Basketball Shooting: A Guide To Create Great Shooters
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Basketball Shooting: A Guide To Create Great Shooters
Shooting the basketball is an important skill that all players should possess. In fact, it is probably the most important skill in basketball. How many times have you seen a shooter get hot and bring his team back in the game?

Contrarily, how many times have you seen a defense completely sag off of a player because they know they have no chance at making a shot?

Both situations happen all of the time in basketball, and that’s why we’ve created this guide full of tools and guidance to build an entire team of excellent shooters.

Gone will be the days of your team struggling to score, and you’ll be wowing your opponents with your team’s newfound shooting prowess.

Didn’t buy this guide for a team, but for individuals? That’s okay, too! In this guide, we’ll be talking to coaches about how to build an entire team of great shooters, but you can apply the same principles, training, and mechanics to your individual shooters. We want to help build as many great shooters as we possibly can! By the end of this guide, you’ll be equipped with everything you need to build great shooters.
We’ll walk you through everything it takes to be a great shooter, including the mechanics, how to apply the mechanics, shooting in the context of a game, and extensive training workouts to build great shooters.
The reason you purchased this guide is to help your team or an individual become great shooters. We’ve written this guide with that at the forefront of our minds, and we’re confident that if you take the steps provided in this guide, your shooters will be better for it.

We’ve compiled advice from over 50 different sources on how to shoot the basketball and have taken the best tidbits and common themes to ensure you’re receiving the best advice possible.

We give you every tool that you need. It’s just up to you and your players to adhere to our advice and principles to ensure terrific shooting ability.

The best part about this guide? The tactics we outline here have seen PROVEN results time & again. There isn’t anything in here that you’ll have to “test.” We’ve done all of the testing of what works and what doesn’t for you. It’s just up to you to apply it all to see the same results we’ve seen over and over.
We want to start this guide out with giving you a background on why you need great shooters. It may seem obvious why great shooters are a must, but there are a multitude of factors as to why you need great shooters for your team.

**Shooting is the Most Important Skill in Basketball**

As we have already mentioned, shooting is the most important skill in basketball. If your team can’t shoot the ball, they will be hard-pressed to score it. Have an entire team that can shoot the ball? Then your offensive opportunities become endless.

**Floor Spacing**

A team full of great shooters opens up the floor tremendously. Teams are able to sag off guys and can’t play in help-side defense out of fear of a guy knocking a shot down. By staying closer to their man and not being in help-side defense, the gaps become larger and driving lanes become wider. Listen to any coach talk about good offense, and floor spacing is typically at the forefront. Having great shooters aids in that.

**Off Nights**

Off nights happen for even the best shooters, it’s just part of the game. But with a team full of great shooters, even when some of
your best players have off nights, you have other guys that can pick up the slack. Sure, it would be great to have everybody on your team catch fire, but even having that one guy catch a groove can help propel you to victory when other players don’t have their best night.

It’s pretty simple – the more good shooters you have, the better chance you have to score more points consistently.

**Always Have Weapons**

By fielding a team full of tremendous shooters, you always have multiple weapons to use against the defense. Maybe an offense breaks down or a defense takes a key guy away. For a team of mediocre shooters, that can really hinder an offense.

But with a team of shooters, keying on one guy just leaves others open for looks they are used to knocking down. The weapons you have at your disposal really become a huge luxury.
Before we dive into the mechanics of great shooters, we first want to talk about what it takes to build the shooters. There are many intangibles it takes outside of having great form, and that’s what this section is all about. These are items you should be preaching to your guys as much as their mechanics, because they’re that important.

**Repetition**

When it comes to shooting the basketball, players can’t cheat their reps. It takes repletion after repetition to build the muscle memory of a great shot. Without repetitions, there’s no way your players will be able to build a jump shot that can help take your team to the next level.

On the flip side, repletion with great mechanics can lead to knock down shooters, which leads to more points scored, which leads to winning more games!

Below are some quotes about repetition in basketball.

“Confidence comes from consistent success achieved through repetition.”

“Repetition is the mother of skill.” – Anthony Robbins

“Success isn’t achieved by doing thousands of things really well. It’s achieved by doing a few things really well, thousands of times.”
“Repetition was always the key to my success in the NBA.” – Ray Allen

“Repetition, accountability, and confidence make great shooters.” – Klay Thompson

“Parents always ask me the key to getting their son to shoot like mine. Repetition.” Dell Curry

As you can see, some great shooters like Ray Allen, Klay Thompson, and the father of Steph Curry preach repetition when it comes to a jump shot. If that isn’t validation for your players, they may need to find another sport to play.

**Time in the Gym**

This one goes hand-in-hand with the repetition point. Basketball players are built in the gym. If your players want to develop excellent jump shots, they have to put in the work. Their jump shot won’t just show up overnight.

Take this quote from Ray Allen, for example. It hits the nail on the head.

“God will give you a lot of things in your life, but he’s not going to give you your jump shot. Only hard work will do that.”

I love that quote, because it’s so true. Sure, God gives some players more athleticism, but a jump shot is truly something players have to work at. That’s why every great shooter is deemed a “gym rat” because you know they had to put countless hours in the gym in order for their jump shot to be as good as it is.
Consistency

This is an underrated, but vastly important intangible to shooting. Every great shooter shoots the exact same way every time. Again, they build that muscle memory and they know exactly what a pure jump shot starts to feel like, and then they repeat it over and over.

Guys that have different movements or strokes when they shoot the ball don’t have a chance to be great shooters. Be sure that once your players have the proper mechanics nailed down that they are shooting the same way every time they take a jump shot.

Confidence

Confidence is as important as anything else when it comes to shooting the basketball. Your players should think every shot is going in. If they don’t think that, they shouldn’t be shooting the ball.

Even the greatest shooters in the world miss 60 percent of their shots. Basketball is a game of failure. But the key is to overcome that failure with confidence in your shooting ability.

Confidence also has to come from you, the coach. Your players should know what shots you are comfortable with them shooting in a game, and that you are confident in their abilities to make those said shots. If they don’t have confidence from you, there’s no chance they’ll have confidence in themselves.

Below are some excellent quotes about confidence in basketball.

“Every time I rise up, I have confidence that I’m going to make it.” – Steph Curry
“If you don’t think you can, you won’t.” – Jerry West

“Confidence allows you to progress in something you’re attempting to accomplish.” – Michael Jordan

“Being a great shooter is having the confidence to take the next shot.” – J.J. Redick

Taking Good Shots

This is also an undervalued aspect of a great shooter. Simply put, they take good shots. Therefore, they have good percentages.

This is something you should really stress to your players. Shot selection is key. If you have guys that like to take contested jumpers and fadeaways, it’s unlikely that they’ll shoot at a high percentage. They should know what a good shot is. They should also know that what’s a good shot for one guy may not be a good shot for another. This is all dictated by you, the coach.

Once your guys get a feel for what great shot selection entails, this can increase your team’s percentage just by having them be cognizant of that. Mix great shot selection with good mechanics and the other intangibles we spoke of earlier, and you’ll start to see good shooter after good shooter emerge for your team.

Good Mechanics

We will do a deep dive into the mechanics of the jump shot in this guide, but in this section we just want to emphasize how important the mechanics of a good jump shooter are. The mechanics are everything from head to toe that your players should have perfected
once you start to apply your learnings from this guide.

By having great mechanics, your players not only give themselves a better chance of making the ball go in, but they’ll be able to shooter quicker and give the defense less time to react to their jump shots.
As we just noted, good mechanics are vital to a good, consistent jump shot. Everything from head to toe is important, and we’ll go into each aspect of a good jump shot in this section.

As we noted, these are the mechanics we have used with our players with proven results over and over again.

We do want to note that there are terrific jump shooters that don’t have perfect mechanics. However, those players are typically the exception and not the rule. We think striving to have perfect mechanics in a jump shot is what coaches should do, and adjust accordingly to each of their players.

This is a section that we think you should have a terrific grasp of when you’re teaching your shooters. We don’t want your players to learn things the wrong way, so we recommend printing this section off and taking it with you if you’re struggling to remember a certain step.

The key to all of this is to build great jump shooters for your team. This section is a big step in that direction.

**Feet, Knees, Hips, and Balance**

We will first start with the lower half of the body on the jump shot. You should have your players start with setting their feet a little less
than shoulder width apart. Narrower than this will make them be off-balance. Wider than this will deter them from getting their shot off quickly.

Some coaches preach “10 toes to the rim” but we think a very slight angle in the feet toward the strong hand is a better method. The player’s dominant foot should be a few inches in front of the other foot.

There is not a perfect degree in which the knees should be bent, but they should be bent enough to where the player can get maximum explosion and lift in their jump shot, but not bent too much to where the shot takes too long to get off.

The one aspect many players neglect is a slight hip bend. Without a slight hip bend, players’ heels stay on the floor and it affects their balance in their jump shot. It also makes the player stand too upright, which also affects balance. Be sure to watch your players’
hips and heels when they shoot the basketball, as a hip bend will naturally bring the heels off the floor and force the player to shoot on the balls of their feet.

To reiterate in list form:

- Feet a little less than shoulder width apart
- Very slight angle in feet toward dominant hand
- Dominant foot a few inches in front of the other
- Knee bend for maximum explosion
- Slight hip bend to bring the heels off of the ground

Eyes

The eyes are interesting when it comes to great shooters. Why, you ask? If you polled all of the greatest shooters of all-time on where they aim their eyes when shooting the basketball, you would get several different answers. The most common place to point the eyes when shooting are:

- The front of the rim
- The back of the rim
- The middle of the rim
- The back of the net
- The flight of the ball (Steph Curry uses this one)

If you have players that are struggling with this, we recommend aiming for the middle of the rim, as aiming for the front or the back can result in a miss just by being slightly off.
With that said, though, we think any of the methods mentioned above are fine, they key is consistency and repetition. Once you and your players decide on where they should be pointing their eyes on their jump shot, they should point them at that same spot each time they shoot.

**Grip**

The grip your players have on the basketball is a large factor into a good jump shot. The player should have their fingers spaced out enough to where the basketball can rest comfortably and balance in their shooting hand. Their finger pads should be parallel to the seam of the basketball.

As they hold the basketball upright in their shooting hand, they should be able to slide two or three fingers between their palm and the basketball. The ball SHOULD NOT be resting in the palm.

Your players should be taught that their guide hand is just that; a guide. It should NOT be used to actually shoot the basketball. It is just there to help balance.
The Shooting Pocket

This is where the ball should be brought before you shoot it. This is located on the torso of your strong hand’s side just a few inches above the waist. It will become second-nature to bring the ball here quickly as they step into jump shots. The shooting pocket can vary a bit from player to player, but you want to make sure that it is not too high or too low, creating imbalance and lack of strength for your players.

The Elbow

You want your players’ elbow to be directly under the ball. One of the biggest mistakes when shooting a basketball is to have the elbow cocked outside. Instead, we want the elbow directly in front of the shoulder and directly under the basketball.

You’ll hear a lot of coaches talk about snapping the wrist on a follow through, but we like to tell our guys to snap their elbow. This forces them to extend their arm and have a high release point. As the shot is released, the elbow should be above the players’ eyebrow.
Jumping

We talked about the knee and hip bend earlier. You want your players to create that knee and hip bend so that they are able to explode up on their jump shot. Your players should directly straight up in the air, not to the side or backward.

The Release

The release of a jump shot is critical to where the basketball goes. A player should release the ball just a bit before they reach the highest point of their jump. As they release the ball, they should have a relaxed wrist and their middle and index finger should be pointed directly at the rim.

The follow through should be held until the basketball reaches its destination.

A good tidbit for the proper follow through is to have your players pretend they are reaching their hand in a cookie jar that is on top of the fridge.

The Landing

Everything we’ve talked about when it comes to mechanics is great balance, and the landing on the jump shot is no different. Your players should land right where they took off from. If they do, that means they have tremendous balance in their jump shots and
once you start to apply your learnings from this guide.

By having great mechanics, your players not only give themselves a better chance of making the ball go in, but they’ll be able to shooter quicker and give the defense less time to react to their jump shots. that everything in their mechanics is straight up and down.

Now that we’ve explained the mechanics in great detail, we want to give you a cheat sheet to remember all of these.
Mechanics Cheat Sheet

• FEET
  o A little less than shoulder width apart
  o Very slight angle toward dominant hand
  o Dominant foot a few inches in front of the other

• KNEES
  o Knee bend for maximum explosion

• HIPS
  o Slight hip bend to bring the heels off of the ground

• EYES
  o Eyes pointed at the same target every shot

• THE GRIP
  o Fingers spaced out and parallel to the seam in the ball
  o Ball resting on the pads of the fingers
    ▪ Not the palm
  o Guide hand is just for balancing the basketball in your shooting hand

• SHOOTING POCKET
  o Where the ball is brought right before shooting it
  o Located on the torso of the dominant hand just above the waist

• THE ELBOW
  o Directly under the basketball
  o Directly in front of the shoulder as the jump shot starts
  o Snap the elbow
  o Elbow finishes above the eyebrow

• JUMPING
  o Created from the knee and hip bend
  o Explode up straight in the air

• THE RELEASE
  o Release just before the top of the jump
  o Relaxed wrist
  o Middle and pointer finger pointed at the rim
  o Put the hand in the cookie jar

• LANDING
  o Land where the jump shot was started
    ▪ Indicates great balance
While we think it’s an important step for your players to understand the proper mechanics it takes to have a great jump shot, it’s also important they understand what it takes to actually apply those mechanics.

They can’t go out and start shooting 20-footers and immediately have a fixed jump shot because they understand good mechanics. They have to start with the very basics and progress to their jump shot to see the improvements you want them to see.

The very first thing you should decide as their coach is what you want them to focus on when they are shooting. Whether it is the back, middle, or front of the rim, make sure they know they should be focusing on that on every single jump shot.

The Feet

The next thing your players need to get comfortable with is their feet. To illustrate the proper stance, first show them why improper stances are bad. You can do this by:
• Have them stand with their feet directly next to one another. Give them a slight push and watch them lose balance.
• Have them stand with their feet wider than shoulder-width apart. Again – give them a slight push and watch them lose balance.
• Have them stand with one foot way in front of the other. Try the pushing exercise again.
• Then, have them stand properly with their feet just a bit inside of shoulder-width apart with their strong foot a few inches in front of the other. Try the push exercise again and watch as they have much better balance.

Now that you have illustrated why the proper footwork is vital to strong balance in the jump shot, your players will make a conscious decision to keep their feet proper while they’re working to correct their jump shots.

**The Grip & The Elbow**

When you first begin working on jump shot corrections with your players, the best way to illustrate the proper grip and keeping the elbow in is by doing this:

• Have your players hold their palm out face up
• Place the ball in their hand and ensure that the ball rests on the pads of their fingers, not the palm
• Then have them turn their hand so that it looks like they are in shooting motion with one arm

• You will be able to see if their elbow is sticking out when they get in this shooting motion
  o Bring their elbow in if it is

• Then, have the player take their guide hand and slip two fingers between their palm and the ball to ensure the ball is not resting on the palm
The Follow Through

Using the same drill as above, you can evaluate the follow through on a player’s shot, as well.

- After the ball is resting on the pads of the fingers and the elbow is in, have the players bend their knees and hips and shoot the ball with one hand
  - They don’t need to jump, but should finish on their toes
  - Their follow through should be held high and their elbow should be above their eyebrow
After your players get a good understanding of the proper mechanics, and they’ve now been able to understand them with a basketball in their hands, they are ready to start their journeys to being great jump shooters.

**Shoot In The Air**

When you have players that are working to correct their mechanics, they should never complain that they don’t have the time to get in the gym.

That’s because we recommend by having them start by just shooting the ball in the air. This helps them to fully focus on their mechanics. They should shoot the ball in the air over 300 times or more to start creating the muscle memory.

What they shouldn’t do is get sloppy with their mechanics because they get bored of shooting the ball in the air.

Why do we recommend shooting the ball in the air? Because as their working out the kinks and trying to correct their mechanics, we don’t want them to focus on makes and misses just yet. Misses may discourage your players to go back to faulty mechanics, and that’s what we don’t want.

So, for players that have really struggled with their jump shots in
the past, make them work on just shooting the ball in the air and fully focusing on their mechanics to start.

**Shoot At The Wall**

After your players start to get the proper mechanics down shooting in the air, they should then find a spot on the wall about 15 feet up. They should aim for that exact same spot every time and use their newly-learned mechanics to try and hit that spot repeatedly.

Don’t let your players get sloppy in their mechanics when they do this, and fix anything that you see them doing wrong.

**Form Shooting**

Once you feel your players are ready to shoot on an actual basket, they should use the method we used before, where the player holds the ball in their palm, then they bring the ball up, then finish their shot with a follow through. We call this “Ready, Aim, Fire.”
Correct Anything You See That’s Wrong

The worst thing you can do for your players is to allow them to practice bad habits. If you see a player using bad mechanics, be sure you correct them. The key is to build great shooters from the ground up.

Move Back

Once your players start to get the hang of how it feels to have good mechanics on their shot, and you think they’re ready to start moving back, allow them to do so. Again, if they don’t look good once they start shooting the ball from a little bit farther distance, make them move in, or go back to the form shooting.

The whole object is to make them great shooters in the most efficient way possible, and that includes not letting players practice bad habits, and correcting them as soon as you see them.

Shoot Hundreds of Shots a Day

In our ‘What It Takes’ section, we highlighted how important repetition and time in the gym is for shooters. For you to create a team of truly great shooters, your players have to put the time and repetitions in.

They won’t see results overnight, but the more and more they practice good mechanics, the better their shots will become.

And just like anything, as your players start to see results from their hard work, they will want to start putting more and more time in, which is exactly what you want.
The form shooting and drills to perfect the mechanics are great for muscle memory and to get your players the proper feel for a good jump shot. However, they also eventually need to be prepared to shoot the ball in the context of the game.

In a basketball game, players may shoot:

- Set shots
- Shots on the move
- Shots off of the dribble

They should be prepared on how to shoot these shots, as they require some additional mechanics

**Set Shot**

Set shots in the game of basketball are very common. The shot is pretty self-explanatory, as the player is set before they catch and shoot it.

Set shots typically come from drive-and-kick opportunities, meaning a player drives, the defense helps, and that player kicks the ball out to a shooter. Players can gear up for a set shot a couple of different ways.

*Step Into The Shot*

The first, and probably the most common way to teach the set shot
is to step into the shot. The player should have their knees loaded, their butt down, and their hands held high.

Their feet are vital to stepping into the shot. They should have their lead foot behind, and as they are receiving a pass, they bring their lead foot up to where it needs to be. That process is called stepping into the shot.

*The Hop*

Another method that is taught with the feet that is a little bit different from stepping into the shot is the hop. Just like stepping into the shot, the player should have their butt down and their hands ready. But instead of stepping into the shot, as the player is receiving the ball, they take a jump-stop (the hop) into their shot.

*Mechanics*

Although there are variances in the footwork your players can use on the catch, we recommend you choose one and teach that to all of your players.

Outside of the footwork, all of the mechanics you have previously taught remain. The elbow should remain under the ball. Your player should explode up from the knees and hips, and they should follow through high with their elbow finishing above their eyebrow.

*Shooting On The Move*

Basketball is a game full of movement. Great offenses have excellent movement and spacing. With that said, great shooters can shoot not only set shots, but can also shoot shots on the move.
Just like a set shot, the biggest difference between shooting on the move and shooting from a pure mechanical standpoint is the footwork involved with it on the catch.

As a player is on the move and about to catch the ball for a shot, they should plant their inside foot (foot closest to the basket) toward the basket.

As they catch the ball, they should swing their outside foot to point toward the basket (with the slight angle we spoke of earlier). Now they should have the basketball with their body squared to the rim and ready to shoot.

Although their momentum may be moving from side-to-side, it is very important that they jump straight in the air just like on a set shot. You do not want them fading from side to side in their jump shot. The rest of the mechanics are exactly the same as you taught them in their jump shots.

Players should be able to plant with either foot, depending on
which direction they are coming from when they receive the pass. It is a little bit more sophisticated movement, but great shooters should be able to come from either direction, plant their feet, and get their shot off quickly.

**Shooting Off The Dribble**

Shooting off of the dribble is not for everyone, although the more ways a player can shoot, the more versatile they are, obviously. A shot off of the dribble usually happens when space is created with a dribble move, or a player comes off of a ball-screen.

However the player gets open, the mechanics are very similar to shooting on the move. They should plant their foot that is closest to the rim and establish that as their pivot foot, and swing their outside foot to square themselves up with the rim. Just like shooting on the move, it is vital that the player does not let their momentum force them to fade to a certain direction. The player should jump straight in the air, and use the exact mechanics you taught them when shooting a jump shot.

Again, shooting off of the dribble can be a trickier concept for some players, and is something that has to be drilled to get good at.

As we have mentioned several times, the same basic mechanics are at play regardless of how or where your players shoot the ball from. When they are shooting on the move, they should always have their hands up ready to catch the ball.

As your players become better shooters, you can work on more advanced shooting techniques, including a step-back off of the
dribble, or a slight fade when they are on the move, but those should not be used until their jump shot is PERFECTED.
Chances are, you bought this guide because you want to coach your players to be better jump shooters. I know that’s why we decided to write this guide. While athleticism will always have a place in the game, jump shooting ability will always win out. Look at the way the NBA is trending. More three-pointers are being attempted than ever before, and you see centers stepping out to take the three.

With that said, this guide is aimed at giving you all of the tools possible to create as many great jump shooters as possible. The item we highlight below is the best way to see if your players are making progress and to get a gauge on what they need to work on.

**Charting**

Charting each player’s jump shots is a magnificent way to see how their shots are trending. We recommend charting at least 100 jump shots of each player. A bonus would be to film those jump shots so they can see their form and parts of their mechanics that need fixed.

After charting their jump shots, you’ll be able to find trends in their makes or misses. For example, you may notice that 75% of a player’s misses were all to the left. That may because their feet are pointing that way, they’re thumbing the ball, or their release is pushing the ball that way. By charting these things, you’re able to make observations based upon data.
When you are working on a player’s shots, we recommend charting them every few weeks to see if there’s progress being made in the areas you are trying to fix.
Fixing Common Mistakes

Your players aren’t going to be perfect from the get-go. You probably already know that, or you wouldn’t have purchased this guide. However, there are mistakes we see time and again with jump shooters. Below, we’ll highlight some of the common problems you’ll see with a jump shot and how you can fix them.

**Poor Footwork**

Poor footwork is a common problem we see with jump shooters. This may mean that they are traveling once they catch the ball, their feet are pointed too far in one direction, their feet are too narrow or wide, or they aren’t able to catch the ball on the move with the proper footwork.

The easiest way to fix these issues are to start out doing drills where the player doesn’t even shoot the ball. They’re solely focusing on their footwork. They can get hundreds of reps in on their footwork alone without ever attempting a shot.

Once they get the footwork down, then you can begin to have them take shots close to the rim until the proper footwork becomes second-nature to them.

**Fading**

This is a common problem, especially when players attempt to shoot
on the move. They tend to fade in the direction their bodies were heading. The way to remedy this is to force the player’s momentum to go straight up in the air on the catch. They shouldn’t allow their momentum to carry them from side to side. They should plant their feet and jump straight up in the air.

Again, you can work on this without actually shooting. Just have the player work on catching the ball and jumping straight in the air for their shot.

**Thumbing The Ball**

When you see a side rotation on the basketball when a player shoots it, chances are that they are ‘thumbing’ the ball. This means that the thumb on their guide hand is being used to shoot the ball, rather than to stabilize it.

To remedy this, have the player go back to ‘ready, aim, fire’ shooting with one hand. They should see their rotation return to what it should look like. As they get more and more comfortable with that, they can move back, and eventually add the guide hand back in. Make sure to look at the placement of their guide hand, as it should be to the side of the ball, not on the front of it. If you see them continuing to thumb the basketball, force them to continue the ‘ready, aim, fire’ shooting until they break the habit.

**Shooting From The Palm**

When a player shoots the basketball from the palm of their hand, they don’t have nearly as much control over the ball. This causes them to miss shots badly. If you notice that you have players
shooting the ball with their palm, this is another situation in which they should go back to the ‘ready, aim, fire’ form shooting with one hand, close to the basket.

When they have the ball in the air with one hand ready to shoot, have them stick two fingers between their palm and the basketball to ensure they aren’t shooting with the ball in the palm. Just like any other fix, allow them to gradually scoot back as their muscle memory starts to form.

**Elbow Out**

A common issue you may see with some of your players is that they tend to flare their elbows out on their shooting arm. Flaring the elbow out typically forces players to miss shots to their left or their right. There are a few different ways you can fix the elbow out mistake.

Going back to ‘ready, aim, fire’ form shooting is always one of our go-to’s because it allows you to break down your player’s form and correct things mechanically.

To fix the elbow out, we also like to make the players lie flat on their back and shoot the ball in the air to themselves, consciously looking at their elbow when they shoot it in the air and making sure it is tucked under the ball.
Another way to train their muscle memory is by forcing them to touch their elbow to their rib cage when they shoot the ball while they’re breaking their habit of flaring their elbow out. It makes them consciously bring their elbow in before they shoot it.

**Low Release**

Some players have a very low release, which gives them a low arc, which gives the ball less of a chance to go in the basket. The low release is typically because the players are not extending their elbow all the way up when they shoot the basketball.

Force the players to go close to the basket and practice shooting with one hand. Each time they shoot the ball, tell them to snap their elbow. This forces them to completely extend the elbow, thus allowing for a higher release point.

**Slow Release**

A slow release is a problem seen all the way up to the NBA ranks, and can be a big problem for getting shots off.

The two biggest reasons for a slow release are:

- Unnecessary movements in their mechanics
- Not ready to shoot the ball when they catch it

The first item is unnecessary movements in their mechanics. This is something you may have already noticed when you were charting shots. Eliminate those unnecessary movements through form shooting and muscle memory training, and their release should begin to be quicker.
As for not being ready to shoot, your players should be down and ready to shoot. This means that their butt is down, their knees and hips are bent, and their hands are held close to their shooting pocket ready to catch the ball. When they catch like this, combined with the proper mechanics we’ve talked about in this guide, it’s the recipe for a quick release.

**Arm or Hand Blocking Vision**

You may have a player that complains they are not able to see the basket because their shooting arm or hand blocks part of their vision. This means that the ball is not being shot from the proper place, and is probably too far over in front of the face. Usually the elbow also sticks out when the ball is not being released from the proper place.

You can fix this problem just like any of the others, by forcing form shooting close to the basket. The key is to monitor the form shooting for any poor mechanics and correct them immediately.

**Other Problems**

The more and more you coach, you’ll undoubtedly run into unorthodox shots that have multiple issues. Remember, break down their form piece by piece and force them to shoot the correct way with form shooting and other drills we supply later in this guide.
Tiered Shooters

We believe in categorizing your shooters into four different tiers to determine where they are at in their journey to becoming an excellent shooter. Depending on which tier players are in will help you to plan their workouts accordingly. There is no reason a tier 1 shooter should be doing the same advanced workouts as a tier 4 shooter. While there are similarities and some drills may even be the same, your tier 4 shooter should be pushed with more advanced workouts and longer ranges, while your tier 1 shooter still needs to work on mechanics and staying close to the basket.

**Tier 1 Shooter**

A tier 1 shooter is a player that needs to work on the very basic mechanics. Perhaps they are beginners, or have very poor mechanics that you are trying to remedy. There is no shame in being a tier 1 shooter, and that’s something you should iterate to all of your players in this tier. It just means that they have work to do to become the great shooter you want them to be!

**Tier 2 Shooter**

A tier 2 shooter is a player that understands the basic mechanics it takes to shoot the basketball, but still struggles to shoot the ball. This may be that they still have mechanical hiccups, or that their body is still not comfortable with the new mechanics you have
taught them, so their shots still tend to miss more than make.

**Tier 3 Shooter**

A tier 3 shooter is what we would categorize as an ‘average’ shooter. They have pretty good mechanics, they make a fair share of shots, but still have some work to do. Often times, tier 3 shooters have trends in their misses (i.e. all of their shots they miss are short, or to the left, etc.). Their workouts are designed to groove their shots & find the right rhythm so that their muscle memory starts to form with a lot of makes.

**Tier 4 Shooter**

This is a shooter that is above average. Most teams (before they come to us) usually only have one or two of these guys. They are guys you rely upon to be knock-down shooters and can trust to make big shots in games. There is always room to improve, but tier 4 shooters are primarily focused on refining their mechanics and keeping the muscle memory that they have formed. Our goal is to get as many shooters as possible into this tier 4.
Obviously you don’t have to follow these shooting workouts exactly as we lay them out, and you can certainly add variations so that your players don’t become bored with the workouts. With that said, we have seen proven results with these workouts, and believe if your players follow them, they’ll see these same results!

We believe that your players should be writing down their makes and misses for every shooting workout. They should be able to see the progress they are making, as should you, the coach.

At the end of each week, you should evaluate your players and decide which tier they should be in the following week.

**REMEMBER:** It is not a contest, and players should not feel bad about being in lower tiers. It’s all about the process of becoming the best shooters they can be.

**5 Spot Shooting**

You’ll see this name a lot in our shooting drills. It is shots from the five spots in the graphic to the right. Both baselines, both wings, and the top of the key.
Tier 1 Shooting Workout – 350 Shots Per Day

- 25 form jumpers with one hand 5 feet from basket on the right side
- 25 form jumpers with one hand 5 feet from basket in the middle
- 25 form jumpers with one hand 5 feet from basket on the left side
  - 75 total shots of form jumpers
- 20 jump shots from each of 5 spots 8-10 feet out
  - 100 jump shots total
- 20 jump shots from each of 5 spots 15 feet out
  - 100 jump shots total
- 25 jump shots rotating from elbow to elbow so shooting on the move
  - 50 total
- 25 free throws

Points of emphasis:

- If you see the player do something mechanically wrong, fix it immediately
- Every shot should look and feel the same
- Get something out of it – 100% effort
Tier 2 Shooting Workout – 350 Shots Per Day

- 20 form jumpers with one hand 5 feet from basket on the right side
- 20 form jumpers with one hand 5 feet from basket in the middle
- 20 form jumpers with one hand 5 feet from basket on the left side
  - 60 total shots of form jumpers
- 20 jump shots from each of 5 spots 15 feet out
  - 100 jump shots total
- 25 jump shots rotating from elbow to elbow so shooting on the move
  - 50 jump shots total
- 25 jump shots from 15 feet coming off of a screen on each wing (use a chair as the screener)
  - 50 jump shots total
- 10 jump shots with a shot fake and one dribble from each of 5 spots 15 feet out
  - 50 jump shots total
- 40 free throws

**Points of emphasis:**

- Players should feel it when they do something wrong & fix it immediately
- Every shot should look and feel the same
- Get something out of it – 100% effort
Tier 3 Shooting Workout – 385 Shots Per Day

- 15 form jumpers with one hand 5 feet from basket on the right side
- 15 form jumpers with one hand 5 feet from basket in the middle
- 15 form jumpers with one hand 5 feet from basket on the left side
  - 45 total shots of form jumpers
- 10 jump shots from each of 5 spots 15 feet out
  - 50 jump shots total
- 20 jump shots from each of 5 spots from 3-point range
  - 100 jump shots total
- 25 jump shots from 15-18 feet coming off of a screen on each wing (use a chair as the screener)
  - 50 jump shots total
- 10 jump shots with a shot fake and one dribble from each of 5 spots from 3-point range
  - 50 jump shots total
- 25 pull-up jump shots from each elbow
  - 50 jump shots total
- 40 free throws

Points of emphasis:

- Players should feel it when they do something wrong & fix it immediately
- Every shot should look and feel the same
- Get something out of it – 100% effort
Tier 4 Shooting Workout – 385 Shots Per Day

- 10 form jumpers – right
- 10 form jumpers – center
- 10 form jumpers – left
  - 30 total shots of form jumpers
- 5 jump shots from each of 5 spots 15 feet out
  - 25 jump shots total
- 20 jump shots from each of 5 spots from 3-point range
  - 100 jump shots total
- 25 jump shots from 3-point range coming off of a screen on each wing (use a chair as the screener)
  - 50 jump shots total
- 10 jump shots with a shot fake and one dribble from each of 5 spots from 3-point range
  - 50 jump shots total
- 25 jump shots off of the dribble using a ball screen on each wing (chairs as screeners)
  - 50 jump shots total
- 25 pull-up jumpers from the top of the key
- 20 jump shots flaring to the wing from each wing
  - 40 jump shots total
- 40 free throws

Points of emphasis:

- Mechanics should look great
- Every shot should look and feel the same
- Should shoot at least 50% while wide open
These workouts are a great baseline to get your guys shooting with lots of repetitions in game-like shooting situations. If your players don’t have enough time to complete these workouts, you can always shorten the amount of shots you want them to take at each workout.
As an added bonus, we wanted to give you printable workout sheets for tier 1 – tier 4 workout sheets so that your players are able to track their shots! Also included is a blank sheet if you want to add your own drills! Links to the workout sheets are below:

Tier 1 Workout Sheet
Tier 2 Workout Sheet
Tier 3 Workout Sheet
Tier 4 Workout Sheet
Blank Workout Sheet
Workout Efficiency

Being efficient in workouts is something you should definitely strive for with your players. While our workouts can certainly be done with a player in the gym by themselves (spinning the ball to themselves, retrieving their own rebounds, etc.), that probably isn’t the most efficient way to get lots of reps in a short period of time.

Listed below are ways in which we believe workouts can become more efficient.

**Partner Workouts**

Partner your players together based on their tiers, and have them complete their workouts together. While it may take a little bit more time because they have to complete two shooting workouts on the same goal, it will still be quicker and much more efficient than doing the workout solo. The players are able to rebound and pass to one another, and they will be competing with each other, which will only help to bring out the best in each player.

**Coach/Manager**

If you have enough coaches and managers to do the rebounding and passing for players, this can help exponentially. The players can focus solely on their shooting workout and don’t have to worry about rebounding or passing.
Don’t have enough coaches or managers? Have the players bring a friend that isn’t on the basketball team to be their rebounder/passer. You’d be surprised how many kids want to be involved with the basketball team in any way possible.

**Dr. Dish**

The #1 way to increase workout efficiency is with the Dr. Dish. The Dr. Dish is the ultimate training solution for players and coaches! The Dr. Dish is a machine that can rebound, pass, and track shots for your players! They’ll be able to work out by themselves with a Dr. Dish in play. You’ll be amazed at the capabilities of the Dr. Dish. Don’t just take our word for it, look at all of the features of the Dr. Dish [here!](#)
Shooting Drills

In this section, we highlight some of our favorite shooting drills we use. Some of these drills can be used for individual workouts, some can be used for team workouts, and some of them can be used for both.

To keep your shooting workouts fresh, alternate some of these drills in when you’re players start losing interest.
Partner Shooting

Players alternate shooting and getting their own rebound from anywhere on the court. As the other player is getting the rebound, the shooter should be moving around and spotting up for their next shot.

This drill should get a lot of shooting reps in. Variations could be:
• Shot fake, 1 dribble pull-up
• Shot fake, 1 dribble to the rim
• Shot fake, 1 dribble step-back
In this drill, players execute five different shots:

- Shot in the corner
- 1 dribble pull-up
- Curl to the wing
- Flair to the wing
- 3-pointer in transition.
In this drill, you’ll have players in two lines at the wings. You can run this drill from either side of the floor. Players will execute v cuts and then make these cuts:

- Curl for a layup
- Curl for a shot
- Backdoor for a layup
- Flair to the wing for a shot

Point of emphasis: Players should call out every cut they’re making so the passer knows where to throw the ball.
Doubles

In this drill, there are five spots that players will choose from. These can be anywhere from 15-footers to 3-point shots. The rules are:

• If a player makes two in a row from a spot, they move on to the next spot
• However, if they miss two in a row, they move back a spot

The object is to see how quickly the shooter can make it all the way around.
Elbow Shooting

In this drill, you have one team of players on one elbow, and the other team of players on the other elbow.

Players will shoot the ball from the elbow, throw it to the next person in line, and then run to the other end of the court, touch the baseline, and then run and get back in line.

This is a great shooting drill, along with conditioning. You can have a time limit, or say the first team to so many baskets wins.
Full Court Shooting

This drill takes at least 9 players to run. Three players start in the middle of the court without basketballs. 3 other players start on one baseline with basketballs, and 3 more start on the opposite baseline with basketballs.

The players in the middle all run to one end where they receive passes for shots.

After the players pass, they run to the other end and receive passes for shots. This process repeats for a set amount of time or until your players reach a certain threshold of makes.
Drive & Kick Shooting

This drill can be run with a player and coach, two players, or an entire team with two lines. It can also be run from either side of the court.

The object is for the 1 to dribble the ball into the paint. As the 1 drives, the two floats to the corner and kicks to the 2 for a three-pointer.

As the 2 catches, they could also shot-fake and do a one-dribble pull-up.
This is another drill that many variations can be added to, and can be used for 1 player or an entire team.

The player uses the chair as the screen, and works on shooting off of the dribble/screen.
Close Out Jumpers

This drill can be run from any spot on the floor in which you want your players to work on contested jumpers.

You start with a line under the basket with the basketballs, and a line where you want your players to shoot from.

The players under the basket pass the ball to the player in line & then close out. The player catches the ball and shoots it while his shot is being contested.
Screen Away Shooting

This drill starts with a line at the top of the key and a line on each wing. The ball starts at the top of the key.

The player at the top of the key will throw the ball to a wing, and then screen away for the opposite wing.

The opposite wing will use the screen and come off of the screen with their hands ready. They will receive a pass and shoot the ball.

This drill helps to work on basic motion cuts and shooting off of a screen.

The players can curl, straight cut, flair, or backdoor off of the screens.
In this drill, you place five players around the perimeter. Start with the ball on the baseline. The players will swing the ball around the horn until the 5 catches it. The 5 will shoot the ball, get their own rebound, and everybody will rotate over a spot and repeat.

You could do this drill as a contest with two groups of 5, or give the group a time limit and a number of shots they need to hit.

You can also designate any of the spots as the shooting spots.
Fast Break Jumpers

This drill starts with a line under the basket with the basketballs, and a line out on the wing.

The player under the basket will throw the ball off of the backboard and retrieve the rebound. They will then outlet the basketball to the player on the wing.

The player on the wing will get the basketball and attack the elbow on the other end of the floor. The player that got the rebound will sprint & stay wide down the floor. They will then receive a pass for a jump shot on the other end.

After the shot, the players can come back on the other side of the floor doing the same thing.

You can have the players shoot jump shots, one-dribble pull-ups, layups, and more.
5 In A Row

Have your players start out 6 feet in front of the basket. Once they make five in a row from that spot, have them take a giant step backward and repeat that process.

Give them a certain allotment of time and see how far back they can get.
This is a great shooting drills that encompasses shooting, conditioning, and pressure.

There is a designated shooter and rebounder. Put 1 minute on the clock, and the shooter has that amount of time to make 10 three-pointers.

After each shot, the shooter must run and touch half-court before shooting their next one.
30 Second Shooting

This is a great shooting drills that encompasses shooting on the move, conditioning, and pressure.

There is a designated shooter and rebounder. Put 30 seconds on the clock. After each shot, the shooter will rotate between the short corner and the elbow. They should be planting their inside foot to work on shooting on the move.

You can do this drill from any two spots on the floor, and you can also adjust the amount of time given to the shooters.
Conclusion

We hope you’ve enjoyed reading this guide as much as we enjoyed writing it. We hope you use it for years to come to help any players that you want to become better shooters.

Again, use the tips and guidelines outlined in this guide, and your players are GUARANTEED to see better results if they put the time in. This is a system that has been used for years with our players with PROVEN results.

Have questions? We’re always happy to help! Feel free to email us at info@bballtools.com and we’ll be happy to help in any way possible!