

Shooting the "Rock"

B.E.E.F. – Balance, Eyes, Elbow, Follow through

Proper hand position:

- 1) Finger pads – ball rests in finger pads not palm*
- 2) Pointer finger on airhole of ball (that will ensure your hand is directly under the ball – aligning hand and elbow).*
- 3) "dominant hand peace symbol" must go in the cookie jar (RIM)*
- 4) Guide hand on side and should be "flat" on side of ball – do not let it be used to help guide ball to basket.*
- 5) The thumbs should form a "T"*

Balance –

- 1) Lead foot always slightly in front of other foot (right handed – right foot slightly forward)*
- 2) Hips should be down when catching the ball – prepared to shoot*
- 3) Your head should be centered between feet (it's the heaviest part of body!)*
- 4) Concentrate hard on your footwork!!*

Eyes – As you catch the ball – your eyes must find the rim!

- Each athlete is different – some focus on front of rim, some back of rim, some focus on one of the eyelets on rim – YOU must find best for you!*
- But you must focus on rim with catch – whether shoot or not – you look like a player!*

Elbow –

- Hand position is more important than elbow (IMO!). If hand is on ball correctly your elbow will be awfully close to where it should be.*

Follow Through –

- *Hold that beautiful shot follow through high and proud! Hold it till the ball swishes and hits the ground.*
- *Holding your follow through allows you to learn potential issues with your shot. Did my fingers go to “cookie jar”, are they pointing right / left? Is my elbow above my eye brow, is my guide hand above my eye brow? These are all questions you can answer without a coach! Think of the follow through like the red squiggly line under a misspelling on the computer... it tells you what to do and how to correct!!!*

Other thoughts:

- 1) *Momentum needs to be going forward.*
- 2) *Your feet need to land in same area (maybe closer). When you take your shot, and your toes are pointing directly to rim, make sure they are pointing towards rim when you land. This will ensure your body is not twisting and rotating while you shoot. You cannot be consistent if you’re twisting!*
- 3) *Everyone shoots the ball differently – it is all about being “repeatable” and getting 1000’s of reps to create muscle memories!*