



STEP 1: Get your players engaged in the discussion (using the picture on page 1):



A) Question: **Can anyone tell me the name of some of the players on the top row who are some of the best players in the NBA today?**

B) Question: **How about the names of the players on the bottom row...who are some of the best players in the history of the NBA?**

C) Statement: **These are 10 of the greatest shooters in NBA history!** (if you have time you can highlight a few of the facts from the statistics below – short list in red)

STEP 2: Get THEM to identify what great shooters do...with a focus on good hand positioning (using the picture on page 1):

D) Question: **They are ALL Right handed shooters. Can anyone tell me where their shooting hand (which is their right hand) is on the ball?** (elements of desired answer are: **behind the ball, near the middle/center of ball, wide hand, etc.**) **EVERY SINGLE ONE OF THESE 10 GREAT SHOOTERS has a wide shooting hand and they place it near the center of the ball!**

E) Question: **What is their other hand called?** (answer = Guide Hand)... **And where is their guide hand on the ball?** (elements of desired answer are: **some have it on the side of the ball, some slightly in front of the ball...BUT NONE OF THEM HAVE IT BEHIND THE BALL**) (you can point out that the guide hand is facing “sideways”)

F) Question: **So do any of them push the ball toward the rim with their guide hand?** (answer = NO).

G) Statement: **NOT ONE OF THESE 10 GREAT SHOOTERS pushes the ball with their guide hand! In fact, look at the players on the right – they have already taken their guide hand off the ball before they've finished pushing the ball to the rim with their shooting hand and follow through. And as they shoot, their guide hand doesn't turn and face the rim, it is still facing sideways (you can still do a “high 5” from the side with the guide hand).**

H) Question/Statement: **So who wants to be a great shooter?** pause **Well if you're going to be a great shooter, you need to hold the ball correctly...you need to push the ball toward the rim ONLY with your shooting hand (just like these 10 great shooters do)...and you need to make sure you're guide hand does NOT push the ball or turn and face the rim**

STEP 3: Show them an easy way to ensure good hand positioning and an appropriate “set point”...Using the 1-2-3 Practice Method:

1) Hand/Feet Position READY: While bending knees to reach at the ball on the chair, put a WIDE shooting hand on top (near center) of the ball and put your guide hand on side of the ball

2) Ball SET on Tray: Bring the ball up to the “set point” (while keeping knees somewhat bent), just like a waiter holding a tray (your shooting hand is the “level tray”)

3) GO = Shoot! Shoot using the power of the legs and by driving the ball up using the shooting hand (while producing a nice high arc).

Other Teaching Points for Gooding Shooting Mechanics: Based on the age of the group, you can decide how many of the other key teaching points to add in: feet should be shoulder width apart and both pointing toward the rim (with strong side foot a little forward), keep elbow in and under ball, align ball/elbow/foot toward target, power comes from legs (which is why having your knees bent when the ball is at the set point is so important), need enough arc (think about shooting “UP” vs. shooting “AT” rim), hold release, etc.

STEP 4: Practice the 1-2-3 Method with your players: It's best if you use chairs or something else to place the ball on that is waist height or a little below so they need to bend their knees some to reach and pick up the ball (this helps ensure they'll have enough knee bend at the “set point”). Worst case you can have them start with the ball on the floor, but make sure they still bend at the knees when reaching down to pickup the ball. Have them go through each step in the beginning, and then over time work with them to create a “fluid” shot that has great rhythm.

Kevin Durant - Highest Scorer in League 4 Different Seasons - League MVP 2014	Kyrie Irving - 2012 Rookie of Year - 3pt Shooting Champ 2013	Steph Curry - Highest Scorer in League 2016 - NBA Record for most 3's in season: 402 - League MVP 2015 & 2016	Klay Thompson - Won 3 point shooting contest 2016 - Once scored 37 in 1 quarter!	Kyle Korver - Highest 3pt % Season: 53.6% - Led NBA in 3pt %: '10, '14, '15
Larry Bird - League MVP 3 years 1984-1986 - Won 3 point shooting contest for 3 straight years ('86-'88)	Paul Pierce - 3pt Shooting Champ 2010 - 2008 Finals MVP	Kobe Bryant - Highest Scorer in League 2006 & 2007 - League MVP 2008 - 5x NBA Champion	Ray Allen - Made more 3s than anyone in history of the NBA (almost 3k - 2,973) - 3pt Shooting Champ 2001	Michael Jordan - Highest Scorer in League 10 Different Seasons! - Career Avg: 30.1 ppg - 6x NBA Champion & 6x Finals MVP - 5x NBA league MVP