

2. Groove Your Shot

Purpose:

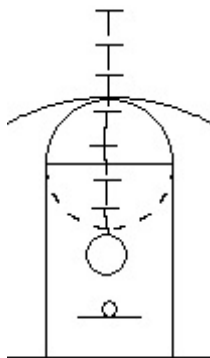
Builds muscle strength and improves shot form.

Setup:

- * Give player basketball.

Execution:

- * Player starts out about 2 feet from rim.
- * Player shoots one handed shots with exaggerated arc, trying to swish the ball with no rim contact.
- * When 3 in a row at one location are made, take a step back and start again.
- * Player keeps stepping back from the rim as far his range will allow.



Coaching Tips:

- * Players should be holding a high, one-second follow-through on each shot. Also, remember their guide hand should be off the ball unless they are unable.
- * Some players try to hold the ball too high and push their elbow out. Make sure players are keeping their elbow in. If they need more power, bend lower and use their legs more.