

**Basketball New South Wales
State Performance Program Coach Development Clinic – Friday, March 3, 2017**

**Teaching & Drilling the Jump Shot –
Peter Lonergan, BA Head of High Performance Coach Development**

Introduction –

- 20% of total practice time should be devoted to shooting – more in younger age groups
- Important for coaches to develop a system and associated teaching cues to consistently teach, refine and improve shooting technique
- Shooting should be drilled in three phases -
 1. Technique/form
 2. Repetition/volume
 3. Situational

Technique/form –

- Grip – fingers spread, thumb used to lift ball of palm
- Guide hand – the guide hand should create a “T” with the shooting hand – positioning is crucial to consistency and accuracy
- Stance – comfort is key – so many shots fail before they start because there is no level of “naturalness” for the shooter
- Shooting foot forward – principle of 11 o’clock alignment
- Arm action – from a “V” to an “I”
- Release – LIFT, LOCK & LEAVE
- Follow through – thumb out, fingers to the floor

Technique/form drills – “all shots, all net, all the time”

- Important athletes put a value on every shoot
- From time to time, “chart” percentages in form drills
- In this phase, cover stance, foot pattern, catching, passing – “get more drill out of the drill, more practice out of practice”

Kazan form series –

Drill One – stationary lift into all net (“high & soft”)

Drill Two – ball drop “step through” into all net

Drill Three – pivot, pivot into all net

Drill Four – LH pound/RH pound into all net (focus on the “gather”)

Shot fake spin-out drill –

- Start at the 3-point line, spin it out into a one-two foot pattern, gather & shot fake
- Pivot and spin the ball out the 3-point line, gather, pivot & shot fake
- Spin it out a 3rd time into gather, lift and shoot

No bounce spin-out series –

- Straight line spin out (no bounce) into gather & shoot
- Angled spin out (no bounce) into gather & shoot
- Elbow/lane line spin-outs into gather & shoot
- Builds quick feet
- Key is shooter does not lift out of stance on the spin-out

Repetition/volume drills

Rupp shooting –

- Two groups each side (seam & short corner)
- Shooter at short corner, focus on shot preparation – “hungry hands”, feet ready, stance “hands up, hips down”
- Anchor foot down, shooting foot slightly back (knees bent)
- “Torso twist” to receive one side, “open hips” the opposite side
- Step through the GREAT PASS and lift into shot
- Rebound own shot
- Count makes & misses
- 8 minutes – 2 minutes each side, 2 minutes pass from short corner to elbow shooter

2 & 3 pass shooting –

- Player at seam spot and on wing
- Ball starts at seam, pass to wing, shot fake & pass back for shot
- Be “shot ready” for every catch - “ball in the air, feet in the air”
- Incorporating shot fake valuable practice of this important skill – “good shooters have a great shot fake”
- Build to 3 passes now, shot fake on the first two gathers
- Build to shot fake on 3rd pass into penetration, shooter moves to receive 4th pass for shot

Situational shooting drills – executing the jump shot at speed under game environments

2 v 1 decision shooting –

- Passer in the charge halo, shooters just above elbow
- Make the pass & close out/contest
- Shooters can only shoot or make the “extra” pass
- No fakes, no dribbles
- Build to 3 v 2 – all 3 shooters can only pass or shoot, no fakes or dribbles
- Focus on being “shot ready”

JJ Curl series –

- 4 passers, 1 shooter
- Three cones or chairs on one wing, another on the opposite wing
- Curl the first cone for catch & shoot
- Sprint to base-line, curl the 2nd cone for catch & shoot
- Repeat and curl the 3rd cone for catch & shoot
- Flare the fourth cone for catch & shoot

3-cut shooting –

- Turn out off the base-line screen (cone or chair) for inside foot catch & shoot
- Rebound own shot, throw out & sprint through “elevator” at foul line for catch & shoot
- Rebound own shot, flare cone on opposite side for catch & shoot

Summary –

- Players love to shoot – coaches should love to teach and develop shooters
- Developing your skills as a teacher in this important fundamental are crucial to advancing your coaching prowess
- Lots of fantastic examples in the modern game to study and learn from – Ryan Broekhoff mechanically as sound as any shooter in the world