

Shooting Form for Beginners and Advance Players

Shooting Form (for beginning players)	Cues
Balance	Feet Shoulder Width Apart Bend knees (45 degrees) – helps to elevate the ball
Hands	(Shooting hand) Air hole between index finger and middle finger – spread wide (Guide hand) side of the ball *If you were to line up your thumbs they would make a T
Elbow	Arm holds ball completely vertical (not out like a chicken)
Eyes	Look where you want your shot to go (look at the back of the rim)
Follow-through	Extend to the balls of your feet Flick your wrist (resembles a goose neck)

Shooting Form (for advanced players)	Cues
Square Up	Feet Squared to the hoop (feet pointing toward the basket, shoulders align with feet)
Sit down	<ol style="list-style-type: none"> 1. Knees should be bend directly over your feet (Balance to explode up and equally with both feet) 2. Tailbone is sitting back towards your heels 3. Chest Up
Ball in Your Pocket	<ol style="list-style-type: none"> 1. Hand under the ball with elbow close to 90 degrees 2. Guide hand (side of the ball) be aware of the thumb it can cause the ball to side spin. Use only as a guide hand. 3. Elbow aligns with your knee which is aligned with your feet
Release	<ol style="list-style-type: none"> 1. Go straight up 2. Guide hand is flat 3. Follow-through(elbow is fully extended, ball touches the finger tips last – like you are putting your hand in the hoop) **Go Up NOT Out



**Always start your practice shooting with one hand and close to the basket