

# IC 2011 Shooting Clinic Notes and You Tube Clips

Aim – embed good shooting form in the players’ minds. We want the kids to shoot correctly and be able to self diagnose ... so when they practice (always at close to game pace) they are practicing correctly.

Skills: The following six skills were covered.

1. **Put back shot off the Backboard** – learning how to play big, even when you are small. Throw the ball up against the backboard. Rebound it, keep it high and shoot off the backboard while protecting the shot. Focus on: keep ball up (don’t get the ball stripped as you bring it down) – protect ball with body – shoot soft and high off square.

[You Tube](#)

Offensive put back drill – He is doing the drill as we completed it (junior players use a chest or overhead pass) Players can do it themselves at home. Or do it at training for 5 minutes every week for them all.

[http://www.youtube.com/watch?v=2zx\\_Ix7ZWGE](http://www.youtube.com/watch?v=2zx_Ix7ZWGE)

2. **Layup** – working on footwork, extension, high and soft off the square by jumping last jump up – not a “long jump”. Emphasis is a “shooting action” for a soft high release. As they get bigger and can jump higher, they can put “palm up” under ball – but now make it a shot with “palm down” on soft release ... just like a shot. Little ones need to use the guide hand to hold the ball similar to a shot.

[You Tube](#)

Lenny Wilkins layups – good vs. bad - <http://www.youtube.com/watch?v=vMDwHr3CgpM>

– really simple. Keep high on square, extend arm and get the angle of approach to the backboard 45 degrees. Excellent overview.

Jerry Petitgoue – excellent drills with highly skilled girls and boys - <http://www.youtube.com/watch?v=09b3BMSkFDY>

- he is a veteran that clearly loves his craft. Good points & great junior execution, look at their skills on both sides. Apply Lenny Wilkins’ principles above to diagnose any problems

3. **Form Shooting** – the parts of the shot practiced using “BEEF” “Balance, Eyes, Elbow Up, Follow through”, without the ring and then from close to the ring. Really emphasise getting to the “L shape elbow” before final push & finger tip shooting (hand under the ball like a “chuppa chup” not behind the ball). We did this without the ring to get the technique working. Then we worked on the shot off the backboard too.

[You Tube](#)

Dell Curry – basic sound technique - <http://www.youtube.com/watch?v=hMIN-OuNnY>

- 16 yr NBA Veteran & father of Seth & Stephen Curry who have set college shooting records themselves. Lovely release and simple mechanics. Mikan drill is good too – but this clip shows Form Shooting & basic shooting action.

Steve Nash – NBA legend goes through beef basics and demonstrates beautifully. <http://www.youtube.com/watch?v=SdsIodeCQH4&feature=related>

Basketball Skills for Women clips – Cynthia Dallas – form shooting close in - <http://www.youtube.com/watch?v=ctLvfnUtyHE&NR=1>

- a follow up “short range” form shooting showing how this works in practice (very similar to our drill – see rebounder passing quickly = lots of shots quickly)

Dr Hal Wissel – advanced – how to correct a shot ... for coaches on how to give feedback - <http://www.youtube.com/watch?v=JMfTsL0SW14>

- a true USA shot doctor who goes over a range of shooting problems and corrects them. Using one or two words to help fix the issue. I love his simple approach and clear examples. If we can give quick feedback like this after each shot (one thing) then we can help players self-correct.

4. **Step in and shoot** (similar process for Catch n shoot) - taking the two skills above, adding in the “triple threat” position before they get the ball so they are ready to shoot fast. Step into the shot and use the BEEF “B” for balance and leg push to get power. Inside foot lands first. Think rhythm, eg: Balance, aim, shoot and try to push quick release NOT slow and tortured. Game pace is the emphasis NOT slow and steady.

[You Tube](#)

Ray Allen – footwork and keeping within range - <http://www.youtube.com/watch?v=6IPuD8bGdts>

- Pure Shooter shows great footwork with the curl cut and the inside foot. Also discusses free throws briefly.

Basketball Skills for Women – Cynthia Dallas - <http://www.youtube.com/watch?v=zhKzQI04Kvg>

- great five spot shooting with nice technique. Check out the good triple threat position and how she moves in with good footwork – one two three.

5. **Shoot off the dribble** – as for catch and shoot but adding the footwork and picking up off the dribble. Curl cut around the screen, inside foot lands first. Picking up the ball in front of the shooting knee & quick release rather than “floating”. Small ones just get toes off the ground. Older players turn this into a jump shot but sacrifice a high jump for lower jump and quick release as a junior, this helps with longer range too. Emphasising the “L-shaped elbow” prior to the final release is the key to changing a “push shot” into a “jump shot” for advanced players.

[You Tube](#)

Dr. Hal Wissel – go to 5 minute mark of this video !!! To avoid listening to too much chat. See a good shooter off the dribble- [http://www.youtube.com/watch?v=gEKcxYdx\\_0Y](http://www.youtube.com/watch?v=gEKcxYdx_0Y)

. Then look back at the main points (he labours these in the first 5 minutes – it’s painful) the last 4 minutes are good as he coaches someone who demonstrates the shot as he speaks about it.

6. **Free Throw** – key teaching points and the productive use of “routines” every time you shoot. Pick up the ball, point hand at the ring, then bring in support hand. Nice and high at the ring. Same short routine each time (discourage long routines = counter productive as increases anxiety not decrease)

[You Tube](#)

Dell Curry - importance of routine - <http://www.youtube.com/watch?v=9f711bZtJhg>

Youth basketball – good summary of main free throw points -  
<http://www.youtube.com/watch?v=a5xlxNwDgsI>

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