

MAYVILLE STATE WOMEN'S BASKETBALL

3 KEYS TO SHOOTING

1. GET THE BALL UP

2. GET THE BALL STRAIGHT

3. HOLD A HIGH 1 SECOND FOLLOW THRU

Shooting Technique Thoughts & Ideas

- Repetition creates habits and habits create success – Dean Lockwood
- Quality of the jump shot comes from the feet:
 - Quality = how open you are, low quality = high contested shot attempt
- “Shot first” mentality on all catches – Be an offensive threat with the ball – TRIPLE THREAT CATCHES
- Great balance on all catches, before the shot
 - Balance starts with a great base of support with the feet and low center of gravity
- 2 biggest keys in shooting for us is: “Get the ball up” & “Get the ball straight”
- Analyze your misses – don’t miss two shots in a row – THE SAME WAY
- NSM = Next Shot Mentality
- 4 Points in the shooting technique need to start and finish in a straight line
 - Shooting foot
 - Shooting knee
 - Elbow
 - Hand/Follow Thru
- Proper consistent technique will bring about consistent results
 - Process Over Product – Focus on the process and results will take care of themselves
 - We want consistent shooters and that starts with having consistent technique
 - Proper shooting technique starts with the feet and builds up from there
 - NO FEET = NO SHOT – Fight with your feet on every catch – Dick Bennett
- You are the most open you will be when you first catch the ball – Don Meyer
 - so get ALL of your work done before you receive the ball
 - GREAT shooters get all of their work done before they receive the ball
- Catch and shoot the ball in rhythm
- Shooting is a rhythm skill – like swinging a baseball bat – no hitches, no pauses – JUST ONE FLUID MOTION
- Shooting the ball is one upward FLUID motion – Rhythm
- Hold a high one second follow thru on every shot
- We want quiet/quick feet on all catches – Stay light on your feet
- Make your workouts like games, so your games can be like your workouts – DEVELOP GOOD HABITS
- Every pass should hit the shooter in the hands and lead to a rhythm jump shot for us – catch the ball within the “strike zone” – on time/on target – Don Meyer

Shooting Workout Thoughts & Ideas

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- Never miss two shots in a row the same way
- Clean makes to end a drill
 - makes the shooter concentrate more when they are most fatigued to complete the drill
- Use drills that involve making 2 and 3 in row – makes shooters have to focus on consistent technique and consistent focus throughout the workout
- Chart shots in individual workouts – allows players to see improvement
 - also creates motivation to improve when they see improvement
 - also creates competitiveness within players to achieve higher score than previous workout
- Chart shots as a team during practice and team shooting workouts – makes players focus on team more
 - every shot from every player within every drill COUNTS towards team's success
- Make shooting drills competitive during practice – Have team compete against the game as one team
 - add time and score to drills to have team compete against the game
 - will also make you a better passing team
- Have individual shot charts for players during practice and games, instead of team shot charts
- Categorize your shots so you can see who and how your players are getting shots
 1. Lay Up
 2. Post Shot/Block
 3. Post Shot w/ Dribble
 4. Lane Shot
 5. Lane shot Off Dribble
 6. Mid-Range Shot
 7. Mid-Range Shot Off Dribble
 8. "3"
- Inside/Out "3" is the best "3" to shoot in rhythm
 - Shooter is already squared up and facing the rim – shooter does not have to fight w/ their feet
- We want players to shoot 60% or better from behind the arc in drills that involve no defense
- Every Team shooting drill is also a team passing drill – Pass the ball "on time/on target"
- "Shooting Progression" is a physical shooting warm up, as well as a mental warm up – FOCUS ON TECHNIQUE

-"Shooting Progression" Ideas

1. Wrist Extensions

- Player on their hands and knees
- Fingers pointing out "away from knees", player leans forward
- Fingers pointing in "towards knees" and player leans back
- Shake out hands between each stretch, player does each stretch twice

2. On Back W/Out Ball

- Start with elbow tight to rib cage and flat on the floor
- Great wrist flick on follow thru – fingers pointing down towards feet
- Hold a high 1 Second follow through with every shooting rep
- Re-trace arm back down to starting position

3. On Back With Ball

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- Same technique as On Ball W/Out Ball
- Partners catch ball so shooter can hold 1 Second Follow Through
- Ball should travel straight up, and be caught by partner directly above follow through
- Re-Trace arm back down to starting position, and partner place ball back on hand

4. Line Shooting

- Find a line on the floor, so you and your partner can be about 15 feet apart
- Shooting foot should be "toeing" the line
- Four points should start and finish in a straight line
- Shooter will shoot the ball to partner with one hand – trying to get ball to land directly on the line about 3 feet in front of their partner – Shooting the ball straight
- Shooter wants to shoot the ball high – Top of Shot=Top of Board
- Shooter holds follow through until the ball hits the floor

5. Form Shooting – "3 makes from 3 Spots"

- Shooter will form shoot – shooting ball with one hand
- Shooter should get to lowest point and pause before shooting the ball
- Shooter needs to make three "clean makes" from each block and from in front of rim
- Shooter then moves back to about 12-15 feet from rim
 - Shooter needs to make three shots from both baselines and also FT line area
 - Shooter needs to make two "clean makes" and third make can just be a make