

One Way Basketball



The Shooter's Manual

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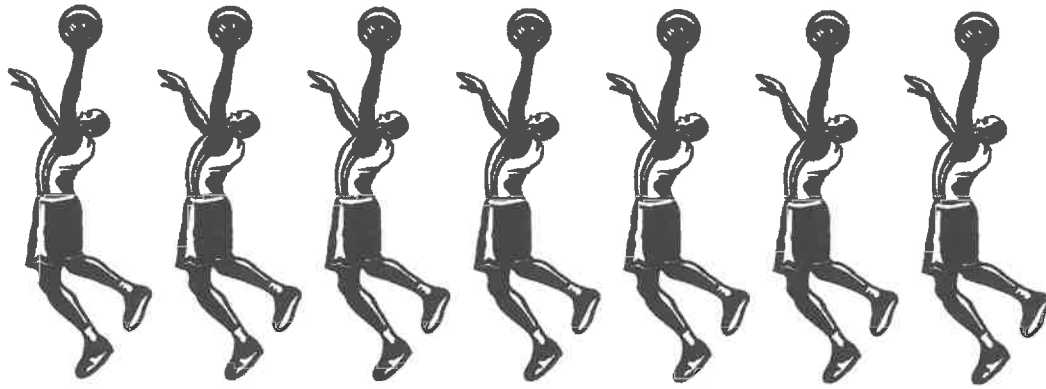


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Introduction

Great shooters are not born; they are made through hours of hard work in practice. All the great shooters of our time became great through hours of perfect practice. When Michael Jordan was in the ninth grade he was cut from his high school basketball team. He did not make the team because he could not shoot. Jordan was brokenhearted, but did not give up. He went home and worked on his shot and overall game for hours every afternoon after school.

All great shooters have one thing in common- they have spent more time in the gym practicing than anyone on their team. Shooting is a skill that must be built on repetition and muscle memory. The great shooters are more confident due to the hours of practice. The more you practice on a certain skill, the more confidence you will have in that certain skill. Confidence comes through demonstrated ability during practice. You can become a great shooter if you are willing to work very hard and spend the required amount of time in practice on shooting the basketball.

**A poor shooter can not take constructive criticism, so they will keep on practicing the same way and not get any better. A good shooter can take constructive criticism and will change certain aspects of his shot or practice time. A great shooter can take constructive criticism and LEARN. A great shooter will listen to their coach and fix whatever is necessary for him to shoot the ball more consistently. The key to being a great shooter is learning how to practice on your shot. All of your shooting practices should follow this motto:
GAME SHOTS AT GAME SPOTS AT GAME SPEED.**



Chapter 1- Attitude

The most important aspect of shooting is your attitude. Your attitude will determine if you will ever reach your potential as a player. In order to become a great shooter you must have a great teachable attitude. You have to be willing to learn and work on your shot at every opportunity you get.

When I was in college I would go to the gym at 6:30am in the morning EVERY morning during the week to get additional work on my shot. There were a lot of mornings that I did not want to get up and go to the gym, but I did because I wanted to reach my potential as a player and help our team win.

- A. A Positive Mental Attitude is needed to become a great shooter. Your attitude will show through in the end. If you have a bad attitude, everyone around you will know it and you will be a negative force on your team. You want to remain positive at all times. Do not be a pessimist; be an optimist. Do not put limits on what you can achieve. When you have a negative attitude, you immediately are putting limits on what you can do in anything you do in life.**
- B. Have a vision of being successful. If we do not have a vision, which is nothing more than a goal, we have no direction. Your vision will provide direction for your life, your attitude will determine how far you can go, and your work ethic will determine if your vision will become reality.**

Become a vision oriented person, picture yourself making the big shot at the end of the game; picture yourself making an A on the big test; picture yourself graduating from high school or college; picture yourself as a success. Have a vision and go after it.



Chapter 2- Steps in Shooting

A. BALANCE

Balance is essential for the great shooter. In order to be balanced you must catch the ball in the triple threat position.

- 1. Balance involves the entire body from head to toe.**
- 2. The proper footwork is essential for a balanced position. If you are right handed, your right foot should be slightly in front of your left foot. Your feet should be shoulder width apart and facing the basket.**
- 3. When you catch the ball your knees must be bent, and you must be in the triple threat position.**
- 4. Keep your head up. This promotes court vision. You must see the entire court to be a sound player. In order to see the entire court you have to keep your head up.**
- 5. Communicate with your teammate that you are open with a target. Have your hands ready to shoot the basketball with your elbow tucked in line with your knee.**

B. EYES ON TARGET

In order to be a great shooter you must keep your eyes on the target and NOT watch the flight of the basketball.

- 1. Make the target as small as possible. This will allow you more room for error.**
- 2. If you are in front of the basket your target should be right over the front of the rim because the front of the rim is soft and you will get much more of a favorable bounce off the front of the rim, that is call the "shooters roll".**
- 3. Concentrate fully before, during, and after the shot.**
- 4. Do not watch the basketball on your shot.**
- 5. Give your shot full concentration, do not focus on anything else.**

C. ELBOW UNDER THE BALL AND IN LINE WITH YOUR KNEE

Your elbow, ball, hand, knee, and foot should all be in line pointed toward the basket.

- 1. Your hand should be relaxed and have a shooting pocket when you receive the basketball. You know you have a shooting pocket if your shooting hand has wrinkles in your wrist. It will be in a cocked and locked position.**
- 2. The ball should be resting on the pads of your fingers and hand. It should never touch the palm of your hand.**
- 3. Your elbow should be pointed toward the goal to ensure a straight flight of the basketball.**

D. FOLLOW THROUGH

Reach up with your shooting elbow totally straight and snap your wrist toward the basket. We call it reaching into the cookie jar. When I was too young and short to reach the kitchen counter where my mother had the cookie jar, I would pull the cookie jar to the edge, reach as high as I could, snap my wrist down into the jar and come back with the reward. I did not know it at the time, but I was practicing shooting, but unfortunately getting fat- so that is why my mother put rice cakes in the cookie jar and I did not reach into the cookie jar any more.

- 1. Keep your shot smooth and consistent.**
- 2. Keep your shooting elbow totally straight before releasing the ball on your shot and follow through with your wrist by snapping it down toward the goal.**
- 3. Release the ball right before reaching the peak of your jump. Many times if you try to shoot at the peak of your jump you will wait too long and end up shooting the basketball on your way down, which will give you a pushing motion rather than a shooting motion.**
- 4. Get the ball up- not out. The ball should have a 60 degree arch on it.**
- 5. Land right in front of where you started, this will ensure that you are going toward the basket on your shot.**



Chapter 3- Prepare to Shoot the Basketball

In order to be a great shooter you must be prepared to shoot the basketball during the game.

- 1. Preparing to shoot the basketball involves moving without the basketball, communication with your teammate, having your hands and feet in the right position, staying balanced and also being in your shooting range.**
- 2. You have to make a cut to receive the basketball. Watch your defender, out think him and use your cuts wisely. Steve Alford is one of the most prolific scorers and shooters in the University of Indiana's history. He scored by working off of screens, he used cuts off the screen to get him open.**
- 3. Communicate with your teammate, give him a target and catch in the triple threat position.**
- 4. Have your feet pointed toward the goal and shoulder width apart, also have your hands with a target and your shooting hand cocked and locked ready to shoot the basketball when it hits your hands.**
- 5. Be in your shooting range when you catch the ball. If you are out at the three point line and you only can shoot consistently from 15 feet, you are not a shooting threat with the basketball. This makes you much easier to guard, the defender can give you a few feet because he knows you can't hurt them with your shot from that area.**



Chapter 4- Shot Selection

- A. Poor shooters force shots when they are being guarded closely ; good shooters shoot perimeter shots when they could get a better shot; great shooters shoot open shots. Open shots are shots when the defensive player is over an arm's length away and you are in your shooting range. If the defensive player is within an arm's length, you should not shoot the basketball. Work the ball to get a better shot. The offensive goal of every team is to get a wide open layup every time down the court, now that would be the perfect game, and that does not happen, but that is what our offense is working for. If we can't get a wide open layup down the court then we want to get a wide open shot in our shooting range.**
- B. Great shooters know their range. How do you know your range? Your shooting range will vary from year to year. The older and stronger you get and also the more you practice will dictate your shooting range. You can be strong and very tall, but only have a two foot shooting range because you do not practice other shots enough. In order to increase your shooting range, you must increase your shooting practices.**
- C. Individual Shot Selection- we are all not the same. Some players will be able to shoot further out than others. Know your range, know where you are comfortable on the court, and know if you are in your shooting range. If you can hit six out of ten shots unguarded from an area, you are in your shooting range.**

D. Does a teammate have a better shot? If the answer is yes, you must get that teammate the basketball so they can shoot the higher percentage shot. Do not be selfish. Our goal as a team is to get a wide open layup every time down the court. Getting the best shot requires patience and offensive movement with a purpose. If you have five team members on the court with one goal in mind, they are very hard to stop, but it is when selfishness and egos enter into the picture that the offense tends to break down.



Chapter 5- Free Throws

Steps in Shooting Free Throws

- 1. Find the dot.** Wooded basketball courts have a dot directly in the middle of the free throw line. Line your strong foot up with that dot- if you are right handed, your right foot is your strong foot; if you are left handed your left foot is your strong foot.
- 2. Bend your knees.** The power for the free throw comes from your legs and not your arms. Get a nice knee bend to get the ball to the rim. Kyle Macy, who shot over 95% for a season for the University of KY Wildcats in 1982, always would bend his knees and touch his elbow of his shooting arm to his knee to ensure the straightness of his elbow, but also the deep knee bend required on a free throw.
- 3. Do what you do.** When you are doing whatever you do- two dribbles, three dribbles or whatever- keep your knees bent. We do not want to bounce up and down on the free throw line. There should be no negative motion on the free throw line. Negative motion is anything that takes you away from the rim or out of the shooting position. Whatever you do on the free throw line, make sure it is consistent and you do it every time you go to the free throw line. That ensures muscle memory and at the end of the game when you are very tired, the muscle memory from the free throw line can lead you to makes instead of misses.
- 4. Cock the ball in the shooting pocket.** If you have wrinkles in your wrist of your shooting hand, you have a shooting pocket. Make sure your elbow is tucked in and is straight with your knee on the strong side of your body.
- 5. Find your target.** Which should be right over the front of the rim. A lot of times you will hit the front of the rim and get a favorable roll into the basket. If you aim at the back of the rim and actually hit the back of the rim it will bounce straight back out, the back of the rim has no give. Do not watch the ball, keep your focus on your target.

- 6. Follow through. Make sure your shooting elbow is totally straight, and you are holding a high one second follow through. Come up on your toes with everything pointed toward the goal. Make sure your “shooter’s window” is clear. That means your balance hand is also over your head and is straight. Your weak arm will be slightly bent, but your balance hand will be straight. The last thing the ball will touch from your body are your first and second fingers on each hand.**



Chapter 6- Lay Ups

One of the hardest shots of the game is a lay up. It is tough because usually the lane is so congested and the lay up is not open.

Steps to Shooting Lay Ups

- 1. Keep your head up on your target. Many players miss lay ups because of lack of concentration on the target. They are watching the defense and not giving the correct amount of concentration on the target.**
- 2. When attacking the basket, dribble with the outside hand away from the defender. If you dribble with the inside hand the ball will be easily stolen from you. Keep the ball in the outside hand and attack the rim.**
- 3. Chin the ball. Don't dip the basketball because that is negative motion and will take you longer to get the ball up and into the basket. You will have to be very quick with lay ups down low because of the athleticism of many players. Also, if you dip the ball and small guard can come and steal the ball as you bring it back up to chin level.**
- 4. Jump off the inside foot. If you are attacking on the right side, jump off your left foot- if you are on the left side, jump off your right foot. With jumping off one foot you will be able to attack the basket with a strong drive and also have your knee up when attacking. It will also make you jump higher and catapult you up in the air toward the basket.**
- 5. Get your hand under the ball and do not finger roll to the basket. Make sure your hand looks like a regular shot with a shooting pocket when taking the ball up on lay up.**
- 6. Get the ball high on the top of the square. The higher you get the ball in the square, the better the chance you give the ball for going in. Try not to hit the bottom of the backboard and lay in under the rim.**

- 7. Use the jump stop when possible. The jump stop ensures a power position from the player. When you jumpstop, chin the ball and jump into the basket. Your shoulders will be parallel to the basket. When you jumpstop, have your feet shoulder width apart and land on your heels- when you do that you will land balanced and will be able to take a push and hit.**



Chapter 7- Shooting Practice

1. **Shooting Progression-** this should be done every time the player enters into the gym, it should be done every day.

Steps of Shooting Progression

- A. **Find your shooting pocket-** this is done by getting into the triple threat position. You will swing your shooting arm back and forth as if you were carrying a pocketbook; after about three or four swings you will cock and lock into your shooting pocket. Make sure that your elbow is locked in and is straight in line with your knee and that your strong foot is slightly in front of your weak foot.
- B. **Follow through with a high two second follow through-** after you find your shooting pocket a few times, go ahead and follow through on your shot- make sure your shooting elbow is totally straight and your follow through is straight down. Snap your wrist down, also get up on your toes. Make sure your balance hand is totally straight also. After you hold your follow through for two seconds, retrace the shot back to the beginning.
- C. **On Back Without the ball-** get on your back and tuck your shooting elbow next to your body and make sure it is on the ground. Cock and Lock your wrist in with the shooting pocket and go straight up as you would on a shot, snap your wrist and follow through, hold the high two second follow through. This will build the muscle memory that is needed to become a great shooter. Do this with your shooting hand- go ahead and add the balance hand from the beginning; then switch it around and work on your weak hand also.

D. On Back with Ball- stay on your back, but add a ball in. If you are shooting the ball correctly the ball will go straight up in the air right in front of your hand and it will have backspin on the basketball. Things to watch for while on your back- make sure you start with your elbow on the floor, also make sure it is tucked in by your side. Also watch for movement on the balance hand, the balance hand is supposed to be a board for the basketball to come off from. The most common problems of the balance hand are: waving the basketball by, some shooters will turn their balance hand as the ball is in the process of being shot. This will put a side spin on the basketball because the last thing the ball will touch on the shooters hands is the thumb of the balance hand. Some shooters do not bring their balance hand up far enough, some leave it too low and this gets in the way of the shooter's window making the shot essentially a one handed shot, which will effect the accuracy of the shot.

E. Form Shooting without ball- is done from the triple threat position. If you have a partner get in front of him about 10 feet apart. Go through the steps of finding your shooting pocket, cock and lock, follow through and retrace. Your partner will watch you and tell you things you need to work on with your shot. After you shoot and receive the feedback, he will do the same. If you do not have a partner you will do the same, but only watch yourself. Try to correct yourself on your shot. Look for things to improve upon. My senior season in high school, I was able to correct my shot from thumbing the basketball with my balance hand, through hours of shooting progression. It took a lot of work and concentration to correct my balance hand, but I was able to do so over a period of time because of building muscle memory through all of these exercises.

F. Form Shooting with ball- is also done from the triple threat position. You will do the same steps as you did without the basketball. After you cock and lock the basketball in your shooting pocket, focus on your target. Your target will be right in front of your partner or in front of you if you are alone. Pick out something small as a target and shoot at it. The smaller your target is, the greater the error of margin can be. **DO NOT** watch the basketball when you shoot, keep your focus on the target.

G. Groove your shot on a wall- start from the triple threat position in front of a flat wall, find a target on the wall and shoot at the target with all of the same principles that we have focused on- bend knees, cock and lock, high two second follow through, shooting elbow totally straight, keep balance hand totally straight, focus on the target- NOT the basketball. Also make sure the ball is hitting the wall on the way down NOT on the way up, this will ensure you are putting enough arch on the basketball and will make your shot softer and have more touch.

H. Groove your shot around the basket- start about a foot away from the basket in front, go through all the principles we have taught you. Try to make the shot totally clean with no rim, then move to the sides of the basket and do the same. Start moving a foot back after you build your touch and are able to make three clean from one location. Do not jump on your shot, these are all set shots. Work your way back to around the 15 foot area and then start doing the same on your jumpshot.

I. Spin yourself the ball for shot- the last part of shooting progression is actually working on your shot. We like to simulate game shots at game spots at game speed. On every shot spin your self the pass, catch facing the basket with a shooting pocket, shoot and follow through, then go and retrieve the basketball on the rebound. If you missed the shot, go ahead and score with the lay up.



Chapter 8- Shooting Drills and Games to Improve Your Shot

- 1. Partner Shooting-** this is done with two people. We want to simulate game time situations and shots so one person will be the passer from the top of the key and the other will be the shooter. The shooter will work on a v cut from the baseline and pop out for the shot on the wing, if he misses he will get the ball and score. The passer will also work on v cutting and communicating with his teammate that he is open. When the passer catches the ball he will be in triple threat and work on passing with his outside hand to the shooter. You will shoot 10 and rotate. Have a goal in mind and if you do not reach that goal make yourself sprint for conditioning. Change sides of the court and even work from the middle on this drill, can be used for short shots or even extend out to three point line to work on three pointers.

- 2. Rapid Fire Partner Shooting-** this is done with three people and two basketballs. On this drill we are not working on movement without the ball, but we are working on getting the ball up very quickly and catching the ball prepared to shoot. The shooter will start from the right baseline, ask for the ball and the passer will get it to him, after the first shot is up an the shooter has held a one second follow through, the shooter is back in triple threat and asking for the next ball. We are working on shooting the ball very quickly and keeping the same shooting principles we have spoken about throughout this book. You can get up a lot of shots with this drill. Shoot 25 and rotate shooters. After all of the players have went from the same area, go to the next area which would be bank jumpshots from the right side, then elbow shots from the right side, then jumpshots from middle, elbow shots from the left side, bank shots from the left side, and end with the baseline shots on the left side.
- 3. Three Man Shooting Rotation-** On this drill we will start with a rebounder, passer and shooter. The shooter will work on v cuts from the baseline and pop out moves to the wing, giving a target and asking for the ball, catching in triple threat facing the basket with a shooting pocket ready to shoot the basketball. The rebounder will keep his hands wide and over his head and try not to let the ball hit the floor. After getting the ball on the rebound he will look to pass the ball out to the passer. The passer will make a top v cut and ask for the ball with a target, catch the ball in triple threat and make a pass with the outside hand- while stepping to the shooter to make the game a shorter, more sure pass. After 10 shots rotate from passer to shooter, rebounder to passer, and shooter to rebounder. Don't walk to rotate, run and get the drill started back.

- 4. Hot Shot-** this is done by marking off areas of the court for point totals and letting the player shoot in the different areas for one minute. For example baseline jumpshots will count as two points, lay ups one point, bank jumpshots two points, elbow shots three points, and three pointers will count for four points. The time limit will keep the pressure on the shooters and by making them rebound the shot it will teach them to follow up on their shot and this will also give them conditioning by keeping them moving throughout the drill.

- 6. Beat Micheal Jordan-** the player starts off from the free throw line, which will count as one point if he makes, but if he misses it will be three points for MJ. From that point on every miss from the player is 2 points for MJ, every make for the player is 1 point for himself. Only 1 layup is allowed during this game. The player will only beat MJ if he hits twice as many jumpshots as he misses. If the player starts beating MJ consistently, make every miss count 3 points for MJ. This game is great for concentration and movement.



Chapter 9- It is all up to YOU!

Shooting the basketball is really easy; shooting the basketball well is not. It takes hard work, concentration, dedication and practice to become a great shooter. If you are willing to work out during the off season and stay in the gym working on your shot, you will become a great shooter.

Usually the best players on the team are the best because they have work the hardest. The hardest workers always rise to the top, they find a way to get better and get on the court when the game matters the most. If they are having problems with their shot, they will go into the gym and work on shooting progression consistently. If the best players don't work the hardest, they will not be the best player for long. There will be someone who works harder and will surpass them in the long run.

If you are willing to work hard and build the muscle memory that is necessary to become a great shooter, you will become a great shooter for your basketball team. Shooting is only one phase of the game, but it is a pretty important phase that every team needs.

I encourage you to go out to the court, work hard on the fundamentals and become the best player you can possibly be. Basketball is a wonderful sport that you can be involved with your entire life. Many life lessons can be learned on the court with your teammates. Enjoy the game and shoot for the stars.

God Bless,

Coach O'Neal