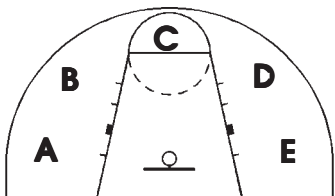
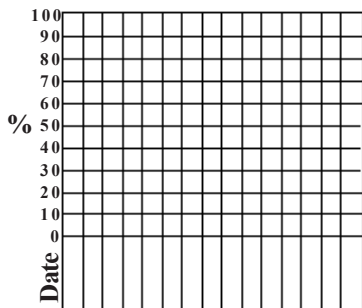
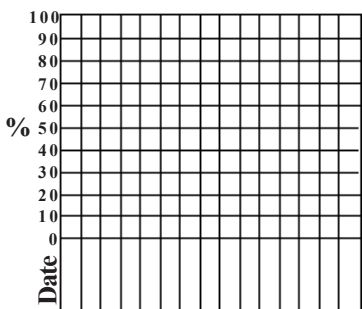


Using the positions A,B,C,D and E as a guide take 10 shots from each area. Rebound your own shot. Record makes from takes from each area below. Square up by forward pivoting on your inside foot. Pivot each way for 5 shots at C. Get into a rhythm. Throw the ball out spinning it back to yourself, square up, and shoot! Hold your follow-through so your palm is parallel to the floor with your elbow above your eyebrows and don't forget the power comes from the legs. Don't jump this is a set shot drill.

[illegible]

Using the positions A,B,C,D and E above as a guide take 10 set shots from each spot. Rebound your own shot and return. Record makes from takes from each spot. Calculate your total. Graph your progress for this drill above. Concentrate on Balance, Eye, Elbow and Follow-through. Don't jump this is a set shot drill.

[illegible]

To make your shot consistent you need to understand why you miss and how to correct your shooting errors. There are many components to a good shot. BEEF is considered to be fundamental components of a good shot.

Balance
Eye
Elbow
Follow-through

These are important to a good shot and should be used as a checklist against improving a poor shot. If a shot is off it is likely one of these components is missing or lacking in execution. Below are tips on recognising and correcting some general shooting errors.

Ball goes to right of the basket - Elbow is not under the ball
(Make sure elbow remains under the ball, pointing at rim)
Ball goes to left of the basket - Shoulders or feet moving on shot
(Keep shoulders level and strong, feet pointing at basket)

Ball goes to left of basket - Elbow is not under the ball
(Make sure elbow remains under the ball, pointing at rim)

Ball goes to right of the basket - Shoulders or feet moving on shot
(Keep shoulders level and strong, feet pointing at basket)

Shot overthrown and shot is flat- Elbow is not high enough on shot
(Finish elbow higher for arc, ie elbow above eyebrows)
Shot overthrown with arc - Too much power from legs
(Reduce the amount the knees are bent)
Shot underthrown and is flat - Poor knee, elbow, wrist timing
(Get within range, bend knees, simultaneous extension, wrist snap)
Shot is underthrown with arc - Elbow too high or outside range
(Move within range, lower elbow on shot)

SOME THINGS TO REMEMBER...

ALWAYS PRACTISE YOUR SHOT
TECHNIQUE WITH PURPOSE AND AT
GAME INTENSITY!

USE OSFAO - “ONE SHOT FOR ALL OCCASIONS” APPROACH.

HOLD YOUR FOLLOW-THROUGH IT WILL
HELP YOU DETERMINE WHY YOU MADE
OR MISSED A SHOT.

ABOUT THIS PROGRAM

This program is designed to help you become a more consistent shooter. The difference between a shooter and a scorer is consistency. This consistency is measured in shot percentages. When doing the drills in this shooting program you will need to calculate your percentages and record your progress on a graph. Your goal each time you do a drill is to improve on your previous record.

It is important to record your score for each drill to chart your progress. The program is physically demanding and time consuming. Aim to get all the drills done at least once a week by focusing on one shot type each day. And remember the saying: “practise doesn’t make perfect - perfect practise makes perfect!”

RECORDING YOUR PROGRESS

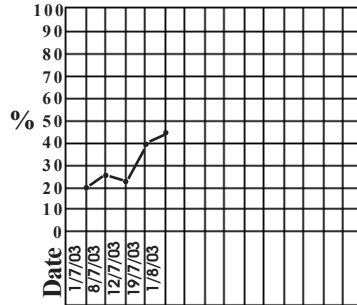
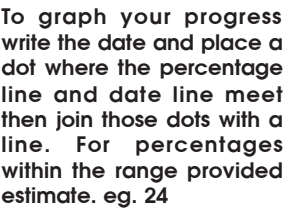
To graph your progress you must record and work out your shooting percentages in terms of makes from takes. To work out your percentage the following formula is used.

$$\frac{\text{makes}}{\text{takes}} \times \frac{100}{1} = \text{Shot Percentage}$$

ie. makes divided by takes multiplied by 100.

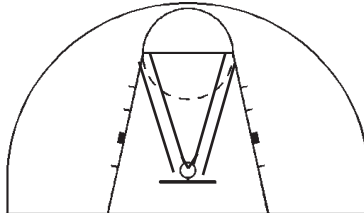
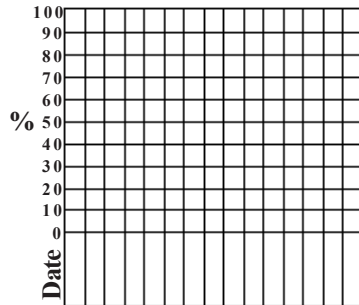
eg. $\frac{20}{40} \times \frac{100}{1} = 50\%$

ie. 20 divided by 40 (.5) multiplied by 100 = 50%



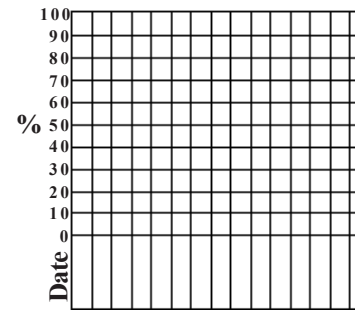
X-out Lay-ups Against Clock

Start with your lead foot at the free throw line elbow, drive in for a lay-up, rebound the shot and maintain a legal dribble to the opposite elbow. Touch the elbow with your foot and return to the basket for a lay-up. Dribble and lay-up the ball with your right hand on the right hand side and left hand on the left hand side. Dribble out of the rebound with the hand closest to the edge of the key. Do this for one minute then record makes from takes in 60 seconds below and graph your progress above.

[illegible]

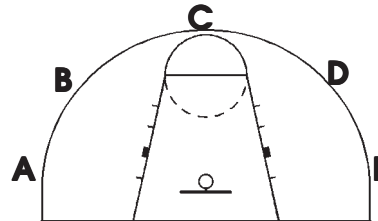
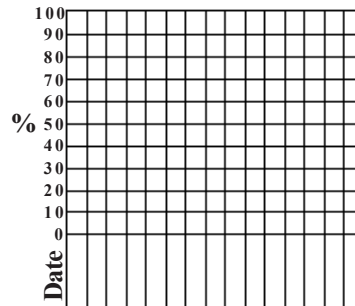
Free Throw Shot

Stand at the Free Throw Line. Shoot the ball using the BEEF Set Shot technique. Make sure you bend your knees and keep your elbow up and under the ball. Concentrate on the rim and follow through. Do 50 with your strong hand. Record how many you made. Try to improve on this record next time you do this drill. Balance hand fingers should point up. The balance hand is not used to shoot the ball, it is only there for balance.

[illegible]

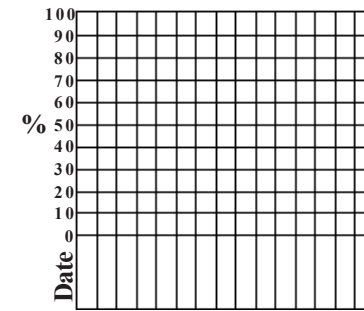
Three Point Jump Shots

From positions A, B, C, D, E take 10 three point jump shots from each spot. Record makes for each below. Calculate your total. Double your total to find your percentage in this instance and graph your progress for this drill above. Release the ball just before you reach the peak of your jump for greater power. Hold your follow through so your palm is parallel to the floor with your elbow above your eyebrows.

[illegible]

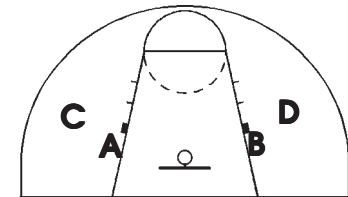
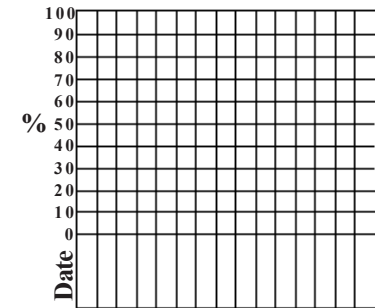
One Hand Shooting

Stand 2-3 foot from the front of the basket. Shoot the ball without using the balance hand. Use the BEEF technique. Make sure you bend your knees and keep your elbow under the ball. Concentrate on the rim and follow through. Do 20 right handed and 20 left handed. Count how many you made using each hand and record below. Try to improve on this record next time you do this drill. The ball sits on your fingers, and the pads of the palm. Move to the Free Throw Line when you become accurate in close.

[illegible]

Shots off Backboard

Using the positions outlined at 45° to the backboard shoot set shots using the backboard. Aim above the closest top corner on the square above the rim. Take 10 from each position recording makes, add your total, record your percentage and graph your progress.

[illegible]