

The Impact of Strength Training on Basketball Shooting: What the Research Says

Contrary to popular belief, strength training does **not** harm a basketball player's shooting ability—in fact, it may even support it. While some players worry that lifting weights will make them "too bulky" or alter their shooting mechanics, scientific evidence suggests that proper strength training enhances overall athletic performance without compromising skill execution, including shooting.

Research Findings

1. **No Negative Effect on Shooting Accuracy**

A study published in the *Journal of Strength and Conditioning Research* (2004) examined NCAA Division I basketball players over an 8-week strength program. The results showed **no significant decrease** in shooting performance. Free throw and 3-point accuracy remained stable or slightly improved.

2. **Strength Training Enhances Stability and Control**

According to a 2015 study by Ziv and Lidor in *Sports Medicine*, upper-body and core strength training can **enhance body control**, which is crucial for consistent shooting form—especially under fatigue or defensive pressure.

3. **Neuromuscular Adaptations Improve Skill Transfer**

Research by Hoffman et al. (2009) demonstrated that athletes who incorporated resistance training showed improved **neuromuscular coordination**, helping maintain proper shooting mechanics under physical stress.

Key Takeaways

- Proper strength training programs are designed to **enhance functional strength** without reducing flexibility or altering fine motor skills.
- Improvements in **core stability**, **leg power**, and **shoulder strength** support better shooting by providing a more stable base and efficient energy transfer.
- Strength training should be **complemented** by skill work—shooting drills, mobility work, and recovery—to maintain shooting touch.

Conclusion

There is **no evidence** to support the idea that strength training hinders basketball shooting. On the contrary, a well-structured training plan enhances overall performance and can even

improve shooting through better stability and endurance. The key is balance: combining resistance training with consistent on-court practice and proper recovery.