

**HOW CAN YOU IMPROVE YOUR SHOT?**

**EA**

# HOW TO BECOME A GREAT SHOOTER

## 1. MECHANICS MASTERY

Establish proper technique to set yourself up for efficient and rapid improvement

## 2. GETTING REPS

Deepen muscle memory in increasingly challenging situations

## 3. LAYERING

Adding more complex skills and game situations

## 4. NEVER BE SATISFIED



# GREAT SHOOTERS VS EVERYONE ELSE

<b>EVERYONE ELSE</b>
Shows up & wings it whiteout a big picture strategy
Rushes though form & mechanics
Changes form frequently & dramatically
Gets reps outside their range with poor form and ingrains bad habits
Never watch or chart their shots to improve their shot
Gets bored putting in the work and frustrated at their results

<b>GREAT SHOOTERS</b>
Get into the gym with a clear plan to get better.
Focus intensely on form & mechanics.
Stays consistent with form to build muscle memory.
Only shoots within range to keep form as perfect as possible.
Study their shots using charting and film to improve and to look at details
Embrace the process with patience & focus on daily improvements



# THERE IS NO PERFECT FORM

Steph Curry  
James Harden  
Klay Thompson  
Dirk Nowitzki  
Ray Allen  
Reggie Miller  
Larry Bird

...

All these players are world class shooters with different shooting techniques, but with the same basic principles.

don't worry about perfect form, only the same form. They shoot the same way every time they shoot. From the feet to follow through.







# SHOT PREPARATION

When off the ball 'show hungry hands'

Feet.. Hands... Eyes and Mind are ready to shoot



**WHAT FINGER OR FINGERS NEED TO BE IN  
THE MIDDLE OF THE BALL AND WHY?**

**EA**

# PROPER GRIP

Index finger in the middle of the ball  
or  
Split between index & middle finger

Guide hand on the side of the ball



**WHERE DO YOU START YOUR SHOT?**

**EA**

# SHOT POCKET

**Quick gather to your shot pocket**

**Bicep vertical to the floor**

**Ball should be on your shotline**



# SHOOTING HAND



Wrinkle the wrist (load the gun)

Hand under the ball



# GUIDE HAND

Shoot through the guide hand

Guide hand does NOT shoot the ball

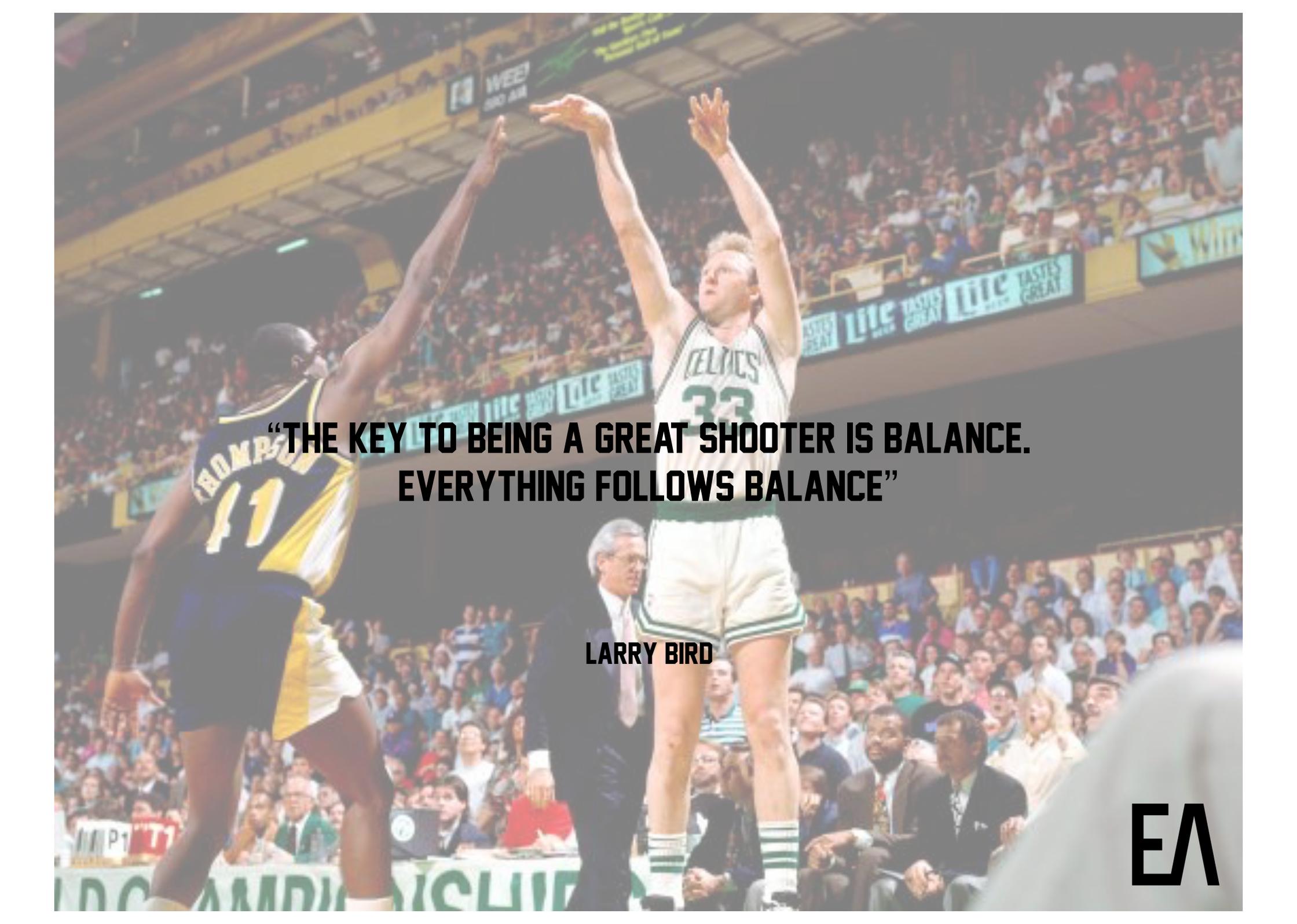
Guide hand in “Chop” position



# BALANCE

- Both feet under the shoulders pointed to the rim or slightly to the side
  - Back straight
  - Jump slightly forward, but stay in your tracks



A photograph of a basketball game in progress. Magic Johnson, wearing a purple and gold Los Angeles Lakers jersey with the number 15, is on the left, jumping with his arms raised. Larry Bird, wearing a white Boston Celtics jersey with the number 33, is on the right, also jumping with his arms raised. A referee in a dark suit is visible between them. The background shows a large crowd of spectators in a stadium. Advertisements for "WEE" and "Lite" are visible on the arena walls.

**“THE KEY TO BEING A GREAT SHOOTER IS BALANCE.  
EVERYTHING FOLLOWS BALANCE”**

**LARRY BIRD**

**EA**

# BALL MOVES FIRST



Bring ball above shooting eye with knees still bent

The ball doesn't stop moving



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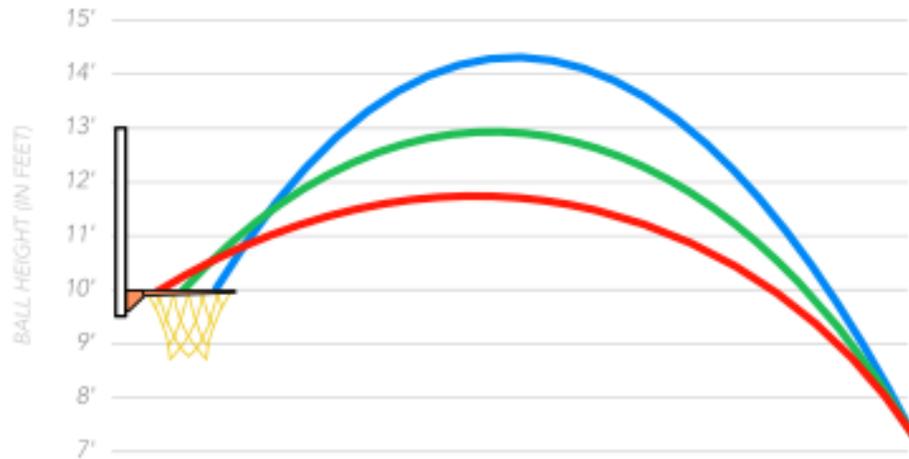
# EYES ON THE TARGET

**Aim Big = Miss Big**  
**Aim Small = Miss Small**



**EA**

# ARC



A high arcing shot is more difficult to control – especially from farther away. As such, these shots tend to be short.

Optimal shooting arc is 45°, plus or minus 2°.

A flat arching shot reduces the amount of space for the ball to through the hoop. This shot tends to be long (but can also end up front rimming).

## MARGIN FOR ERROR IS IMPACTED BASED ON ANGLE OF ENTRY



50°



45°



40°

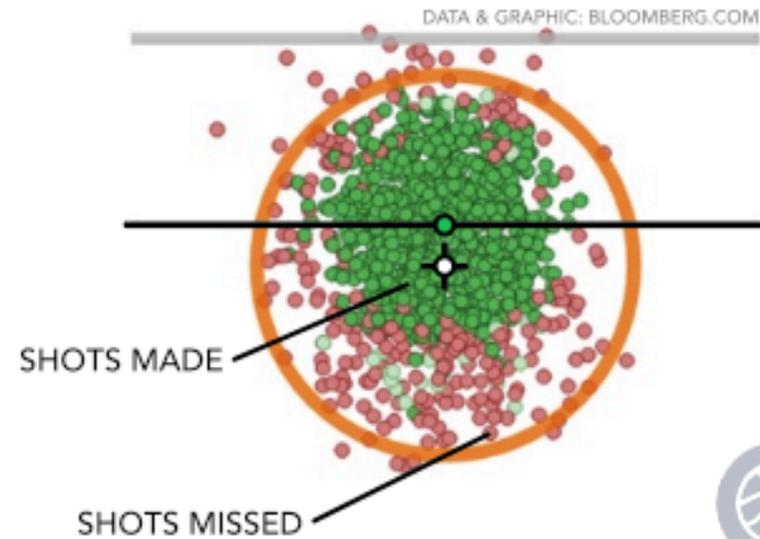
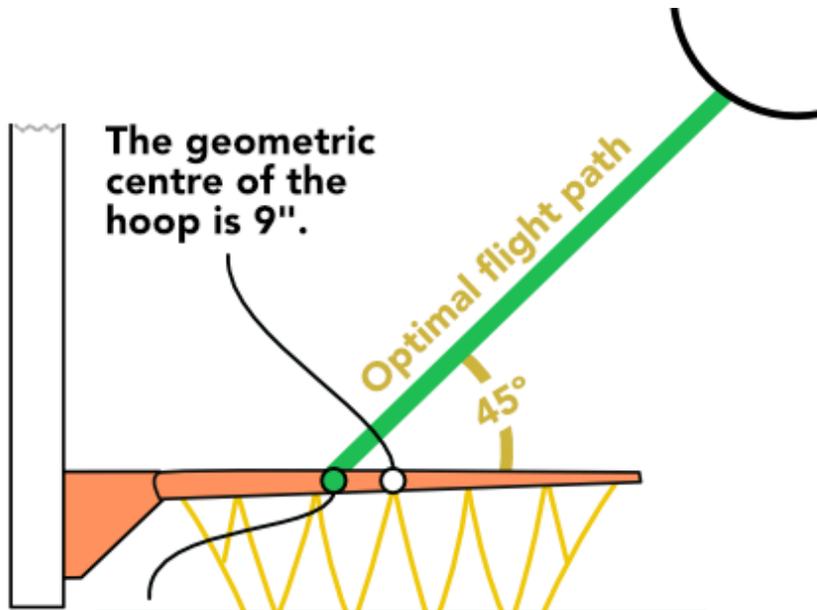


35°



# BRAD'S OR SWISH

=BACK RIM AND DOWN



EA

# RELEASE

Release just before the top of your jump

Ball comes off index and middle finger

Time hands & feet together (vertical wave)

Release high & soft



# FOLLOW THROUGH

Freeze your follow through

Elbow should be above eyebrow

Bring index finger and thumb together



# SHOT MOTION

**1. START THE BALL IN YOUR SHOT POCKET (ON SHOTLINE)**

**2. BALL MOVES UP YOUR SHOTLINE TO YOUR SETPOINT (SHOT PATH)**

**3. BRING THE BALL ABOVE YOUR SHOOTING EYE AND START EXTENDING THE BODY (ENERGY TRANSFER)**

**4. RELEASE THE BALL JUST BEFORE THE TOP OF YOUR JUMP**

**USE THE VERTICAL WAVE GENERATED BY YOUR LEGS AND BODY BEFORE THE RELEASE**





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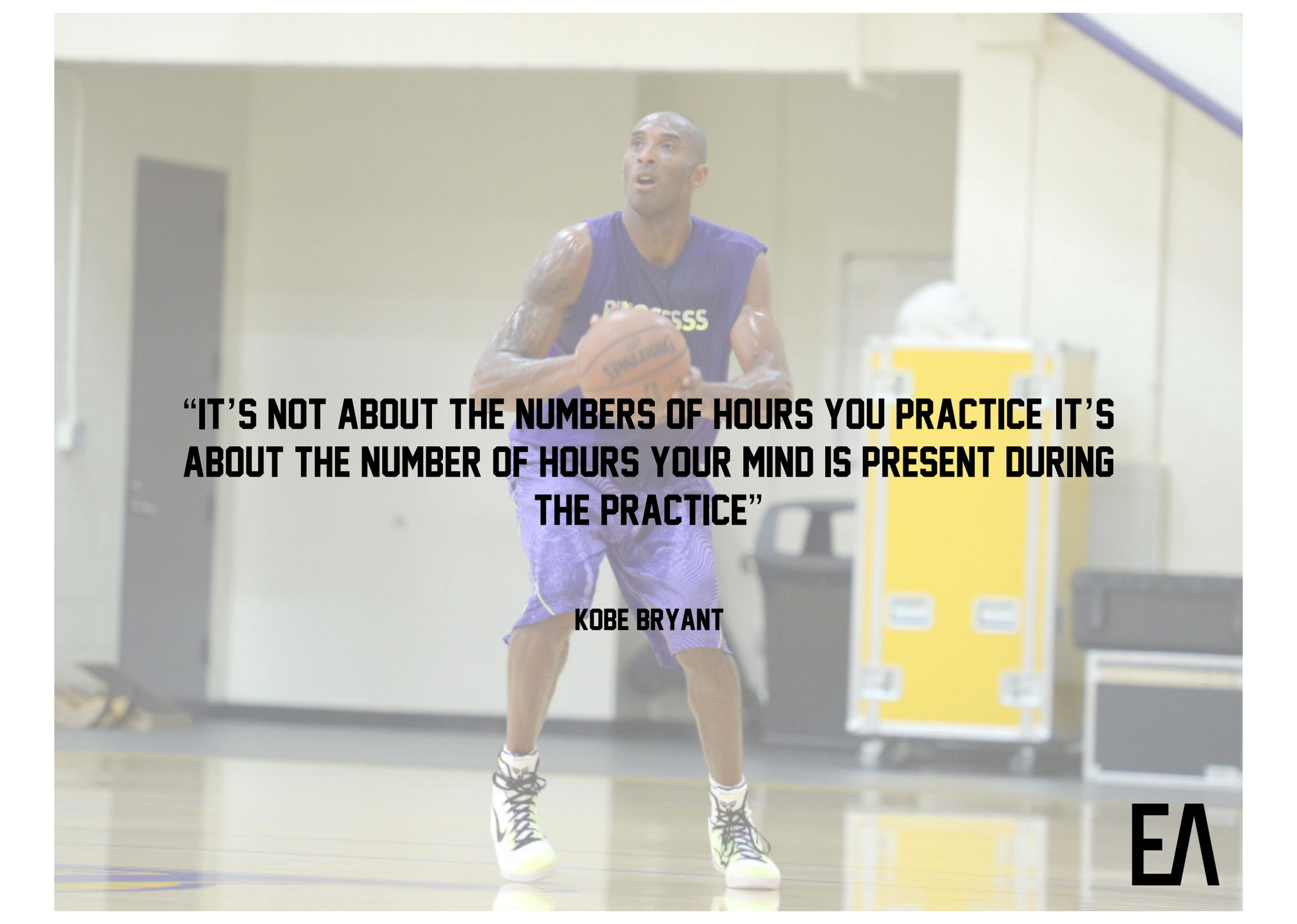
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A photograph of Kobe Bryant in a purple practice jersey with "PROGRESS" written on it, holding a basketball in a gym. The background is slightly blurred, showing a yellow equipment cart and a black trash can.

**“IT’S NOT ABOUT THE NUMBERS OF HOURS YOU PRACTICE IT’S ABOUT THE NUMBER OF HOURS YOUR MIND IS PRESENT DURING THE PRACTICE”**

**KOBE BRYANT**

**EA**

# REPETITION REPETITION REPETITION

GREAT SHOOTERS SEPARATE THEMSELVES FROM THE REST BY SPENDING THOUSANDS OF HOURS SHOOTING FOCUSED IN THE GYM

ELITE SHOOTERS = 1500 SHOTS MADE PER WEEK  
GREAT SHOOTERS = 1000 SHOTS MADE PER WEEK  
POOR SHOOTERS = 500 SHOTS MADE PER WEEK

GO TO THE GYM TO MAKE SHOTS. NOT TAKE SHOTS



# **SCHEDULE TIME FOR SHOOTING PRACTICE**

**YOU CAN'T RELY ON TEAM PRACTICES FOR SHOOTING.  
90% OF BECOMING A GREAT SHOOTER OCCURS OUTSIDE OF TEAM PRACTICES**

**DON'T BE ON TIME BE EARLY**

**BE THE LAST ONE TO LEAVE THE GYM**

**EA**

# A GOOD SHOT VS A BAD SHOT

## **GOOD SHOT**

A shot that you practice and consistently made in workouts

## **BAD SHOT**

A shot you haven't practiced or that you can't constantly make when you do practice

# ROB SHOTS

RANGE

OPEN

BALANCE

EA

# SHOTS TO WORK ON DURING EACH WORKOUT

1. FORM AND RHYTHM SHOOTING
2. FINISHES AROUND THE RIM
3. FREE THROWS
4. SPOT UP JUMPERS
5. SHOTS OFF THE DRIBBLE
6. SHOTS OFF GAME LIKE CUTS
7. SHOOTING CHALLENGES OR GAMES
8. CONTESTED SHOOTING

CREATE A SHOOTING WORKOUT OR FIND A ROUTINE



# **COUNT YOUR MAKES AND MISSES**

## **WHY?**

- 1. YOU CANNOT IMPROVE WHAT YOU DON'T MEASURE**
- 2. IT MAKES EVERY SINGLE SHOT IMPORTANT**
- 3. YOU CAN SET SHOOTING GOALS AND COMMITMENTS**
- 4. YOU WILL SEE IMPROVEMENTS**
- 5. YOU WILL FIND OUT YOUR WEAK AND STRONG SHOOTING AREAS**



# **ANALYZE YOUR SHOTS**

**GREAT SHOOTERS MISS FRONT OR BACK  
POOR SHOOTERS MISS LEFT OR RIGHT.**

**EVALUATE THE PLACEMENT OF BOTH HANDS AFTER YOUR SHOT**

**EA**

# LONG DISTANCE SHOOTING

EXTAND YOUR RANGE WHILE MAINTAINING THE EXACT SAME FORM

3 WAYS:

1. LET LONG DISTANCE SHOOTING COME NATURALLY
2. ALWAYS BE IN RHYTHM
3. MAKE SURE YOU HAVE EFFICIENT ENERGY TRANSFER

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**QUESTIONS ?**

**EA**

# CONFIDENCE

=THE ASSURANCE THAT COMES FROM SUCCESSFUL REPETITIONS

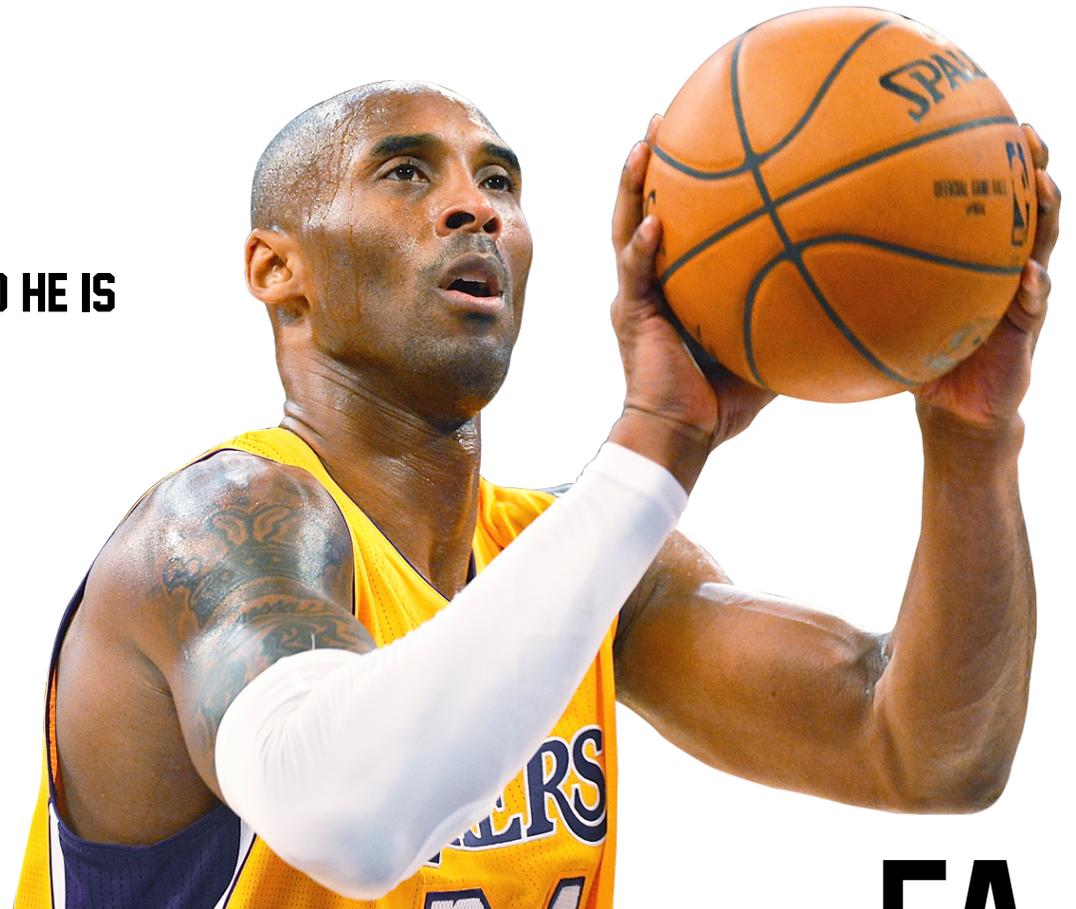
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# MENTAL TRAINING

**SUCCESSFUL THOUGHTS  
PROCEED  
SUCCESSFUL SHOOTING**

**AS A MAN THINKS IN HIS HART SO HE IS**

**THINK NOTHING BUT SWISH**



**EA**

# VISUALIZATION

YOU NEED TO VISUALIZE EVERYTHING OUT OF YOUR EYES

FEELING THE BASKETBALL

SEEING THE GOAL

HEARING THE NOISE

EA

# FREE THROWS

THESE FOLLOWING STEPS ARE IMPORTANT TO FOLLOW

1. **PREPARATION** GET LINED UP, GET HAND DRY, MAKE SURE COMMUNICATION WITH COACH IS FINISHED.
2. **RELAXATION** TAKE A DEEP BREATH, DO WHATEVER RELAXATION TECHNIQUE THAT WORKS FOR YOU.
3. **VISUALIZATION** SHOOT THE FREE THROW IN YOUR MIND.
4. **ROUTINE** FIND A COMFORTABLE ROUTINE AND USE IT CONSISTENTLY.
5. **CONCENTRATION** FIND A CONCENTRATION TECHNIQUE THAT WORKS FOR YOU AND USE IT.
6. **POSITIVE THINKING** YOU MUST APPROACH THE SHOT AS ANOTHER POINT NOT A POTENTIAL MISS.

