

SHOOTING 101

COACHES GUIDE TO SHOT TECHNIQUE

1 PREPARATION

Stance prior to commencing the action of the shot



A Feet / Stance

✓ Keep your feet shoulder width apart and aligned consistently to the ring



✗ If feet are too wide the strength from the legs will be lost



✗ If feet are too narrow balance and strength will be lost



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B Arms

✓ Arms need to be comfortably tall above the head without over stretching. Forearms should be beside the ears



✗ Arms over stretching and stiff creates a stiffness in the shoulder and neck that will cause issues with the natural rhythm of the action



✗ Arms too far forward will encourage the elbow to drop and lower the ball to the head, resulting in a "push shot". The defender also gains reach over the ball



C Hands / Grip

✓ Shooting hand should be under the ball with fingers spread. The ball should sit comfortably on the palm pad and finger pads, NOT the whole palm. Support hand should be on the side of the ball with fingers pointing to the sky.



✗ Two handed common in young shooters



✗ Support hand too far around restricts the extension of the shooting hand



2 ACTION - DOWN MOVEMENT



- Shooting hand should be directly above the head
- The elbow 35 degrees bend.
- Weight in the heels (important to stop the body pitching forward)
- Knees 35 degree bend
- Everything well balanced

A Knee Bend

✓ Knees bend evenly 35 degrees



✗ Bending the knees too deep takes too long to come back up for the shot and often causes the shooter to pause at the bottom and lose rhythm. This also brings the ball into closer proximity to the defender's hand.



✗ At the wrong time (the "knee poke") where the shooter comes up onto the toes first, then pokes the knees forward and completes the shot in this stance



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B Elbow Bend

✓ Approximately 35 degrees elbow bend replicating the knee bend



✗ 90 degree bend is too far back. Ball starts to drop off the fingers, losing control



✗ Dropping forward and down promotes a push shot from the shoulder



C Wrist Cock

✓ As the elbow bends and ball drops back, the wrist should stay cocked. This then allows for follow through to occur on the release of the shot



✗ Wrist rolling it causes shot trajectory straight at the ring with no arc



3 FOLLOW THROUGH - FULL BODY

✓ Extension through ankles, knees and elbow



✗ Body is arched which forces the ball to start behind the head. This then impacts the timing on release and is often too early and ball drops off the back of the fingers.



✗ Follow through finishes well in front of the gace the shot trajectory is often flat and directly at the ring. It also leaves the ball on the hand too long giving defenders opportunity to hit the wrist affecting the release



A Arm

✓ High release above head. You should just be able to see your fingertips if you looked up with eyes. Hold your follow through position until the ball swishes through the ring.



B Wrist / Hands

✓ Wrist should flick through from cocked position. Fingers snap through, well spread, pointed at the ring in a high position. Support hand is still on side indicating that it has only been a support.



✗ The hand should complete the extension of the arm. If the hand is pulling off it may indicate the shooter is trying to keep their hand away from a defender



✗ If the hand flicks to the left or right it indicates either the index or ring finger is doing too much work on the ball ie index finger in shot



4 FINAL TECHNIQUE

ARE YOUR SHOTS GOING THROUGH THE RING?
IF NEEDED, IMMEDIATELY CORRECT YOUR BIOMECHANICS

ONE



TWO



THREE





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