

SHOOT
BASKETBALLS
NOT
PEOPLE

SBNP

FUNDAMENTALS OF

SHOOTING



ON COURT SKILLS TRAINING

SHOOTING

The team, who scores more points, wins. There are many different variations of a good shot. To try to fit every shooter into the "elbow directly under" box, or to try to make every shot available is simply the wrong way to go. In my 20 years of working with NBA players - I have had the pleasure of watching Chauncey Billups' near "textbook" jumper, but have also seen great shooters and scorers like Kevin Garnett, Tayshaun Prince, and Reggie Miller. A "good shot" is one taken with proper mechanics and not under extreme pressure.

In this section we will focus on the shot, isolating it from the other parts of the game that we will eventually address - moves of the dribble, etc. Once we establish these drills, we can then effectively build workouts, focus in on WHAT drill to do with which players, how many, and how long to successfully sequence the workouts.

KEY ELEMENTS OF SHOOTING:-

- Balance
- Foot work
- Getting low / generating power from the legs
- Hank/Elbow Placement
- Eye Focus
- Release and follow through
- Overall rhythm

ESSENTIAL DRILL SECTIONS FOR SHOOTING

FORM SHOOTING

The fundamentals of the shot: the base of any player at any age and the most critical section to allow shooters to improve.

SPOT SHOOTING

Advancing the form shooting section to closer simulate game-shooting. Emphasis remains on form and footwork but in a more dynamic setting.

SHOOTING OFF THE MOVE

Drilling the shot with every possible "approach" that may occur over the course of a game, placing an even bigger emphasis on form and footwork as the difficulty maintaining these aspects increases when dynamic movement is introduced.

DRILLS FOR FORM SHOOTING

- 5 spots, same distance, single arm shooting
- 5 levels / distances, single arm
- Backboard shooting
- Squat shooting
- Lateral shuffle into a shot
- Back-peddle into a shot
- Step into shot

DRILLS FOR SPOT SHOOTING SECTION

- 7 spots – short range
- 7 spots – 3 in a row to move on to next spot
- 7 spots, different distances
- Wing glass shots, 2 distances from both wings
- Around the horn shooting

SHOOTING ON THE MOVE

The 4 Main Cuts we will work with and that will simulate every possible angle a player could come into a shot are:

- Curl
- Flare/Fade
- Pop
- Trail

These cuts do not have to be exact in your offense, but the basic movements and necessary footwork in these cuts will cover the entire range of possibilities. We will address more of this issue in our section detailing how to build the workouts and also the overall yearly plan.



BREAKDOWN OF CUTS

- Curl cut
- Flare / fade cut
- Pop cut
- Trail cut

DRILLS FOR FLAIR/FADE SERIES

In all of these drills, attention to detail in footwork and balance are critical. Shooters must go straight up and down on all shots and repeat each drill at game speed. These drills must be run efficiently and planned for multiple players in each drill. We will detail how these drills should be run in groups as well as for individuals.

- Tight curl series - GAME SPEED
- Tight curl, alternate finish - GAME SPEED
- Wing to top curl - GAME SPEED
- Wide pin down curl - GAME SPEED

DRILLS FOR CURL SERIES

- Top to wing flare - mid-range
- Top to wing flare - 3's (or deeper depending on shooter)
- Wing to corner flare/fade
- Curl to fade
- Pop from elbow to wing
- Pop from block to corner
- Sprint cut, corner-to-corner
- Wing to Wing shooting

DRILLS FOR CURL SERIES

- Straight trail
- Straight trail, alternate distances
- Straight Trail, make 3 in a row
- Curl into a shot on wing-Defensive Slide to sideline- drift into a shot in the corner
- Elbow shot - defensive slide
- Back-peddle trail series
- Corner-to-Corner with defensive slide
- Fade, curl series
- Trail, touch block, pop to corner
- Pop to wing, drift to corner
- Sprint cut to wing, curl
- Center trail, pop "up the gut"