

The Shooters Manual
Test 2

1. In order to be balanced how should the player catch the basketball?
2. How far should your feet be apart?
3. When you shoot the basketball what should you focus on?
4. Aim _____ miss _____.
5. What does a shooters roll mean?
6. Concentrate fully _____, _____, and _____ the shot.
7. List 5 things that should be facing the basket on your shot:
 - A.
 - B.
 - C.
 - D.
 - E.
8. What is a shooting pocket?
9. How should the ball be placed in your hands?
10. What is follow through? How long should you hold it?
11. Should there be any bend in the shooting arm? Balance arm?
12. How should the balance hand be positioned?
13. When should you release the ball on your jumpshot?
14. Where should you land on your jumpshot?
15. What degree Arch should be put on the basketball when shooting?