



THE 10 RULES OF BEING A GOOD SHOOTER

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Are you a GOOD SHOOTER?

- 1. Good Shooters** spend time each day on proper shooting technique. Good Shooters use a chair to "form shoot" for 10 minutes before taking their first shot at the basket.
Poor Shooters spend time on their shooting technique when they "have time." Poor Shooters grab a ball and go to the three point line to begin launching shots.
- 2. Good Shooters** work on moving without the ball and "prepare" the shoot the ball before ever catching it.
Poor Shooters wait for their turn to shoot then think about getting a shot off.
- 3. Good Shooters** start close to the basket and make 5 straight before moving back.
Poor shooters shoot from all areas of the floor "hoping to make it."
- 4. Good Shooters** study other good shooters and follow their habits
Poor Shooters shoot the ball the same way without any help from others.
- 5. Good Shooters** study the path of the ball and where the ball hits the rim. They make adjustments based on where the ball hits the rim; long or short? right or left?
Poor Shooters judge their shooting accuracy solely on whether the ball goes in or not.
- 6. Good Shooters** square up to the basket before shooting, called "Ten Toes."
Poor Shooters are not concerned with alignment they just want to quickly get their shot off.
- 7. Good Shooters** shoot from an athletic position known as Triple Threat position. One quick movement from triple threat produces a solid shot.
Poor Shooters catch the ball in an upright position then take time to bend their knees before shooting. Poor Shooters do not play in triple threat.
- 8. Good Shooters** use their whole body to shoot the shot. They know that their LEGS make shots with good form.
Poor shooters shoot the ball with their upper body only and throw the ball at the basket instead of shooting it.
- 9. Good Shooters** follow through consistently by "throwing their hand into the basket."
Poor Shooters are inconsistent in their follow through resulting in inconsistent results.
- 10. Good Shooters** understand the importance of BALANCE before, during and after the shot! The feet are always under their head.
Poor Shooters shoot off balance from all different kinds of angles. Their feet are rarely under their head.

How many of these describe YOU as a shooter?

Your goal is to accomplish all 10 of the "Good Shooter" characteristics as you grow and develop as a basketball player.

What is your score out of 10 and how badly do you want to be a Good Shooter?