



# PUREHOOP SHOOTING EBOOK

Version 1.0



## HOOPZONE Basketball

I have found that there many basketball shooting DVDs, books, and programs on the market today and most have great information. The problem is sometimes there is too much information in some or this one lacks this or that, etc. So what I have done is compiled this eBook to give our HOOPZONE campers just enough to get you on the right track to becoming a great shooter. You'll find all the fundamentals in a simplistic format, troubleshooting guide, shooting charts and drills to use. So now it is time to get to work.

Nothing but net,

*Coach O*

## WHAT KIND OF RESULTS CAN YOU EXPECT FROM THIS?

We **GUARANTEE** that if you follow the steps outlined this book and truly understand the concepts, you **WILL** become a great shooter! You can easily boost your shooting percentage by 10%, 20%, or more.

It's up to you to make it happen! You must be committed or you have **NO** chance. We can tell you how to get there. It's up to you to make it happen...

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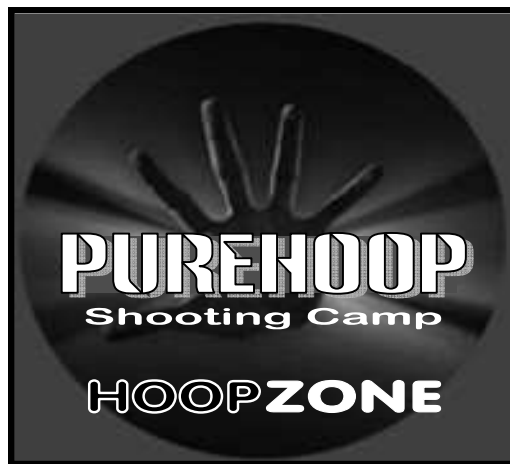
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# YOU BE THE COACH

“Understanding your shot”

1. Have confidence in yourself. Always start with what you are doing well.
2. Ask yourself, “When I am shooting well, what am I doing? There is no wrong answer to this question. It simply gives an indication of your confidence level and what you know about your own shot. If you respond with the answer, “I just shoot!” It may indicate that you have confidence, and that you are not over thinking when you shoot. When you answer, “When I’m shooting well, my hand is going straight toward the basket.” Then you have an idea of what you want to do when shooting.
3. Tell yourself, “I want to shoot with confidence and rhythm. I want to focus on the one mechanic that helps my shot the most. I want to learn to coach myself.” Select two or three one-syllable key words that you associate with what you want to do.
4. Keep it simple. Too much thinking causes paralysis by analysis. Shooting should be smooth, free flowing and rhythmical. Your key words are short, concise and positive thoughts. Say your words with confidence and rhythm from the start of your shot to release of the ball.
5. Be positive. Eliminate thinking about the shot or shots you missed. Negative thinking distracts you. It makes you tense. It causes you to lose your confidence. When you miss a shot, immediately correct it with a positive key word that you associate with making the shot. Visualize a good shot and always act like you made it. Act like a shooter!
6. Strive to keep your confidence level high. Be positive and keep encouraging yourself to know you can and will achieve your goals. Motivate yourself to consistently do what it takes to reach your goals and never think for one moment that you will have anything less than success. Constantly tell yourself, “I am a shooter!”
7. Continue to practice correctly. Be positive, enthusiastic, energized and tenacious to inspire yourself to reach new heights. This will also inspire everyone around. Above all, make it enjoyable! You become a better player when you have high spirits, a bright smile and a sense of humor.



**HOOPZONE Basketball**

# PROPER SHOOTING FORM

If you want to become an excellent shooter, you **MUST HAVE** very good basketball shooting form and technique. This form only comes from learning the fundamentals then using them over and over again. Great shooters are the ones who spend countless hours in their own driveways refining their shot.

It's very common for players to have fatal flaws in their approach, and frankly they have no chance of becoming consistent shooters.

## Stationary Basketball Shooting Form and Technique

In this section, we'll give you the form and mechanics of stationary shooting. In other words, this section does **NOT** address the fundamentals of shooting on the move and more advanced footwork you'll need for game situations, only the form. Pay special attention to these fundamentals and come back often when you think your shot is in need of a tune up.

### Here are the fundamentals that we'll be covering:

1. **EYES ON TARGET**
2. **STANCE AND BALANCE**
3. **SHOT POCKET**
4. **GRIP**
5. **BALANCE HAND**
6. **DELIVERY**
7. **UPFORCE AND LANDING**
8. **FOLLOW-THROUGH**



### EYES ON TARGET

- To improve accuracy, locate the target (rim) as early as possible.
- Keep your eyes on the target and do not follow the flight of the ball.
- Keeping your target focus is very important!



### **STANCE AND BALANCE**

- Feet are shoulder width apart for good balance.
- Feet should be in a slightly staggered stance that is consistent and comfortable for you. Your shooting foot is slightly ahead of the non-shooting foot in a comfortable position.
- Point your feet in the general direction of the basket, but not necessarily directly at it. We prefer an open stance, but you can also use the closed (squared) stance if that's more comfortable for you. With an open stance, your feet point towards one side of the basket. For example, a right handed shooter will point his or her feet just to the left of the rim for a more natural position and shooting motion.
- Once you develop a comfortable stance, line up your feet the exact same way on every shot. Whatever stance you use, consistency is critical.
- Flex/bend your knees on every shot.



### **SHOT POCKET**

- As you catch the ball, move it quickly into the shot pocket.
- Line everything up so the ball and your shooting eye form a straight line to the basket. This is VERY important.
- Position the ball several inches above your waist.
- Grip the ball properly and be ready to shoot.
- Position the ball in your shot pocket the SAME way every time you catch it.



### **GRIP**

- Line up your fingertip pads parallel to the long seams of the ball, so you can monitor the back spin.
- Leave space between the ball and the middle of your palm. You should be able to insert a pencil between the ball and your palm area.
- Spread your fingers far enough apart to comfortably balance the ball in one hand.
- The ball should sit on your finger tips and finger pads.



### **BALANCE HAND**

- Your balance hand (non-shooting hand, guide hand) should be on the side of the ball.
- Your balance hand should not add force or spin to the shot.



- Your non-shooting hand should not move on delivery and should ALWAYS come off the ball FIRST.



### **DELIVERY**

- The ball should start motion directly upwards from the shot pocket (no dipping of the ball).
- Your elbow should be positioned comfortably under the ball.
- The ball stays in front of you and should not go behind your head.

- Uncoil your body with your legs, core, and arm power all



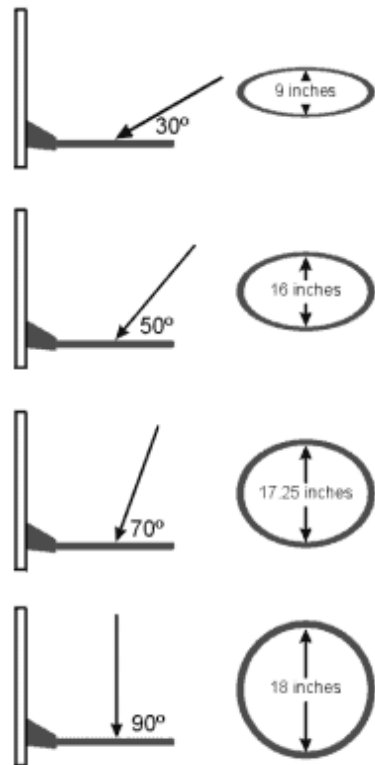
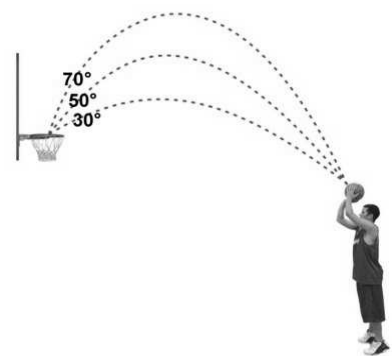
coordinated.

- Your elbow and wrist should extend in a straight line to the basket.

- Your shooting hand should extend in a straight line to the rim.
- Hand position on delivery is very important. The ball should come off the hand with perfect symmetrical backspin.
- As shown in the picture to the right, your guide hand stays to the side and does not influence the flight of the ball.

### **UPFORCE AND LANDING**

- Release the ball on the way up, just before the top of your jump.
- Use your legs to generate upforce.
- You should land in the same spot that you jumped, which shows that you have good balance on your shot.



## FOLLOW-THROUGH

- Your wrists should be floppy (relaxed).
- Fingers should be pointed at the target (rim).
- Finish high. You should see your fingers at the top square of the back board.
- Hold your follow through position until the ball hits the rim.

- Proper arc in a shot makes the ball come in more of a downward motion at the rim, thus a better chance of going in. All the mechanics of the shot may be correct, but if the arc is low, the percentage of going in will be low.
- Increased shooting arc can be achieved by making sure that the shooting forearm goes up instead of out towards the basket, and holding the shooting arm up as a follow through. Use your wrist to guide the ball towards the basket not so much your arm.

- Look at left to see how small the rim gets when the ball comes in flat, or low arc. 60 to 70 percent is a great angle for the ball to come through the basket.
- Then rim, or basket, is huge providing you shoot with the proper arc. The basket is so big that two women's size balls can fit through the rim side by side at once as shown below.



The inside diameter of a basketball rim is 18". Men's balls are size #7, 29.5" in circumference and 9.37" in diameter. Women's balls are size #6, 28.5" in circumference and 9" in diameter.

# DAILY SHOOTING PROGRESS CHART

As mentioned earlier this is where becoming a great shooter really takes off. Practice, practice, practice! We have provided you with this weekly shot chart below to document your shooting progress, save these for referring back to. You must do this numerous times every week and not just once in a while. Prior to beginning each shooting session think about the PUREHOOP fundamentals and write in chart your made shots. Doing this over time will show you that this system really works as you will see in a steady increase in shooting percentages. This shooting progress outline will take approximately 45 minutes. Shooting distances and basket height may need to change for younger shooters.

## HOOPZONE Basketball PUREHOOP SHOOTING Weekly Shooting Chart

Name \_\_\_\_\_ Week ending \_\_\_\_\_

Drill / Day of Week	M	T	W	TH	F	SA	Total Made
1. On Your Back Shot (30 attempts total)							
2. Front of Board (20 attempts total)							
3. Side of Board (20 attempts total)							
4. Strong Hand Warm-up (30 attempts total)							
5. Weak Hand Warm-up (30 attempts total)							
6. Jump Shot Warm-up (30 attempts total)							
7. Toss to Left Elbow (10 attempts total)							
8. Toss to Right Elbow (10 attempts total)							
9. Bank Jump Shot Right (20 attempts total)							
10. Free Throw (20 attempts total)							

This chart follows our eBook Shooting Drills outline, refer to outline for direction on each drill.  
Spend time weekly practicing these shooting drills and add your own at the bottom!  
Every day record in this chart the total number of makes out of attempts

# SHOOTING DRILLS BY YOURSELF

Use our Weekly Shooting Chart to document your progress.

## **Shooting Drill 1. On-Your-Back Shooting**

This drill focuses on correct technique, such as shooting hand behind the ball, elbow-in alignment, correct release off the index finger, follow-through, and catching the ball in position to shoot.

Lie on your back with the ball between your ear and shooting shoulder. Place your shooting hand facing straight up with your index finger at the midpoint of the ball. Check for elbow-in alignment. Shoot the ball up into the air with complete follow-through (full elbow extension). You want the ball to return straight back to you so that you do not have to move your hands to catch it. Remind yourself of proper fundamentals. If the ball does not return to you, visualize a successful shot and good form, again reminding yourself, and use feedback from the feel of your shot and the direction of the ball.

Reminders. If your shot is off to the side, concentrate on making your arm go straight and say "straight!" If the ball goes off the wrong finger, producing sidespin, you might say "point!" A good shot is one that goes straight up and comes straight back to your shooting hand so that you are able to catch it in position to shoot without reaching for the ball or adjusting your hand on the ball. If you catch the ball with your hand on its side, consider using the key words "hand" or "catch".

Start by shooting the ball straight up 2 feet high 10 times. Next shoot the ball straight up 4 feet high 10 times. Next shoot the ball straight up 6 feet high 10 times. Remember a good shot consists of a good shot straight up and a good catch back at chest.

***Record how many good shots you made out of 30 total.***

## **Shooting Drill 2. Front of Board**

The front of board shooting drill focuses on the fundamentals: shooting hand behind the ball, elbow-in alignment, release off the index finger, follow-through, and catching the ball in position to shoot.

Face the backboard. Pick a spot near the top corner of the front of the board to serve as your target. A spot on the front of the backboard is excellent for fostering a straight shot. Begin with the ball in shooting position above your shooting shoulder. Place your shooting hand behind the ball with your index finger at the ball's midpoint. Check for elbow-in alignment. Using a complete follow-through (full elbow extension), shoot the ball to your target on the front of the board, making it return to your shooting position so you don't have to move your hands on the catch. If the ball does not return to your starting position, jump behind the ball and catch it in position to shoot.

After a missed shot, visualize a successful shot in good form, review in your mind the fundamentals. Use feedback from the feel and direction of the ball. For example, if the miss was caused by your arm going to the side, remember what happened. Count it as a good shot when you hit your target on the front of the board, then catch the ball in shooting position without having to move your hands. Count it as a good shot when you hit your target on the front of the board, then catch the ball in shooting position without having to move your hands.

***Record the good shots, with good catches made out of 20 attempts.***

## **Shooting Drill 3. Side of Board**

The side of board shooting drill is the same as the front-of-board drill except you use the side of the board. This drill puts more emphasis on a straight shot and good catch. On a shot that is slightly off, the rebound will go to the side. This enables you to practice jumping behind the ball to catch it in position to shoot.

Face the side of the backboard. Pick a spot near the top of the side of the board to serve as your target. A spot on the side of the backboard is excellent for fostering a straight shot. Using a complete follow-through (full elbow extension), shoot the ball to your target on the side of the board, making it return to your shooting position so you don't have to move your hands on the catch. Catch the ball in position to shoot. Jump

behind the ball on shots that rebound to your left or right side. Count it as a good shot when you hit your target on the side of the board, then catch the ball in shooting position without having to move your hands.

***Record the good shots, with good catches made out of 20 attempts.***

#### **Shooting Drill 4. Strong-Hand Warm-Up**

One-hand shooting, using either the strong hand or the weak hand, is an excellent way to develop your ability to start and complete a shot with your shooting hand facing the front of the rim. This helps eliminate side rotation. It also fosters lifting the ball to the basket rather than throwing the ball. This drill is particularly beneficial if your non-shooting hand tends to interfere with your shot (for example, if you thumb the ball with your non-shooting hand). The one-hand shooting drill allows you to focus on having the shooting hand in the correct position facing the front of the rim. Keep your shooting elbow in. When your shooting elbow is in, the ball is aligned with the basket. Some players do not have the flexibility to keep the shooting hand facing the front of the rim while keeping the elbow in. In this case, first put your shooting hand facing the front of the rim, and then move the elbow in as far as your flexibility allows.

Start about six feet from the basket with your shooting hand facing the front of the rim while keeping your elbow in as far as your flexibility allows. Your shooting hand is above your shoulder between your ear and shoulder. Use your non-shooting hand to place the ball in your shooting hand. Do not reach for the ball with your shooting hand. Now lower your non-shooting hand to your side. Balance the ball in your shooting hand with your index finger at the ball's midpoint. Check that your forearm is at a right angle to the floor and that it forms an L with your upper arm. This position helps you lift the ball to the basket rather than throw it. If you tend to bring the ball back and throw it rather than lift it to the basket emphasize the key word "Front!" If your shot misses to your strong-hand side of the rim, because your elbow is out, consider using the key word "In!"

***Record the number of strong-hand shots made out of 30 total attempts. Start from 4 feet out with 10 attempts, then 6 feet out 10 times and finally from 8 feet out 10 times for 30 total shots.***

#### **Shooting Drill 5. Weak-Hand Warm-Up**

Perform the drill in the same way as drill #1, the "Strong Hand Warm-up", but use your weak hand. When using your weak hand, you may have a tendency to shove the ball and miss toward the opposite side of the rim. Emphasize the down-and-up movement of your legs, which will help your range and ability to lift the ball straight to the basket.

***Record the number of strong-hand shots made out of 30 total attempts. Start from 4 feet out with 10 attempts, then 6 feet out 10 times and finally from 8 feet out 10 times for 30 total shots.***

#### **Shooting Drill 6. Jump Shot Warm-Up**

The objectives of this drill are to develop confidence, form, rhythm, and range for making jump shots. Start in a balanced stance about six feet in front of the basket. Perform jump shots from that distance, using correct form for each shot. For a jump shot, the ball is held higher than for a one-hand set shot. The height of your jump depends on the range. When close to the basket, you should release the ball at the top of your jump, with your arm, wrist, and fingers providing most of the force. On long-range outside jump shots, you don't need to jump as high, allowing you to use more force from your legs for the shot. Strive for a balanced jump so you can follow through until the ball hits the floor.

***Record the number of jump shots made out of 30 total attempts. Start from 6 feet out with 10 attempts, then 9 feet out 10 times and finally from 12 feet out 10 times for 30 total shots.***

#### **Shooting Drill 7. Toss to Left Elbow Jump Shot**

One objective of this drill is to develop your ability to catch and shoot in one motion with a quick release. Another objective is to develop your ability to start a jump shot in a balanced stance while facing the basket and land in balance after the shot.

Start with the ball at the left box outside the lane, your back to the basket. Pass to your self by tossing the ball high so it bounces high at the left elbow of the court. Run outside the lane to the left elbow and quickly jump behind the ball, turning your body in to face the basket. Land in balance with a jump stop. Have your hands and feet ready with your hands above your shoulders and your knees slightly flexed. Catch the ball with your shooting hand high and facing the front of the rim. Catch and shoot in one motion. Your knees should lower just before the catch and extend upward on the catch in a quick rhythmical down-and-up motion.

***Record how many shots you made out of 10 total.***

### **Shooting Drill 8. Toss to Right Elbow Jump Shot**

Perform the same drill starting at the right box and tossing the ball to the right elbow. Shoot 10 shots from the right elbow.

***Record how many shots you made out of 10 total.***

### **Shooting Drill 9. Bank Jump Shot Right**

In the bank jump shot warm-up drill you shoot from a 45-degree angle on each side of the basket. Start under the basket and toss the ball to a spot between the right box and the middle hash mark outside the lane. Toss the ball high so it bounces high. Catch the ball with your back to the basket, using a jump stop. Pivot on your left foot, using a front turn toward the baseline and face the basket. Be in triple-threat stance and in position to shoot first, ball high. You will be facing the basket at a 45-degree angle to the backboard. For bank shots, aim for the top near corner of the box on the backboard, the ball should lightly touch the backboard. Shoot a bank jump shot.

***Record the number of jump bank shots right made out of 20 total attempts. Start from 6 feet out with 10 attempts, then from 9 feet 10 times for 20 total shots.***

### **Shooting Drill 9. Bank Jump Shot Left**

Now perform the drill, starting under the basket and toss the ball to a spot between the left box and the middle hash mark outside the lane. Catch the ball with your back to the basket, using a jump stop. Pivot on your right foot, using a front turn toward the baseline and face the basket. Keep ball high. Shoot a bank jump shot.

***Record the number of jump bank shots right made out of 20 total attempts. Start from 6 feet out with 10 attempts, then from 9 feet 10 times for 20 total shots.***

### **Shooting Drill 10. Free Throw**

Use the shooting techniques found in "Proper Shooting Form" above. In addition remind yourself of the following.

1. Square your feet with shoulders and point toes towards basket.
2. Take your time, relax and think about the fundamentals.
3. Develop a rhythm in pre-shot, bounce the ball three times, etc.
4. Good shooting line, keeping elbow in, lined up, on shooting arm.
5. Focus on target; don't take your eyes off until ball goes through.
6. Shot should have fluid, continuous motion with arc.
7. Focus on releasing ball off proper fingers.
8. Follow through holding shooting hand up high, forcing this will help arc.

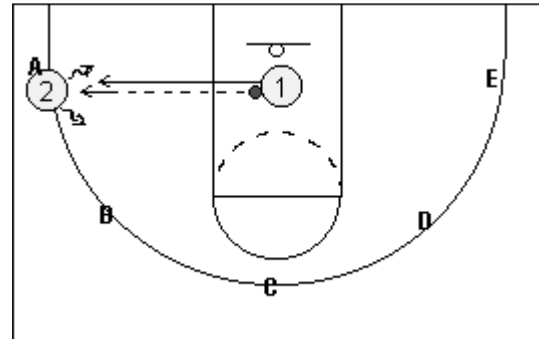
***Record the number of free throws made out of 20 total attempts.***

# SHOOTING DRILLS WITH 2 PEOPLE

Here are several partner shooting drills. Have each player get a partner and use all of your baskets. With all of these drills, make sure your shooters are squared up, using good shooting technique, elbow in, follow through, no drifting sideways. Shooters should receive the ball in triple threat position. Make sure the passes are sharp and accurate. Players should sprint after the ball and to their shooting spots (game speed)... no loafing! Make the drills competitive and have each pair keep score. Losers do push-ups.

## Shooting Drill #1, Catch and Shoot.

Player #1 makes a good chest pass to player #2. #1 follows the pass and closes-out on #2, but does not try to block the shot or simply fly by the shooter. #2 takes the shot (no dribbling) and follows it for the rebound. Now player #2 passes back out to player #1 (who is at position A) and closes-out on #1, who is now the shooter. After both players have shot from position A, they move next to position B, and on around the circle and then back around again (E->D->C->B->A). If you are coaching younger players, have them move in closer so that correct shooting form is not compromised.



## Shooting Drill #1 (option 2), Shot Fake and Shoot Jumper.

Follow the same procedure as in Drill #1, but this time have your shooter first receive the pass in triple threat position, make a shot fake or jab step, move around the defender using no more than one or two dribbles, and then shoot the jump shot. The shooter can move in either direction, using a pump fake and moving right, or a shot fake and crossover move to the left.

## Shooting Drill #1 (option 3), Fake and Drive for the Lay-up.

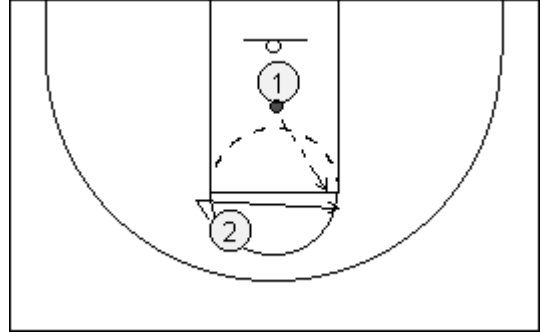
Again, the same procedure is used. This time the receiver makes a shot fake and explodes through the defender (rub off his shoulder) for the drive to the hoop and lay-up.

## Shooting Drill #1 (option 4), Anything Goes!

Same procedure as above, but now the shooter has all of the above options and the defender plays all out defense.

## Shooting Drill #2, Elbow Shooting.

Player #1 is the re-bouncer for player #2. #2 starts at the left elbow, fakes left and cuts to the right elbow. #1 passes to #2 so that the pass arrives at the right elbow the same time #2 does. #2 plants the inside foot, squares up and takes the shot. Make sure that correct shooting form is being used and that the shooter does not "drift" sideways. #1 rebounds the shot and passes back to #2 for the shot now at the left elbow. #2 continues moving back and forth from elbow to elbow for a total of ten shots. Then the players switch roles and #1 is the shooter for ten shots. You can repeat this for as many sets as you want, getting 20, 30, 40 or 50 shots for each player.



The elbow shooting drill can be modified. You can have the shooter catch the ball, make a shot fake, cross-over dribble to the middle of the paint (between the free throw line and the circle hash marks) for the short jumper. This is especially useful for your post players, helping them to acquire that "soft touch" on the short, point blank jumper.

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## Shooting Drill #3, Partner Shooting.

This drill will help shooting, spotting up, and will emphasize that shooters should follow their shots. Each player gets a partner, preferably with another player who plays a similar position. That is, a perimeter player should pair up with another perimeter player, and post players should pair up together. Each pair has a ball.

**For perimeter players:** One player starts on the right wing (player #1) and the other starts opposite on the left wing (player #2). Player #1 on the right wing shoots, follows the shot, rebounds and passes out to #2 on the left wing. Player #1 then spots up at another place on the perimeter. Player #2 takes the shot, follows it, rebounds, and passes to #1, who is now spotted up in a different location. This rotation continues, with the players moving around to all the locations that they will normally shoot from in a game; corners, top of the key, etc. For a variation, do the same drill but instead of spot stationary shooting, have the shooter fake the shot, dribble adjust, and then take the jumper.

**For post players:** Use the same drill as above except the post players should be taking their shots inside, in the paint, around the hoop, and can actually work on their post-up moves. After rebounding, the player can dribble the ball out and pass down into the post to his partner.

With all of these drills, make sure your shooters are squared up, using good technique, elbow in, follow through, no drifting sideways. Shooters should receive the ball in "triple threat" position. Make sure the passes are sharp and accurate. Players should sprint after the ball and to their shooting spots (game speed), no loafing! Make the drills competitive.

# SHOOTING ERRORS AND CORRECTIONS

Let's take a look at some common problems that you can spot in your young athletes shooting techniques and what causes them.

**1. Oblong ball rotation: This is where the ball will have an oblong or sideways rotation to it. Factors that cause this to happen are:**

- a. Incorrect feet placement and an incorrect center of gravity.
- b. The guide hand was improperly placed, interfering with the shot on the release.
- c. Poor shooting-hand placement which interfered with the shot. This is commonly referred to as "thumbing the ball".

**2. Flat rotation or no rotation: This is where the ball has little or no rotation. The shooter has eliminated all of the above problems, but still has more to correct:**

- a. No follow through. The shooter did not snap their wrist at the apex of their shot. This is usually caused by a bad release point, which is generally caused by pushing the ball. They are usually, but not always interconnected, but usually are.
- b. "Pushing the ball". This is very common and is very prevalent in new campers. Changing this one bad habit will dramatically improve an athlete's shooting percentage.

**3. Flat shot: The shot takes a low-angle path to the basket, rather than a high arc which provides a larger target. (See diagram "Proper Shooting Form".)**

This is caused from pushing the ball, which is often the result of the shooter being outside their shooting range or poor follow through. Increased shooting arc can be achieved by making sure that the shooting forearm goes up instead of out towards the basket, and holding the shooting arm up as a follow through. Always shoot within your comfortable distance.

**4. Ball consistently misses to the right or to the left:**

- a. Shoulders are not square to the basket.
- b. "Thumbing" the ball.
- c. Feet are planted too close together when moving east to west or west to east, resulting in unstable balance. In this situation, the player is essentially falling in the same direction they are moving when they decide to pull up and shoot.
- d. Elbow out instead of aligned on close.
- e. Positioning the ball in front of the face, thus creating bad alignment.
- f. Fingers on the shooting hand are positioned too close together on the ball.
- g. The shooting hand is improperly placed on the ball.
- h. Feet are not pointing at the basket.
- i. Moving the head to the side, caused by bad alignment.

**5. The ball consistently comes up short:**

- a. Shooting from beyond a player's range.
- b. Falling backward while making the shot.
- c. Shooting while the weight is over the heels, rather than the balls of the feet up through the toe. A very common balance problem.

**6. The ball consistently goes long**

- a. Pushing the ball.
- b. Shooting from beyond a player's range.

# **QUESTIONS & ANSWERS**

Coming