

# Shooting

*If you want to be the BEES knees (or the best shooter on court), it is important that you practice your shooting and refine your shooting technique.*

*The key elements to improving your shot are found in the word BEES.*

**B**

## **BALANCE**

*It is important that when you set up to shoot, your body is square to (facing) the goal post with:*

*Feet shoulder width apart*

*Knees bent*

*Back straight*

*And the ball balances on finger tips of your dominant hand (if you write with your right hand, your dominant hand is likely to be your right hand).*

*Your other hand is placed on the side of the ball to provide support but also to keep your shoulders aligned.*

**E**

## **EYES**

*Once you are balanced, you need to zone in your focus on rim of the goal ring that is closest to you.*

*Imagine that there is an orange cone standing on the edge of the rim and you want your shot to go just over the top of the cone. Keep your focus on this spot. If you already have a focus point, you don't need to change it – some shooters focus on the eyelet at the back of the goal, some focus on the front. Key things are: focus on one point (the same point every time you shoot) and ensure your shot goes above the ring.*

**E**

## **ELBOW**

*Your elbows play a big part in shooting straight.*

*Once you are balanced and focused, concentrate on your elbows.*

*Your arms should be lifted above your head and close to your ears.*

*Imagine that you are shooting out of a big toilet roll and you need to keep your elbows in.*

*When you are ready to shoot, bend your knees and your elbows ensuring that your elbow points forward in line with the goal post.*

*Straighten your legs and straighten your arm, rising up onto your toes releasing the ball at the tallest point.*

**S**

## **SWISH**

*As shooters we love to hear that swish noise. It means the ball has gone through the goal ring without touching the sides (nothing but net).*

*We also can feel in our body that it felt good.*

*The swish also describes the movement of the wrist as you release the ball.*

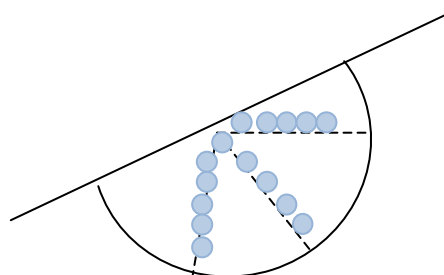
*The ball comes off your longest fingers last like you are waving it goodbye and your fingers flick through and point down.*

# Shooting Practice Ideas

*Aim to do 2-3 shooting sessions per week*

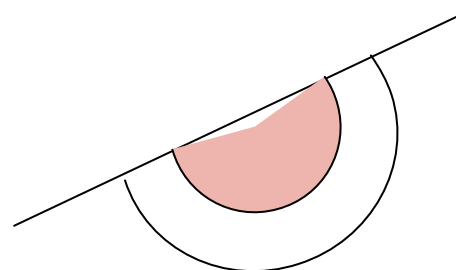
## Session A

- 10 shots under the post
- 20 standing shots (halfway in)
- 5 semi circles (25 shots in total)
- 3 lines of 5 shots (miss, you start again)
- 5 goals in a row



## Session B

- 10 shots halfway in
- 10 shots under the post
- 20 turn and shoot ( $\frac{3}{4}$  distance)
- 10 straight halfway only
- 10 shots under the post
- 20 shots (aim > eyes closed > open and shoot)
- 10 goals in a row from anywhere



## Session C

- 25 shots (miss 2 in a row = 5 sit ups)
- 10 under the post
- 4 lines of 5
- 10 two-thirds distance
- 10 straight
- 20 throw to self land and shoot (3 secs)
- 10 goals in a row



## Session D

- Where possible have someone to defend the shot
- 20 shots anywhere
- 10 halfway shots
- 20 shots (miss 2, add 1 more)
- 10 'swish' shots
- 10 throw to self, land, turn and shoot
- 3 lines of 5

