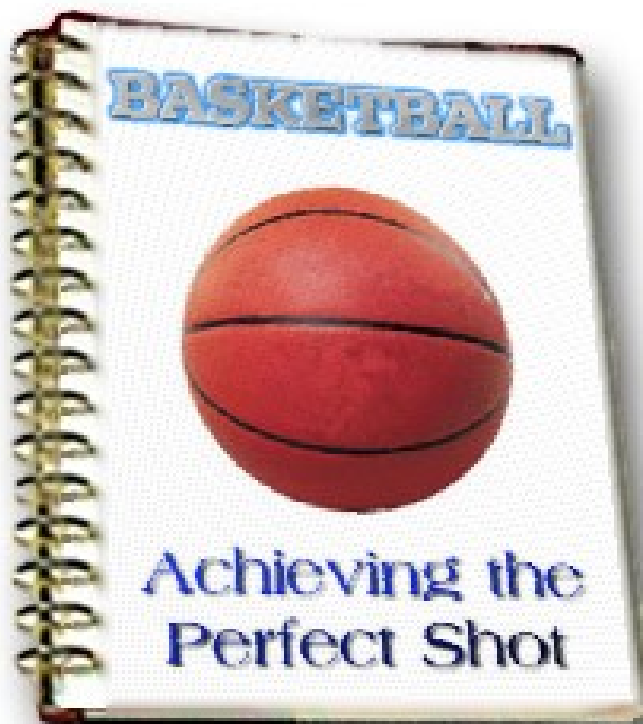


**Welcome to...**



**By Ross Pickering**

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## **Introduction**

### **A little about me**

I've been playing the game of basketball for a great majority of my life, and ever since I picked my first ball and hit my first jump shot – I've been addicted. This game has so many features including - shooting, defending, passing, and more. All of these features help make the game more exciting, as each and every player can participate in them! Then there's the game clinching shots – the times I've been on the edge of my seat, or actually taking the shot myself, when the end of the game arrives and the score is tied. There is just a few seconds left on the clock, and your coach has set up a play to get you an open shot. As the ball comes in play, and you begin to move to your set places, your heart begins to race. You receive the ball via a perfect pass from your Point Guard, you square up to them basket while concentrating on the front of the rim, you jump into the air, and release the ball just before the peak of your jump. The ball then seems to travel through the air in slow motion, and you, your coach, your team mates and fans, hope to see it drop through the hoop. Finally, it drops just behind the front of the rim and swishes perfectly. The game is over – your team won at the last second, due to a smart coaches play, great teamwork, and a perfectly executed shot. This is what makes this sport the best in the world, this is what so many millions of people around the world live, sleep, and breathe – this is the game of Basketball!

### **A little about this eBook**

The main purpose of this eBook is to make you a better shooter in all game situations. Please read all the information carefully and study it to become the best shooter you can be.

### **So now you're all pumped up and ready to perfect your shot?**

Ok, let's get going. Firstly we'll quickly cover the basics just to make sure you have the correct form to start with.

## **The Basics**

Here I will teach you the basics of shooting the basketball. Firstly, you must know how to hold the ball correctly. Below are examples of how both a right/left-handed player should do this.

### ***Right-handed shooter***

The right-handed shooter should have his/her right hand on the top of the ball and left hand on the side of the ball. When shooting, the ball must be brought above or in front of the right side of your head. The shooting elbow must be directly under the ball.

### ***Left-handed shooter***

The left-handed shooter should have his/her left hand on the top of the ball and right hand on the side of the ball. When shooting, the ball must be brought above or in front of the left side of your head. The shooting elbow must be directly under the ball.

Now you know how to hold the ball correctly, I will move on to explaining the two fundamentals of shooting the basketball.

## Physical and Mental Aspects

Shooting, and basketball itself is made up of two parts – the physical aspect and mental aspect. You must learn to master both of these if you want to become the best shooter you can be.

### Mental

Knowing when to shoot and being able to do this well when under pressure separates the good players from the great ones.

Many players over the years have shown that you don't always have to be of a great physical shape/size to compete with players with a more gifted body than you – you just need the determination. Dennis Rodman was a great example of this: even though **he was only 6'8"** he led the NBA in rebounding for seven straight seasons. This was because of his determination to get the rebound while other players only tried half-heartedly. The same can be said for shooting – if you're determined your shot is going to go in, you are more likely to score than if you think that you're going to miss.

Confidence and Concentration are the two main factors of the mental aspect:

- **Confidence** – A shooter with confidence will be one, who shoots the ball each time “knowing” it will pass perfectly through the basket. However, this should not be confused with **taking wild shots** from half-court; he/she also has a great shot selection. When shooting, you must have a good mindset: no matter how your game is going, even if you've missed your first 10 shots you should still feel confident in shooting and continue to take good shots as at some point they **will** start to drop.
- **Concentration** – This is how all the great players blank out the crowd and any other distractions and just focus on the game. Great shooters are able to **blank out any distraction** and still score the basketball. This mostly consists of being relaxed and not getting carried away in the drama of the game.

## **Physical**

This is the use of the correct form, techniques etc to shoot the basketball consistently.

### *The Visual*

There are two main places that are recommended for a player to look at when they shoot the ball: the front or back of the rim. I personally look at the front of the rim, but it's **whatever suits you best**. If you look at the front of the rim then you should focus on shooting the ball a slight bit further than you're target, and if you're looking at the back of the rim you should shoot the ball just short of you're target. The reason you don't look at the middle of the rim is because it is hard to focus on with the eye, as there is no solid object there to look at. Where as, with the front or back of the rim you have something to focus on. You should focus on the target from the point when you start your shot until it ends and drops through the net.

### *The Balance*

When a shooter is properly balanced, they can channel all the possible muscle force in the direction of the basket. The main thing to remember is that when you are perfectly balanced you **should** be able to send the ball exactly where you want by controlling the acceleration of forces created by your own body. Then, all that is left for you to do is on the moment of release have a perfectly smooth and continuous follow-through. If shooting on balance you need to rise in a steady upward motion without any jerking or irregular movements – it needs to be in continuous upwards motion and when it comes to extending your arm and following through, this too should be silky smooth.

### *The 3 Steps*

You should follow these 3 steps when taking a set-shot:

1. Upward motion of the ball in the hands rising above the head.
2. A swift extension of the forearm, snapping the shoulder, elbow and wrist.
3. Rising to the balls of the feet and holding the shooting hand in the follow-through.

This is **slightly different** for a jump shot, as shown below.

## **The Jump Shot**

This shot uses the same basics of the set-shot; it just requires the shot to be released by a sudden extension instead of a slow one in a set-shot. This means that the ball should be held above the head, ready to be shot, via extension and snapping of the wrist **just before the peak of the jump.**

Remember the following 3 points when shooting a jump shot:

1. Release must come off the fingertips just before the peak of the jump.
2. All the momentum you carry upward should be channelled right to the fingertips at the release so you can make the perfecting adjustments.
3. Follow-through well.

### *How to use the jump shot*

Once you have perfected the balanced jump shot, where you go up and come down again, you can start being more imaginative and try using the jump shot off of the dribble, receiving the ball etc.

When taking off from a stationary position you should use both feet but when moving you should use the foot opposite your shooting hand. You should spread your fingers wide over the ball and raise the ball to a shooting position either slightly forward of directly above the shooting side of the head. Just before you get to the apex of your jump, release the ball by extending as you were shown earlier, and keep a great amount of concentration of the rim as it is needed while you are moving so much. Leave your arm and hand in the follow-throw position until the ball goes through the basket.

### **A method I have mastered**

There is a maybe obvious but not always thought about method of shooting that I have come across during my years of playing basketball. This is sometimes hard to describe but I will do my best: when you shoot a perfect shot, try to remember exactly what it felt like to shoot it – how far your arm was away from your body, how much arc you gave the shot etc. Then, the next time you shoot use this exact same feeling again and if used correctly you're shot should fall exactly the same way. I have found this method very useful in practicing (because your muscles are trained to remember how you shoot – muscle memory – and if you can shoot perfectly all the time you're going to be able to gain a better shot quicker) and in games too as if you can remember how your last shot felt, on the next possession you have a high chance of hitting another shot.

## Free Throw Shooting

Every time you practise; you should work on your free throws. You could win or lose a game depending on your free throw shooting, and as it is always the same distant from the basket from the same position each time you should just get into a habit of shooting them well. That's all free throw shooting is – a habit. It's also best to shoot them at different times during your practise, particularly once you are beginning to tire, as this will most likely replicate a game situation. To become a good in-game free throw shooter, you must be able to make at least 80% of what you take.

There are 7 steps to follow when taking a free throw – practise the same routine time and time again, as nothing will ever change when shooting them; apart from external pressure from a crowd, teammates etc but you should learn to blank these out as mentioned earlier.

1. **Dry your hands and fingers:** Before stepping up to the free-throw line, dry your hands on your shorts and shake the arms, wrists, and fingers to relieve tension.
2. **Look to both sides and behind:** Before taking the ball from the official, look all around to check the opponent's offensive positioning and teammate's location.
3. **Receive ball from official:** Always accept the ball **before** taking position at the free-throw line.
4. **Take the exact same position each time:** Move up to the line and set your feet in the exact same position you always use for free throws. I recommend placing your shooting foot (same side as your shooting hand) forward in the middle of the line with the other foot, shoulder width apart, slightly behind the other.
5. **Do your routine:** Every good free throw shooter has a different routine, but just find one that works for you. A simple bouncing of the ball a couple of times will do it – it's just to get you used to the ball and give you a minute to gather yourself after running up and down the court.

6. **Inhale and exhale softly:** Hold the ball where it feels comfortable for you and take a deep breath in and let it out very slowly.
7. **Shoot the ball high and soft with gentle backspin:** Rising to the toes with a thrust of the legs and synchronized extension of the shooting arm, hand and fingers flexing downward smoothly at the wrist in order to impart a soft backspin to the ball. Hold the follow-through and keep the eye on the target until the ball goes through the basket.

## **Final Thoughts**

If you follow this eBook correctly you should end up with the perfect shot, as the title states. However, you need to practise it endlessly – day in, day out. Making sure your form is correct, you have balance when you take off, you're free throw percentage is high etc as this is the only real way to improve; this eBook gives you the information you need to improve, you just need to put in the work to achieve it.

You hear about players such as Kobe Bryant or LeBron James – they would practise in any spare time they had. They'd be on the court every single day working out, and that's why they're two of the best players in the world. If you work hard, you will see the results, it's as simple as that.

So, now you have to ask yourself, "Am I ready to become a better shooter?" If your answer is yes, then step out onto the court with a basketball and work on your game like this eBook explains – follow its guidelines and you **will** improve.

Good luck!

## Thank you for purchasing this eBook

I would just like to say thank you for buying this eBook. If you have any comments or suggestions then please feel free to email me [by clicking here.](#)

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Thanks again, please enjoy this eBook and I hope to deal with you again in the near future 😊

Basketball\_Bloke

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"Have You Been Wanting To Dunk Your Entire Life, But You Just Don't Have  
The Hops?"

"Do You Wish You Could Just Rise Up And Dunk Over Folks...At Any Time  
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