

Youth Basketball Development

Shooting Clinic Concepts

Great Follow Through

With a proper follow through there will be back spin on the ball versus a knuckle ball or any side spin. If there is good back spin on the ball there is no reason to change your hand position or the follow through.

The shooting hand is in the middle of the ball with the guide hand on the side. The shooting hand follows through and ends with the wrist and index/middle fingers flexed down straight and above the rim.

It is important to avoid thumbing of the ball with the guide hand. The guide hand should be relaxed and used to guide and balance the ball only.

One Motion Shooting

Ball starts in shot pocket at stomach level and shoot with one motion with no hitch at chest or shoulder areas.

Balanced Base

Feet shoulder width apart with shooting foot slightly ahead of non-shooting foot. Knees bent.

Visualize What You Want

Below are links to video edits of two great shooters that you can mimic and visualize as yourself performing. There is vast research in sport psychology on the power of improved performance with visualizing yourself performing a skill correctly. Diana Taurasi and Clay Thompson are two of the best shooters in the world and have great follow throughs, shoot with one motion, and have a balanced base.

Diana Taurasi Shooting Edit Link: https://www.youtube.com/watch?v=kPoNfFi7_PM

Clay Thompson Shooting Edit Link: https://www.youtube.com/watch?v=XG5o_MO22yE

Practice-Practice-Practice

“There are two roads to becoming a good shooter: Learning correct form and **making** 250-500 shots per day or shooting with bad form and making 2,500-3,000 shots per day.” -Chris Mullin.

Pre-practice shot routine

1. Form shooting with ball not at rim 5-10x focusing on one motion with a great follow through. The ball should have great back spin and come right back to you or stay in the same spot the ball landed.

2. Shot-Line Drill: Player shoots the ball off the side of the backboard beginning at 5-8 feet and working out to the limit of their range. An “on-line” shot will return directly to the shooter.

3. Form shooting at rim 10-20x starting three to four feet out in front of rim and working way out emphasizing the three concepts of balanced base, one motion shooting, and follow through.

