

SHOOTING - Understanding Improvement

SHOOTING - So what do you know about yourself as a shooter? Why are you a shooter? What are you prepared to do to continue to improve? Who can help you? What are your goals and are they achievable in the next month, the next 3 months and/or for the season?

Discuss

STRENGTHS - What are they in terms of your actual shot and where you shoot from? Also consider the wider range of shot types (falling out of court, step back and side etc), your movement abilities, passing, defending, screening, combination work, %s, timing, ability to play both GS and GA etc. **Discuss, document at home**

IMPROVEMENT - Why, what and how - and to achieve what outcomes? **Discuss**

UNDERSTANDING AND USING STATS - Do you know what your average in game stats are? What parts of the circle do you perform best? What is your favourite side of the post? How many missed shots do I rebound? - **Discuss, document at home**

PRACTICE - Technique V Putting up shots V Pressured Shooting. These are all different - Shooters require a smooth and repeatable action, this is **Technique**. Putting up Shots, this is **Developing Automation**. **Pressured Shooting**, this is testing the degree you can rely on your automation - ultimately you are looking to achieve a solid and dependable action on court! - **Discuss**

KEY WORDS - What are yours and do they relate to shot success? A trigger word relative to the process will serve you best! - **Discuss**

DETAILS - SELF AWARENESS, SKILL AWARENESS, ENVIRONMENT AWARENESS
Discuss and reflect at home

VIDEO - Put your shot on video? From both sides, front and back? It's essential you can see, feel and measure what you do, and/or are trying to achieve. A great tool to share with your coaches - **Record now** - (use mobile or camera)

SHOOTING MENTOR - Who is best for me and how do I find them? **Discuss**

Time to make a plan!

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