



ECBA
HOOPS

HOW TO SHOOT A BASKETBALL PROPERLY



Master the art of shooting. For players of all ages and levels.

FORM Shooting

The right way to start learning how to shoot and to develop your shooting technique.

Form Shooting is the practice of shooting 2-5 feet away from the basket. Each repetition consists of 3 major parts:

- THE 1-2 STEP
 - THE REVERSE WATERFALL
 - FIRING THE SHOT
-

THE 1-2 STEP

"The key to being a good shooter is balance. Everything follows balance."

- Larry Bird

The 1-2 Step helps you gain **balance** at the start of your shot. It lasts only for less than a second, but it can be broken down into at least 8 simultaneous, tiny and important parts.

Practice these parts **individually**, and increase your accuracy significantly and immediately!

The Perfect Balance, Stance & Alignment

are achieved when you create a **straight shot line** between the basket and (for right-hand shooters) your right toes, your right knee, right hip, right shoulder, right elbow, right wrist, and the basketball.

Off The Catch or Off The Dribble...

Balance, stance, and alignment
start with a 1-2 step of your
feet

For a **right-handed** shooter: left
foot 1st, right foot (lead foot) 2nd.

For a **left-handed** shooter: right
foot first, lead foot second.

Part 1

Proper Feet Alignment

As you 1-2 step, square your feet shoulder-width apart, and square your feet with the basket (point left toes to the left of the rim, right toes with the right).

Part 2

Proper Feet Spacing

As you 1-2 step, lean forward with your lead foot so that you stagger your right heel with the toes of the left foot.

Part 3

Proper Head to Toe Alignment
(90 degrees to the floor)

As you 1-2 step, bend at the knees, bend at the hip, and lean forward by lowering your head and shoulders in front of your feet.

Part 4

Prepare Feet for Lift-off

As you 1-2 step, shift all your weight to the front of your feet, so that your heels are off the floor.

Part 5

Locked and Loaded Elbows

As you 1-2 step, tuck your shooting elbow in front of the right side of your waist (directly above your right foot) so that it lines up straight with the center (the best target) of the hoop.

As you tuck the elbow, notice the basketball dip. This is the starting and the lowest point in the shot.

Part 6

Correct Hand Control & Placement

As you 1-2 step, firmly secure the ball with both hands, while seaming the ball with fingers spread wide on your shooting hand, perpendicular to the ball.

Part 7

The Perfect Aim

As you 1-2 step, lock your eyes on the center of the hoop.

The center gives you the best margin of error: if your shot goes left, right, long, or short, you can still make the shot.

When you working on your 1-2 Steps,
focus on one part at a time.

For example, if you take 50 shot repetitions, don't worry about making 50 shots, and don't worry about all the other parts. Your objective is to get the individual part right in every rep.

How to Build Muscle Memory

“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced **one kick 10,000 times.**” - *Bruce Lee*

Each shot lasts only 0.5-1.0 second: if you cram every mechanic in these split seconds, you won't learn them.

One part, one repetition at a time **builds muscle memory.**

The Process of Building Muscle Memory Improves Discipline, Focus and Patience

The “one-part / one-shot at a time” approach requires painstaking discipline, focus and patience. These skills in your early development are so important that they bring lasting results your whole life.

On the flip side, most players go their entire life with just an average shot, because they failed to focus when it mattered most.

Firing the Shot

“Coach Bennett once told me that when I shoot, envision water going from my toes to my fingertips in one fluid motion.” - *Klay Thompson*

All the great shooters' shots are like a reverse waterfall—Steph Curry, Kevin Durant, James Harden, Kyle Korver.

They've all got one fluid motion—no real hitches in their shots.” - *Klay Thompson*

Shooting Up in a Single Fluid Motion

Happens when you go up straight, in rhythm, on balance and your body, legs, arms, head and the basketball are properly aligned with the basket and the target.

Part 8

Parallel to the Hoop

As you go into your shooting motion, go up straight - the power coming from your feet, ankles, calves, knees, hips and core. Avoid fading to the left or right.

Part 9

The 'T-Square' Grip

As you go into your shooting motion, form a 'T' with the thumb of your balance hand, and the thumb of your shooting hand on the side of the ball.

Both hands should use only finger tips and finger pads to grip the ball.

Part 10

Wrinkles on the Wrist

As you go into your shooting motion, cock your shooting wrist back until it locks (notice the skin of your wrist wrinkle).

Part 11

'Chicken Wings' Don't Fly

As you go into your shooting motion, lift your shooting elbow straight up so it's parallel with the center of the hoop.

Very few elite shooters make shots with their elbow sticking out like chicken wings: Reggie Miller, Peja Stojakovic and Larry Bird.

Part 11a

Miss Long Shots, Not Short

Raise your shooting elbow high enough so that it comes up to between your nose and eye levels.

A higher release point ensures higher arc and prevents short shots.

Part 12

The Target Center

As you go into your shooting motion, lock your eyes on the center of the hoop, just slightly above the front of the rim.

Part 12a

The Target Center

As you go into your shooting motion, align your balance (guide) hand with the **left** of the hoop. Step into and point your left foot to the **left** side of the hoop.

This ensures shots fly to the center (make) or to the right of the rim (make or miss), and increases your chance of making the shot.

High accuracy is about reducing ways to miss shots.

Part 12b

The Target Center

As you go into your shooting motion, align your shooting hand with the **center** of the hoop. Step into and point your **right foot** to the **right side** of the hoop.

Squaring both feet with the left and right of the rim maximizes chance of shots flying to the target center of the rim.

Part 13

The Buttery Fingers Effect

As you go into your shooting motion, keep all 10 fingers wide on the ball.

Narrow / close fingers cause shots to slip from your hands, resulting in bricks.

The Reverse Waterfall Recap

The reverse waterfall part is the 2nd phase of each and every jump shot, and it's comprised of over a dozen parts which occur in less than .2 seconds.

It helps you prepare to fire off balanced, rhythmic shots with a proper aim, power, and mechanics.

Practice each part, one at a time, during your FORM shooting.

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