Teaching & Drilling the Jump Shot
Sunday the 19th of June

Queanbeyan Basketball Stadium

Teachings, Layers & Drills are INSPIRED by coaches from COE (Past & Present), Peter Lonergan, Dan Majerle, Eddie Calic & Dave Love:

In building a Jump Shot, like to work with these layers:

Technique Rhythm, Distance & Speed
Movement Forward, Sideways & Game Cuts
Defenders
Decisions

Shooting Plan:
1. Feet
2. Focus
3. Follow through

AIM of every shot we want to:
1. Get it Straight
2. Get it up
3. Get it Long (BRAD – Back of the rim and down)

When adding a pass to the shooter we now start to preach prior preparation:
1. Active Hands
2. Legs Loaded
3. Big Voice

- **Technique Build Up**
  70 Second Drill –
  Hands Out
  Wrist Bent
  Guide Hand Turn
  Elbow Bent with Hands in place
  10 Wrist Snaps
  10 Follow throughs

- **Extension**
  Toes on the Charge Circle – Extension
  We are taking away the bottom half of our shot – Emphasis the follow through

- **Rhythm**
  Floor to Fingertips
  Legs Loaded – Elbow Lift – Balls of your feet – Hold the follow through till ball swishes

Extend the Distance

- **Balance**
  Big Jump (Patty Mills) – Land in your footprints
  Side to Side Movement
  Small Steps – Get hips behind the ball, legs under your hips

- **Speed/Footwork**
  Air Spin
  Both Feet in air
  One, Two Step
  Inside Foot (Short Steps, long steps)
  **Build back to the 3 from the mid-range

- **Add Defender - Stationary**
  Defense starts with the ball inside the key
  Passes to stationary shooter
  After the pass the defender can now contest

- **Add Defender – Off the Dribble**

- **Add Defender – Movement**
  Defense starts on the elbow; defense starts at foul line extended
  Offense moves, defender passes the ball on time & on target to the corner
  After the ball has left the defenders hands, they can sprint to contest the shot

Something we talk about
Game Shots Shot's we will shoot in the game
Game Spots From spots we will shoot them
Game Speed at the speed we would need to shoot them

We remind players, the only way to get good:

1. Do it every Day
2. Do it at pace
3. Do it under pressure