

The Shooting Coach®

How to Use and Develop Proper Shooting Form

(from Free Throw Line)

www.myshootingcoach.com



Step #1:

With ball in-hand, set yourself at the free throw line in your normal free throw shooting position.

TIP

Ensure proper alignment of footwork, lower body, upper body and head position. This set position (isolated from movement) helps the shooter focus on the specific development of shooting release, rotation, rhythm and arch.



Right Shooting Hand



Left Shooting Hand

Step #2:

Place your shooting hand in the proper shooting position as outlined and designate on the Shooting Coach® basketball.

Right Hand Shooters = Silver Outline

Left Hand Shooters = Gold Outline

TIP

The shooting hand will be placed directly over the red/yellow rotation rectangles that run down the center of the Shooting Coach® basketball.



Off-Hand for Right Handed Shooter



Off-Hand for Left Handed Shooter

Step #3:

Place your off-hand hand in the proper off-hand position as outlined and designated on the Shooting Coach® basketball.

Right Hand Shooters = Silver Outline

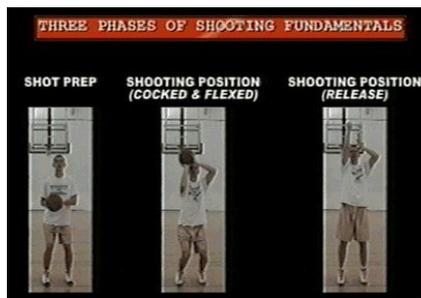
Left Hand Shooters = Gold Outline

TIP

The off-hand will be placed on the side of the ball in the same color outline as the shooting hand on the side of the ball (Right Hand Shooters Off-Hand = Silver / Left Hand Shooters Off-Hand = Gold).

TIP

For the most effective use of the Shooting Coach®, a player should incorporate the assistance of a friend, parent or coach and/or utilize video to assist with the reading of the flight of the basketball.



Step #4:

With the Shooting Coach® ball set in the proper shooting and off-hand positions, the shooter should then execute the proper free throw shooting rhythm taking the Shooting Coach® from the Shot Prep position to the final release of the ball to the basket.

TIP

Execute the full shooting rhythm holding your follow through while continuing to stay focused on the front lip of the rim until the ball goes through the net.



Step #5:

After the Shooting Coach® ball goes through the net and hits the floor...the player should retrieve the ball and repeat the process.

TIP

With the Shooting Coach® in-hand, the player should make any adjustments deemed necessary based upon information relayed by the coach, friend, parent or as noted from the flight of the ball or from video review and repeat the process.

Reading The Shooting Coach®: Be sure to watch DVD portion covering this topic.

We have identified five main Shooting Coach® flight release and rotation patterns. **Note:** Although we have identified five main release/rotation types, there can be multiple variations of each within any given shot.

The Line Drive Bullet – A shot that has no arch and is very flat in its approach (add arch and lift to your shot).

Sidewinder – A shot that is twisted with both the shooting and off-hands as it is released causing the ball to rotate sideways (work to drive the shooting hand toward the basket while keeping off-hand isolated to limit influence).

The Knuckler – A shot with good release and little, to no rotation (continue release but work on follow-through).

The Wounded Duck – A shot with good rotation and poor release causing the ball's vertical line to wobble (mainly caused by influence of the off-hand thumb)[continue shooting hand release while isolating off-hand thumb influence].

The Seam – A shot with perfect release and rotation (build repetition to perfect consistency in your shot).

TIP

From either camera angle the player should also film specific isolated video shots of...the flight of the Shooting Coach®, hand release, arch patterns and/or any other important release or rotation shooting components. After each segment review camera angles you have recorded and note adjustments needed...then implement and repeat.

Step #6:

After correct and incorrect components have been identified, players should make the necessary adjustments and repeat the shooting process while continuing to focus on the development of consistent release and rotation.

*See Users Guide and Troubleshooters Guide at www.shootingcoach.com.



myshootingcoach.com / shootingcoach.com



[theshootingcoach](https://www.facebook.com/theshootingcoach)



[The Basketball Shooting Coach \(scan QR Code below\)](https://www.youtube.com/channel/UC...)



[TheBasketballShootingCoach](https://www.instagram.com/TheBasketballShootingCoach)



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The Shooting Coach®

Use from the Perimeter
Expand Your Shooting Range/Form
(from mid-range and three point line)
www.myshootingcoach.com



Step #1:

With ball in-hand, set yourself, in the shot prep position, on the perimeter (facing the basket) at the mid-range or three point distance.

TIP

Ensure proper alignment of footwork, lower body, upper body and head position in relationship to shot prep position on the court. This shot position assists the player with working on proper alignment in relationship to the basket based upon their perimeter position on the court.



Right Shooting Hand



Left Shooting Hand

Step #2:

Place your shooting hand in the proper shooting position as outlined and designated on the Shooting Coach® basketball.

Right Hand Shooters = Silver Outline
Left Hand Shooters = Gold Outline

TIP

The shooting hand will be placed directly over the red/yellow rotation rectangles that run down the center of the Shooting Coach® basketball.



Off-Hand for
Right Handed
Shooter



Off-Hand for
Left Handed
Shooter

Step #3:

Place your off-hand hand in the proper off-hand position as outlined and designated on the Shooting Coach® basketball.

Right Hand Shooters = Silver Outline
Left Hand Shooters = Gold Outline

TIP

The off-hand will be placed on the side of the ball in the same color outline as the shooting hand on the side of the ball (Right Hand Shooters Off-Hand = Silver / Left Hand Shooters Off-Hand = Gold).

TIP

For the most effective use of the Shooting Coach® from the perimeter, a player should incorporate the assistance of a friend, parent or coach and/or utilize video to assist with the reading of the flight of the basketball.



Step #4:

With the Shooting Coach® ball set in the proper shooting and off-hand positions, from the shot prep position the shooter should then execute the proper shooting rhythm taking the ball from the Shot Prep position (step footwork from shot prep in Step #1 into the Cocked & Flexed position rhythm) to the final release of the ball to the basket (pick up point/shot prep, lift path to lift point, release path to release point to follow-through).

TIP

Execute the full shooting rhythm (shot prep, cocked and flexed, shot release) holding your follow through while continuing to stay focused on the front lip of the rim until the ball goes through the net. Note shooting release, rotation, rhythm and arch.



Step #5:

After the Shooting Coach® ball goes through the net and hits the floor...the player should retrieve the ball and repeat the process.

TIP

With the Shooting Coach® in-hand, the player should make any adjustments deemed necessary based upon information relayed by the coach, friend, parent or as noted from the flight of the ball or from video review and repeat the process.

Use of Video: For Free Throw or Perimeter Use

If the player is using the assistance of video to evaluate and develop their shot, they should film their shot from half court (directly behind their shooting position) and the sideline (catching the side flight of the basketball). They should shoot 15-20 shots from each camera angle. From half court place the camera where you can see the shooter, the arch, the flight of the ball and the ball going into the basket. From the sideline place the camera where you can see the shooter, the arch, the flight of the basketball and the ball going into the basket.

TIP

From either camera angle the player should also film specific isolated video shots of ...the flight of the Shooting Coach®, hand release, arch patterns and/or any other important release or rotation shooting components. After each segment review camera angles you have recorded and note adjustments needed...them implement and repeat.

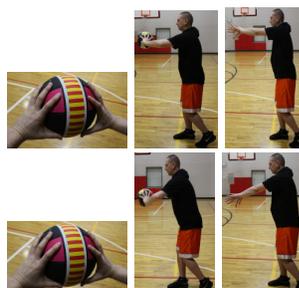


Step #6:

After correct and incorrect components have been identified, players should make the necessary adjustments and repeat the perimeter shooting process while continuing to focus on the development of consistent release and rotation.

*See Users Guide and Troubleshooters Guide at www.shootingcoach.com.

Bonus Use:



- Develop better chest pass fundamentals. Set hands (as shown), extend arms, drive thumbs downward, pass ball off of index/middle finger as you fully extend arms, back of hands should end facing each other with thumbs pointing toward floor. Center stripe should spin and turn orange.
- Develop better bounce pass fundamentals. Set hands (as shown), extend arms at an angle out and down, drive thumbs downward, pass ball off of index/middle finger as you extend arms, back of hands end up facing each other with thumbs pointing to floor. Center stripe turns orange.