

The Shooters Manual
TEST 4

1. List 6 Steps in Shooting a Free Throw
 - A.
 - B.
 - C.
 - D.
 - E.
 - F.
2. Who was Kyle Macy?
3. What is a Shooters window?
4. What is last thing ball should touch on your hands?
5. Why is lay up one of the hardest shots you will shoot?
6. Which foot do you jump off?
7. Explain jump up not out.
8. Why no finger rolls?
9. Where should the ball hit?
10. What should you use if possible?
11. Why is it better to jump off two feet instead of one foot?