

Rick Torbett – Shooting

See www.hoopsplaybook.ca/shooting/rick_torbett.html
(also www.hoopsplaybook.ca/notes/shooting_keys.htm)

Build your shot,

- the shot begins in the shot pocket, keep the ball on the shot line (see below)
- stance - square to the goal, ten toes straight to it
- balance - both feet under your shoulders, back straight, bend knees and hip, don't then bend deeper, your body simply uncoils, if you jump you should land in the same place
- grip - the ball rests on fingers and pads of the shooting hand, the guide hand is to the side of the ball with all fingers pointing to the ceiling
- ready position - upper arm parallel to the floor, there are two right angles, wrist and elbow (waiter position – remove the guide hand)
- set position (shot pocket) - bring the ball down so the forearm is parallel to the floor (the ball should not fall out), there are still two right angles (upper arm perpendicular), the shot pocket is completed (from here you can still pass or dribble)
- shot motion - up and out, on the shot line, keep the wrist and elbow in 90-degree positions until you sight the goal between your forearms (i.e., when the ball is above eye level), then extend your arm but not your shooting wrist, your elbow should lock out at the same time your wrist begins to break
- shot line - for a right-hander with a dominant right eye, the shot line will be a few inches to the right of dead centre; with a dominant left eye, the shot line is dead centre between your legs
- point of release - both arms are fully extended, the shooting wrist is fully broken and even flops a little, the shooting fingers (index and middle) are directly above the goal on the shot line, the finger tips should finish above the white square for proper arc
- guide hand - the guide hand finishes with fingers and thumb pointing to the ceiling and palm facing the shooting hand (the same position

relative to the shooting hand as in the set position), framing the edge of the rim

- jump shot - time breaking of the shooting wrist with feet leaving the floor
- check your feet after the shot, are they still under your shoulders with toes facing the goal
- to change bad habits, correct your form after each shot, pose (hold your position), examine and make corrections
- Summary - ready, set, fire, pose