Form Shooting

Exercise:	Reps	<u>Day1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>	<u>Day 8</u>	<u>Day 9</u>	<u>Day 10</u>
Stroke - lay on back and shoot ball with one hand											
Partner Line Shooting											
1) Finish: Frame the goal and hold your follow-through until the ball hits the rim, wrist broken, both arms extended. Check that your shooting arm and guid arm frame the goal.	1										
2)Wrist Flip: Shooting fingers point down into the goal, shooting fingertip above the top of the white shooter's squre	os										
3) Your guide hand fingers and thumb point to the ceiling: frame the side of the goal; don't drop the arm											
4) See the rim with both eyes between your arms as soon as the ball passes above your eye level											
5) Set your shooting wrist as you set the ball in the shot pocket; no dipping, just up and out											
6) Time the break of your shooting wrist with your feet coming off of the ground											
7) Check your feet before and after you shoot, both feet square under your shoulder, pointing to the goal											
8) Let your elbows hang straight down perpendicular to the floor; don't let them fly in or out											
9) Focus on the shot-line-bull's eye; use the loops; do not watch the ball in flight .											
10) Relax from the waist up and put it all together; good coordination results in effortless shooting											