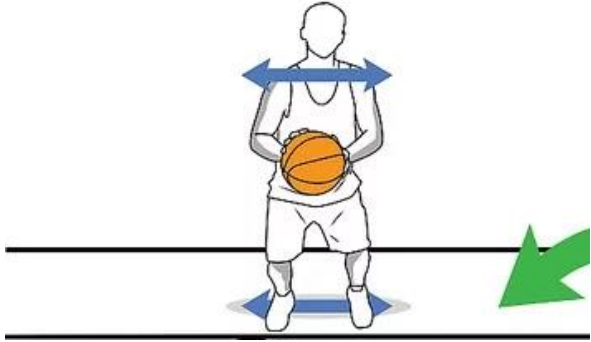
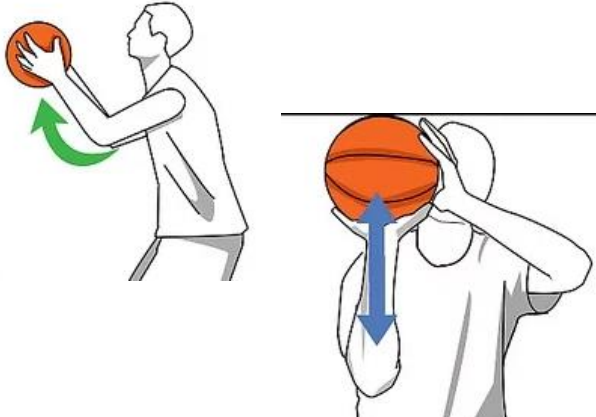
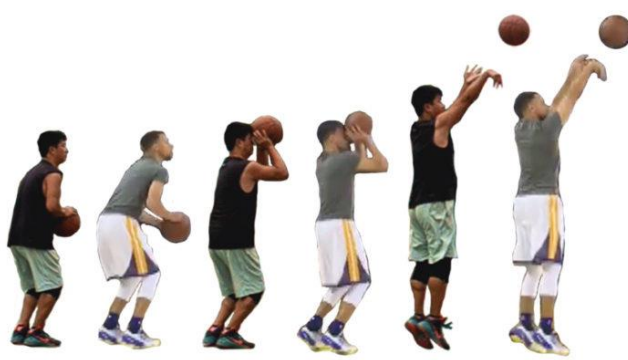

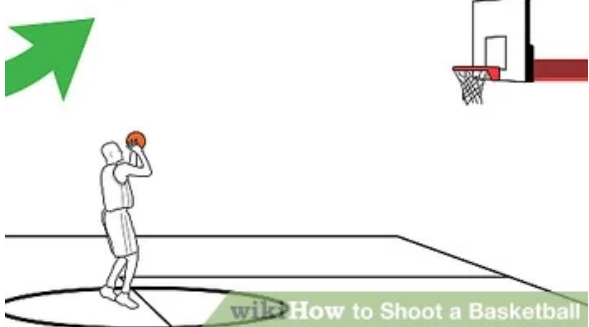




BASKETBALL PROGRAMME

Shooting Technique

<p>○ Starting Position</p> 	<p>Description:</p> <ul style="list-style-type: none"> ○ Start with feet shoulder width apart. ○ Feet/ body facing towards basket (or target if you don't have a basket). ○ Knees bent.
<p>○ Hand Placement</p> 	<p>Description:</p> <ul style="list-style-type: none"> ○ Place strong hand (aka hand you write with) underneath the ball like a waitress holding a tray. ○ Place your weaker hand on the side of the ball for support. ○ Place the ball in front of your face as shown in the picture. ○ Keep your elbow tucked in so your strong hand holding the ball is straight.
<p>○ Shooting Action</p> 	<p>Description:</p> <ul style="list-style-type: none"> ○ Push your strong hand up through the ball. ○ Follow through with your hand and flick your wrist once you release the ball. ○ Your supporting hand does not move the ball (when you release the ball the supporting hand moves away). ○ If shooting into a basket – you want to aim over the rim of the basket. ○ If shooting without a basket- you want the ball to go straight up and land back in your hands.

Shooting Drills

○ Start Practicing with One Hand	○ Practice Shooting in a Basket
<ul style="list-style-type: none"> ○ Following the guidelines for shooting. ○ Practice shooting with just your strong hand to get used to the technique. 	 <ul style="list-style-type: none"> ○ Start close to the basket then move out when comfortable. ○ If you don't have a basket pick a spot on the wall and aim for that.
○ Shoot While Lying Down	○ Shoot While Sitting Down
 <ul style="list-style-type: none"> ○ Shoot the ball straight up in the air and back to starting position. 	 <ul style="list-style-type: none"> ○ Similar to shooting while lying down aim to shoot the ball straight up in the air.