



How to shoot a basketball

1

EYES ON TARGET

Before you can set up to take a shot, you need to focus on where the net is.

2

STANCE AND BALANCE

When setting up your shot, your feet should be placed shoulder width apart with your knees bent.

3

SHOT POCKET

Following catching the ball, quickly move the ball to the shot pocket, with your elbow and hand in line with the basket.

4

GRIP

Place the air hole between the middle finger and the index finger, with your fingertips parallel to the seams.

5

BALANCE HAND

Your non-shooting hand is placed on the side of the ball for balance.

6

DELIVERY

Your elbow and delivery should extend in line with the basket.

7

UPFORCE AND LANDING

Use your legs to generate upforce. You should land in the same spot that you jump from.

8

FOLLOW THROUGH

Your wrist should be flexed, or as some people call it "hand in the cookie jar".

You just need a **ball** and a **hoop**!