfect shot technique (just look at Peja Stojakovic or Reggie Miller).

Preparing to Shoot

1. Fingers Spread on Basketball

For maximum control of the basketball fingers of the shooting hand should be spread out wide across the basketball.

Many young players have a tendency to keep their fingers too close together.

The whole hand except the palm should be touching the basketball.

2. Balance Hand Balancing the Basketball

What is commonly referred to as the 'guide hand', we call the 'balance hand'.

The balance hand does not guide or push the basketball in any way. It's only purpose is to keep the ball balanced on the shooting hand during the shooting motion.

This hand should be placed on the side of the basketball.

3. Wrist Bent Back Comfortably

A common flaw with a lot of players is starting with a straight wrist.

Get players into the habit of bending the wrist of the shooting hand back as far as is still comfortable. Avoid tension in the wrist but it still should be wrinkled.

4. Comfortable Shooting Base

Your feet should be in a comfortable position. Your lead shooting foot should be slightly in front of your non-lead foot.

For right handers the lead foot is the right foot. For left handers the lead foot is the left foot.

I don't have a problem with players shooting with a slight turn or straight on as long as they're comfortable.

5. Eyes Focused On the Rim

Keep eyes focused on a certain part of the ring until release. This could be the front of the ring, back of the ring, or even an area just above the middle of the ring.

Since there is no 'right' answer to which part of the ring to focus on (I asked many shooting experts and all had different opinions), the most important thing is that your players are consistent with the target they feel most comfortable to them.

Shooting the Basketball

6. Legs For Power and Balance

If you're coaching a team of young players then the legs must be used for power and balance. The power needed from the legs reduces as players get older and stronger in the upper body.

For the most power, players should be jumping straight up and down on the shot. Landing in the same spot or a little forward of where they jumped.

7. Snap Wrist for Backspin

Snapping the wrist helps to soften the shot so that the ball has a chance of falling after bouncing on the ring.

With backspin on the basketball, when it hits the rim, the backspin causes greater loss of energy which slows the basketball down.

When players who shoot with correct backspin make difficult shots, you'll often hear people say 'shooters roll' or 'shooters touch'. This is because of great backspin!

8. Shoot the Ball High, Not Flat

One of the main shooting problems that occurs in youth players is shooting the ball at the ring instead of shooting the ball up and through the ring.

By shooting the basketball too flat, there is no room for error. By shooting higher, the angle at which the basketball enters the rim leaves much more room to make the shot.

This is corrected by ensuring that on the release of a shot, the elbow of the shooting arm should finish next to the eyebrow.

9. No Pushing or Flicking with Balance Hand

As stated earlier, the balance hand does not guide or push the basketball in any way. Its sole purpose is to keep the ball balanced on the shooting hand during the shooting motion.

Make sure your players aren't flicking their wrist to add extra power to the basketball. If they have to do this for added power, they're shooting from too far out.

Their balance hand should stay straight throughout the shot and the follow through. We don't want to develop two-handed shooters!

10. Index Finger and Middle Finger Last to Touch Basketball

The index finger and middle finger of your shooting hand should be the last fingers to touch the basketball.

There are a lot of coaches that teach index finger last, and I've played around with this concept, but ultimately decided using the fork is the best for me so that's now what I recommend.

To teach this to players, we want the middle area between the index finger and the middle finger to be in the middle of the basketball.

11. Hold Follow Through

When practicing, players should always hold their follow through until the ball has at least made it to the ring.

This allows them to self-evaluate their shot, stay on balance, and complete their entire shooting form the same each time.

Too often coaches teach players to follow their shot straight after releasing the ball which leads to a rushed and unbalanced shot.