



PRO SHOT
"Exposing Basketball's Lies and Myths"
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PRESENTS:

30 SHOOTING TIPS

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PRO SHOT SHOOTING SYSTEM FOUNDER

THE *PRO SHOT SHOOTING SYSTEM*

THE PRO SHOT SHOOTING SYSTEM IS AN ADVANCED SHOOTING PROGRAM BASED ON BIOMECHANICS AND FOCUSING. THE SYSTEM IS CURRENTLY BEING EMPLOYED BY THOUSANDS OF PROFESSIONAL, COLLEGIATE AND HIGH SCHOOL PLAYERS AND HUNDREDS OF AAU, HIGH SCHOOL AND COLLEGIATE TEAMS.

THE PS SYSTEM IS THE MOST COMPLETE SHOOTING PROGRAM ON THE MARKET. WE 100% GUARANTEE ANY PLAYER OR TEAM THAT USES THE PS SYSTEM ON A DAILY BASIS WILL BECOME MORE ACCURATE (WE BELIEVE AS MUCH AS 10-20% BETTER SHOOTERS IN ONLY A MONTH), QUICKER AND COMFORTABLE SHOOTER(S).

AT PRO SHOT, WE TRULY BELIEVE 90% OF WHAT IS TAUGHT IN REGARDS TO SHOOTING IS OUTDATED AND OBSOLETE. USING SHOOTING CONCEPTS BASED FROM THE 1940'S AND 50'S WILL DEVELOP A PLAYER INTO BECOMING A SLOW AND OVERLY MECHANICAL SHOOTER. SIMPLY PUT, IF A PLAYER USES THESE OUTDATED TECHNIQUES, HE/SHE WILL ALWAYS FAIL.

THE PRO SHOT SHOOTING SYSTEM WORKS BECAUSE IT IS SIMPLE TO COMPREHEND AND IT MAKES SENSE. WE FOCUS ON SIX AREAS OF THE BODY TO PRODUCE ACCURATE, RHYTHMIC AND QUICK SHOOTERS. OUR BELIEF IS THAT A SHOT IS MISSED DUE TO: LACK OF FOCUS, LACK OF EXTENSION OR TOO MUCH TENSION. WE TEACH EACH PLAYER TO UNDERSTAND THE REASON HE/SHE IS MISSING AND THEN HOW TO CORRECT THEIR SHOOTING ERRORS.

THERE IS NOT A SHOOTING SYSTEM IN THE WORLD THAT WILL IMPROVE A PLAYER'S MENTAL AND PHYSICAL SHOOTING SKILLS AS QUICKLY AS THE PRO SHOT SHOOTING SYSTEM. YOU WILL SEE RESULTS IN A MATTER OF MINUTES.

PRO SHOT IS AMERICA'S LEADER IN SHOOTING AND SKILLS TRAINING WITH HAVING CONDUCTED 500+ CAMPS IN 45 STATES IN 2011. "THE SHOOTING ROAD SHOW" OFFERS THE FINEST SHOOTING CAMPS, CLINICS AND TRAINING THROUGHOUT THE NATION.

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30 SHOOTING TIPS

"Teams are made in the winter, but players are made in the summer, fall and spring."

Skill development is the key for player development throughout the summer, fall and spring.

For this reason, I believe it is crucial for a coach to constantly be inundated with information to better his or her players and teams.

I would like to offer you Pro Shot's 30 Tips. My hope is that these tips will help every one of your players to improve in their overall game.

These are drills, thoughts and techniques that you can use to help your players to become better shooters and scorers.

So let's get started...

Tip #1: WATCH BASKETBALL

This sounds hard to believe, but many high school and youth players don't watch basketball on television.

They play it, but they don't watch it.

Last week I was in West Virginia and I asked some high school boys players if they were watching the NBA playoffs and they looked at me as if they had never heard of the NBA.

Once again, their response was, "Coach, I play it. But I don't watch it."

I asked them, "If you don't watch the best players in action, how do you know what you should do on the basketball court?"



STUDY THE GAME

When I was coaching high school, I wanted my players to not only watch games, but study the game.

Watch the moves. Go outside and mimic those moves.

I remember one of my former players, Mike Hopkins would study Syracuse Basketball on television. He would watch the moves and then go out and practice those moves hour after hour. Mike would later play at Syracuse, become a starter and captain and is now the Associate Head Coach at Syracuse (he will take over when Coach Boeheim retires).

Sadly, most kids watch basketball only for the dunks. This reminds me of the NASCAR fan that watch just for the crashes.

STUDY YOUR POSITION

When players do watch, they rarely study players at the position they are playing.

I have come across high school point guards who mimic their game after LeBron James.

When I ask them, what about Steve Nash, Deron Williams or Chris Paul they look at me like a deer in the headlights.

I actually had a point guard tell me, "Why would I watch them. They suck."

Players need to study players at their position.

You don't think it's a coincidence that Kobe Bryant has mimicked Michael Jordan's game?

When Jordan started losing his legs, he went down to the post. The past two seasons Kobe has spent more time in the post than his 13 seasons before that combined.

Is that a coincidence? Of course not.

LISTEN TO THE ANNOUNCERS

The few players that watch basketball rarely listen to the announcers.

Announcers get paid well for giving their thoughts and breaking down the game detail by detail.

And many of them are former coaches that understand the game. If you can't learn from Hubie Brown (I believe the most intelligent basketball mind today) then you aren't paying attention.

As crazy as TNT is with Shaq, Charles and Kenny, they KNOW the game. If you listen, you will learn.

It is as if many of our young players now have the listening habits of the Peanuts. WA WA. WA WA WA WA. They hear sounds, but not the words.

THE CONSEQUENCES

I have coached over 300 Division I players. I have also coached hundreds of players that have played in the professional ranks.

Of those hundreds of players, how many didn't watch basketball on television growing up? The answer is ZERO.

If you don't watch it, I don't believe a player will play at the college level.

That is my opinion, but so far this opinion has been fact.

If a player wants to play basketball at the college level and beyond, then he needs to watch as much college and professional hoops on TV.

If that player just doesn't have the time, then he/she really doesn't have time to get that elusive scholarship as well.

GIRLS DON'T WATCH BASKETBALL

I hate to say this, but I truly believe a high majority of girls don't watch basketball.

I do believe the girls that do watch basketball are high school all-league players, all-state players and college players.

Last year, I had a basketball camp in Wisconsin two days after the NBA championship and asked the girls, "How many of you have ever heard of Dirk Nowitski?"

Out of the 53 girls there, only 5 had ever heard of him. This was the MVP of the NBA playoffs and they had absolutely no clue.

I wouldn't mind if girls didn't watch the NBA and focused on the WNBA and women's college game. But most girls couldn't name two players in the WNBA and outside of Waco (Texas), Knoxville, and Connecticut, girls watch very little of the women's college game.

WRAP UP

I would strongly urge your staff to talk to your players to watch as much basketball as they can.

I've actually had my players keep a journal of things they have picked up and learned while watching basketball on TV.

It's funny but when the pen hits the paper, they have a tendency to remember things more. I'm always talking about the game I saw from the night before.

I want my players to love this game and it starts by watching the game.

Tip #2: SHOULDER WIDTH vs. NARROW SHOT

I just don't understand the shoulder width notion when a player shoots.

I've tried to understand it. Spent many sleepless nights thinking about it. And I've come to the conclusion that I just don't get it.

I know the shoulder width stance is what most coaches teach because it is what their coaches once taught them.

Shoulder width has been around for what seems forever.

BEST SHOOTERS ARE NARROW SHOOTERS

The best shooters are NOT "shoulder-width" shooters, but instead they are generally narrow shooters. THERE—I said it.

When you look at Peja, Kobe, Taurasi, Jimmer, Carmelo, JJ Redick, Curry, you will clearly notice that they all have narrow stances.

I know I'm going to get a ton of emails saying, "WHAT ABOUT DIRK? His feet are wide!"

Yes, Dirk does shoot wide, but he's 7 feet plus. The taller you are, the slower and wider your shot can be. At 7-feet you do not need Ray Allen's shooting speed.

Guards, on the other hand, have to be narrow shooters.

Why? It's really simple. A narrow stance enhances the speed of a shot and guards need to be the quickest shooters on the court because they are the smallest players.

Check out the You Tube Video and see what looks better: narrow or wide.



ACL & KNEE ISSUES

Girls usually get wider more than boys when shooting.

The shoulder width shot for many girls often goes well past the shoulder width region. This stance often turns into something that only an equestrian expert could fully appreciate (looks like they are riding at Churchill Downs).

The harm here for these female players is not that they become slower and off balanced with a wider shot, but it is actually much worse.

I truly believe the wider a female gets when shooting, the great possibility for knee issues in her future.

Female athletes have six times greater chance of tearing their ACL than males.

Knowing this, I see young female players that are so wide when they shoot that they are stretching their ligaments and knee joints into awkward positions.

I just recently started working with a 17 year old boy from Columbus, OH. He is a good shooter, but immediately I noticed he had an extremely wide shot. This made his shot to be overly mechanical and slow.

The father, a high school coach himself, said, "Matt has been having knee pain after shooting." The father assumed the son was shooting too much and for that reason was developing this knee pain.

I brought his feet closer together and not only did his shot become quicker, but the knee pain went away.

IMAGINE THAT!!!

Still a non-believer? Reflect back to all the bad and slow shooters that you have had in your coaching (or playing) career.

Were those players wide or narrow shooters? I guarantee that you will remember your best shooters to be narrow shooters and your worst players as wide shooters.



BALANCE

A player does not have balance when standing shoulder width.

The human body does not walk shoulder width (unless you have a serious hemorrhoid problem) and you don't stand shoulder width. So why then would you shoot shoulder width?

Still a non-believer? Check out this balance exercise.

Have one of your players stand shoulder width without a basketball. Then tell them you will be pushing on their shoulders and that they should try to resist you. After you do this, have them get a narrow stance (about 2-3 inches apart) and do the same thing. The narrow stance will actually be much more balanced.

IT REALLY MAKES SENSE

A narrow shot gives you better balance, is generally quicker, prevents knee problems and feels better.

A shoulder width stance DOES NOT give a player balance, is generally slower, may cause knee injuries and doesn't feel very good.

So why would a player use it? It really makes no sense.

Watch an NBA playoff game for one half as a shooting coach and you will be surprised that very few if any players get in a shoulder width stance

WRAP UP

Hopefully this helps you to understand my beliefs in the "narrow" shot.

Over the years I have had good shooting teams that can get their shot off at any time. I truly believe this is because of the narrow stance.

It does work.

Tip #3: WHAT PART OF THE RIM DO YOU LOOK AT?

What should a player look at when he or she shoots?

In my travels I hear coaches and parents tell players to “focus” on a certain part of a rim.

It seems like it's a 50/50 split regarding if a player should focus on the back part of the rim or the front part.

I truly don't understand this concept.

IT'S ALL ABOUT THE MIDDLE

If you focus on the front part of the rim, doesn't that mean you are trying to hit the front part of the rim?

Same thing applies to the back of the rim.

In the Pro Shot Shooting System, we explain to our students that a player should focus on the MIDDLE of the rim.

After all, isn't that where you want the ball to go? I don't understand why anyone would focus on the front or back of the rim? That's simply not the target.

MISTAKES ABOUT AIMING

One of my coaching friends from California told me a funny story regarding the notion of aiming at the front part of the rim.

He explained that he was a freshman in high school and was having problems making a shot.

The varsity coach approached him and said, "Son, what are you aiming for?"

The youngster answered, "The front part of the rim."

The coach responded sarcastically, "You're doing a good job because you're hitting it every time."

DARTS AND BASKETBALL

Shooting a basketball is similar to shooting darts.

In darts you DO NOT focus on the entire board, but instead you focus on the bulls-eye (the center point).

Now, think about what is the bull's-eye when shooting a basketball? The middle of the rim of course.

Coach, try this with your players. When you change their overall focusing, you will start become a better shooting team.



Tip #4: SHOULD YOU BEND YOUR KNEES

Who has the quickest jump shot in the NBA?

Most players and coaches will instantly respond Ray Allen and they are probably right.

But why does Ray Allen continue to be the quickest shooter throughout basketball?

At age 36, he is definitely not the youngest. Nor is he the most athletic.

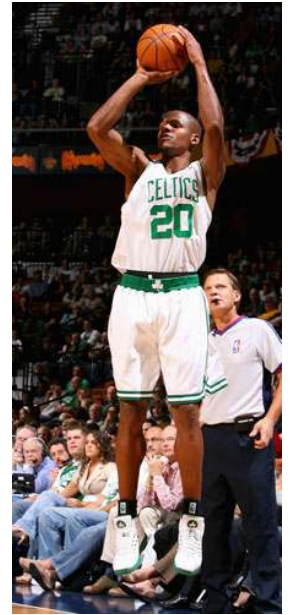
So why is Ray Allen considered not only the best shooter in the game, but also the quickest?

Many coaches immediately believe that he MUST have a lightening quick release.

Actually his release speed is slower than many other pure shooters because he dips the ball as he shoots.

So what's his secret for his tremendous shooting speed?

Ray Allen's secret can be found in in his knees. You see, Ray Allen doesn't BEND his knees. He flexes them.



"BEND THOSE KNEES"

Quick shooters DO NOT bend their knees. Instead they only use a slight knee flexion as they shoot.

Speed comes directly from a player's toes when shooting.

When you watch Jimmer Fredette, Kevin Durant, Kobe Bryant or Deron Williams shoot, you will clearly see that each player springs off his toes and uses little knee bend.

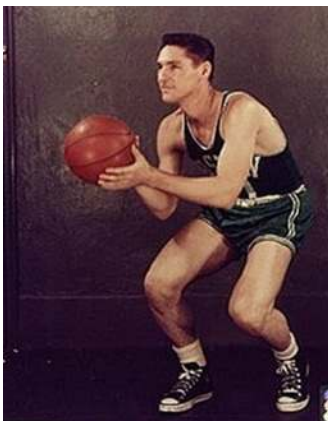
The more a player bends his or her knees, the slower the shot becomes.

As I grew up my coaches constantly told me to bend my knees.

As I look back, I now realize I had a slow shot just like the rest of my teammates.

Still don't believe in the non-bending concept? Are you still a doubting Thomas?

Try this and you will become a believer. Start jumping rope in a normal fashion. Chances are you flex your knees. Now try jumping rope and bend your knees each time. You will discover that you are greatly slower.



BASKETBALL HAS EVOLVED

Basketball has changed greatly in the past 25 years, let alone the last 50.

Players should not bend their knees as much as the players did in the 40's and 50's. Players now are simply taller, quicker, stronger and more athletic.

In other words, most players of yesteryear would play today he wouldn't be able to get his/her off cleanly.

IT'S SIMPLY HARDER THIS WAY

The more a player bends his or her knees when shooting, the harder it becomes to shoot the ball accurately.

It's like squatting in weight lifting. The more you bend your knees on your squat, the more difficult it becomes.

You get to a certain position in weightlifting and you think, "This doesn't feel very good."

By flexing and not using the knees to squat, the shot becomes easier to perform.

WRAP UP

I truly believe that great and quick shooters are focused on flexing their knees when shooting and not bending them.

Make the switch with your players to narrow stances and more toes. You will see great results.

Tip #5: SHOULD YOU FOLLOW YOUR SHOT?

We've heard it since we first picked up a ball.

Our coaches would scream at us, "ALWAYS FOLLOW YOUR SHOT!"

And of course you probably have passed this commandment (Thou Shall Follow Your Shot) onto your players

So what is wrong with "Follow Your Shot?"

While at first it appears to be solid information, constantly hearing this leads young players to only focus on getting the rebound AND not concentrating on the form of the shot.

CHASE THAT BALL SCRUFFY

I see players constantly run after the rebound like a wild dog chasing a ball.

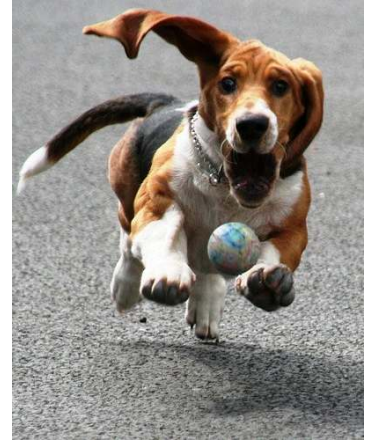
There is no follow-through. There is usually no form. Only a race to get that sacred rebound.

Quality shooter NEVER race after their shot

For this reason, I always teach our players to hold their follow-throughs until the ball hits the rim or net.

Watch poor shooters and you will notice they rarely hold their follow-throughs and are always concerned about the rebound.

I always ask players that "chase" after their shot, are you a better rebounder or a shooter? I would estimate 90% of the "chasers" claim to be a better rebounder than shooter.



NUMBERS GAME

It really is about numbers.

You have a 1-20 shot of getting that offensive rebound if you shoot the ball.

Unless you are the worst shooter in your state, a player has a much higher chance of making a shot (in other words holding the follow-through) than getting a rebound. If you can't make more than 1-20 shots it's time to retire.

So chasing after your shot doesn't make sense from a numbers stand point.

I had a friend who was a high school coach who would teach his players to ONLY be concerned with following their shots and not to be worried about what their shot looked like. Each year his teams would finish dead last thanks in large part of their shooting woes.

REBOUNDS AND BOUNCES

Racing after the rebound makes little sense for another reason as well.

If a player shoots a three pointer and sprints to the basket for the rebound, you will notice the ball caroms back to the three point line (where the shooter originally was).

Remember: long shot and it becomes a long rebound. Short shot and the rebound is generally short.

So if you shoot a three and run after it, the only time you will get this rebound is when you actually make it.

Post players and "biggs" are generally the hardest to break in chasing after their shots. They are so used to going after that rebound, that they find it difficult to focus on their shot and less on getting the ball on the miss.

BAD SHOOTERS UNITE

I really do believe the worst shooters are "chasers".

They love to chase after that ball.

Watch your best shooters and you will notice they normally DON'T run after the miss.

Then watch your very worst shooters and you will clearly see they are consumed by the rebound

WRAP UP

Coach, focus on your player's shooting form and explain to "hold the follow-through until the ball hits rim or net every time."

Your shooting percentages will increase when your players will start focusing more on technique.

Tip #6: AMERICA, GIVE ME THE FINGER!!!

Come on America. GIVE ME THE FINGER!

No, not THAT finger. Get your mind out of the gutter. The finger that I'm talking about is the index finger.

You see, the index finger is your straightest and strongest finger and it is also the #1 most important part of your body when shooting.

BUT WHAT ABOUT THE LEGS?

NOOOOO it's not your legs.

I am truly amazed at how many players and coaches believe it's all about the legs when it comes to shooting.

At each camp, I ask players, "What do you think is the most important part of your body when shooting?"

I would estimate 80% of all players instant respond, "LEGS." I also find it interesting that the worst shooters ALWAYS respond, "LEGS."

Shooting is all about the release.

If you have a great release, you will normally have an accurate jump shot.

Legs give the shooter balance and speed. And that's all the legs do.

Still believe the legs are #1 on the shooter's hit parade?

I guarantee that there are some wheelchair players playing that can outshoot some (notice I said some) players on your team.

But how can this be? After all, these wheel chair players don't have full function of their legs.

It's simple. Accuracy is about the release and not about legs.

THE FINGER & KOBE

I have heard many great shooters talk about the index finger including Pete Maravich.

But in October of 2000 my life changed when I went to a Los Angeles Laker game at the Staples Center and studied Kobe Bryant in warm ups.

Being a huge Laker fan, I made sure I got there early. And being a huge Laker fan, I thought I knew how Kobe Bryant shot the ball.

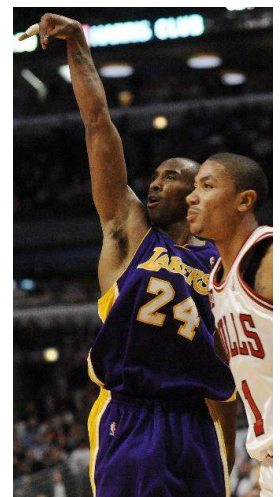
What I soon discovered was that I knew nothing about Kobe's shooting release.

See Kobe doesn't shoot in the cookie jar release motion, (four fingers down) but instead he shoots with a pinching motion.

The index finger and the pinch come together with the reaming fingers up like a staircase (pinkie is the highest, ring finger is second highest and middle finger is the third highest.

I call this: "1 down, 3 up."

As Kobe release the ball, the ball rotates off the index finger. This is HUGE because once again it's the strongest and straightest finger.



Kobe understands that the finger that is down the most on the release is the finger the ball will naturally rotate off of. I guarantee you have many players in your program that shoot with their ring finger and pinkie down the most. These players have little chance of making the shot.

THE COOKIE JAR

Coaches across the USA predominately teach the "Cookie Jar" method for the follow-through.

The "Cookie Jar" is when all four fingers are equal in the follow-through. It basically looks like your sticking your hand in the "Cookie Jar."

The problem with this this is when you release with four fingers being equal, you have a very good chance of shooting off of a different finger on each shot.

One shot will come off the index finger and the shot will be straight. The next shot will miss to the side because the ball comes off the pinkie or ring finger.

In other words, when you use the Cookie Jar method chances are very good your shot will be inconsistent. A player may hit two threes using four fingers down, but then may miss his/her next 10 shots to the side.



WHO ELSE USES THE FINGER?

Kobe didn't invent the finger. He borrowed it.

After watching a great amount of video tape on Michael Jordan, I have come to conclusion that MJ used the finger.

I also truly believe Kobe adopted this shooting technique from Jordan.

Other players that use the "Finger" include: Chauncey Billups, Manu Ginobili, Kevin Durant, Dwayne Wade, OJ Mayo, and many others.

In the WNBA, All-Star players Maya Moore and Diana Taurasi are "Finger" players.

WHAT CAN THE FINGER DO FOR YOU?

I really do believe that 60-70% of a shooter's effectiveness can be found in the release.

Try the finger with your players. We get players that try it and 10 minutes later they swear by it.

It can and will improve the way your team shoots.

The finger has improved thousands of players at our camps and clinics.

Tip #7: THE #1 KEY TO SHOOTING

Recently I talked about the index finger being the most important part of the jump shot on a player's body.

In review, the finger is so important because it is the straightest finger and the strongest finger.

As you remember, I am not a big fan of four fingers down (the cookie jar).

When a player releases the ball this way, there is a greater chance of having the ball come off the wrong fingers. When this happens the ball normally travels to the side.

That being said, it's not just about doing the finger, but instead it is WHAT YOU DO WITH FINGER.



THE KEY TO SHOOTING IS:

If you go to a book store you will see book after book on "The Keys". The Key To Life. The Key to Success. The Key to Religion.

And now I will present you with the Key to Shooting.

THE KEY TO SHOOTING IS TO PUT YOUR INDEX FINGER ABOVE THE RIM AND THROUGH THE RIM.

It's really that simple.

If your finger/arm goes to the side when you shoot, you have a 1% chance of making.

That is it. ONE PERCENT!!!

If your finger stays straight when shooting, you have a 50% to 80% chance to make it depending how good of a shooter you are.

THE RESULTS ARE OFF THE CHARTS

In our camps and clinics we spend 30-40% of the camp working on the release, the finger and keeping the finger straight.

The results are truly amazing.

Recently I was in Arkansas with a high school varsity program and went through the "finger".

After an hour of practice they improved 30% on their shooting.

The most startling results were when they shot with their finger straight, they made 41-45 shots. When their finger was off to the side (not straight), they shot 0-27.

That is an amazing number. We see results like this on a daily basis.

GOOD SHOOTERS VS BAD SHOOTERS

Good shooters rarely miss to the side.

If Ray Allen shoots 100 jump shots in a gym, he will miss zero shots to the side on a good day, one on a normal day and two on a poor shooting day.

Now think of your worst shooters. How many shots out of 100 will they miss to the side? It might be as high as 60-70.

I'm not good in math, but I do know the difference between 1 (Ray Allen's number) and 70 is HUUUUUGE.

I GUARANTEE that if you focused on keeping your shooters straight, your shooting numbers will increase 5-10% or more.

DEMAND THAT THEY DO IT

Coaches that win have discipline. They expect their players to do it right.

Coaches that lose often lack discipline. They would like their players to do it. But they don't demand it.

I get phone calls from coaches that say, "Coach, the players just aren't putting it above and through the rim." Then I ask, "What are your penalties?"

Normally there is a long pause on the phone. They have no idea what I am talking about.

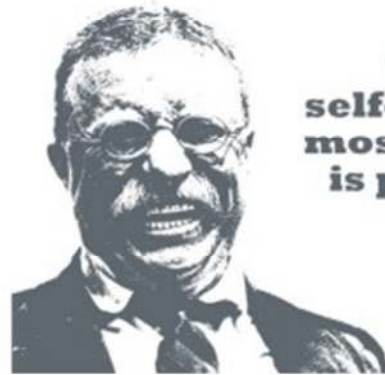
If you don't make your players do it, then they won't. If they miss to the side (finger or arm pulling), have them run, do sit ups, pushups.

One thing that we have learned is that many kids don't mind running. But no one wants to sit.

So when a player continues to miss to the side, I have actually given that kid a TIMEOUT.

In other words, sit with your ball for 1-2 minutes and figure it out.

I know it sounds harsh, but it really is interesting when the butt hits the chair (or floor) something goes off in the brain.



**"With
self-discipline
most anything
is possible."**

**Theodore
Roosevelt**

TRY IT AND YOU WILL LIKE IT!!!

I know you get concepts and strategies constantly to improve your players. BUT I SWEAR THIS WORKS.

But you have to try it.

If you read my ebook, you will be a believer. You will swear by this shooting system!!!

Tip #8: IT'S NOT ABOUT THE DRILL

During the past articles I have tried to debunk many myths on shooting.

Among these that I have focused on included: "bending the knees", "the cookie jar" and "following the shot."

Today I want to focus on something that I believe is VERY IMPORTANT to build solid shooters.

There is a belief by many coaches that drills make the shooter. And the more you drill, the better a shooter becomes.

I am strongly opposed to this belief.

"I AM THE KING OF ALL DRILLS!"

I know coaches that have hundreds of shooting drills.

For nine months I coached in Calgary, Canada and there was a coach in the program who must have had 200 shooting drills.

Every night he would go online and search endlessly for shooting drills. He would come back and say to me, "Look what I found!"

And the funny thing about it was that his teams couldn't shoot a lick.

It's not about the drill. It's what you do in the drill.

CORRECT PLAYERS CONSTANTLY

What I notice is coaches see another team do a drill or get a drill from a coaching clinic and they immediately believe "this is the missing ingredient that will make my players into a great shooting team."

Here's a typical scenario. A team does the same shooting drill the first day of practice, the last day and every day throughout. And the shooting percentages often don't increase with time.

Usually the percentages will nearly be the same the first day of practice and the last practice.

How can this be? Aren't players supposed to improve a skill with time?

The answer lies in coaches focusing on only the drill and not the content of the drill.

Imagine you're an English teacher (I know some of you are), and you assign a 25 page term paper. What do you grade it on? The effort? Possibly.

What most teachers grade it on is the content. The stuff that is actually between the pages. Here we can see true discipline and focus of a student.

So why don't we do the same thing for drills? Why don't coaches correct players throughout shooting drills (the content)?

It's not about just writing the term paper, but it is about how you write it.

Same thing applies to a shooter. It's not about just throwing the ball up. It's about how you shoot it.

The corrections that I hear coaches use often for shooting are usually: "Faster" and "Hold Your Follow-through."



It's like the stewardess on the plane (an old SNL bit) that constantly repeats, "Goodbye, bye now, good bye." What I hear is, "Faster, faster. Hold that follow-through, faster."

That's not coaching, but just repeating.

The key to drills is to correct. Yes, correct the players.

If they miss short, tell them how they are missing and that they MUST correct.

I see players miss the same way, every time (example might be short) and the coach never mentions it.

As coaches, we MUST remind our players that missing is unacceptable.

In an earlier email I said that some type of punishment (running, a timeout, pushups) must take place if a player or team is constantly missing the same way as well.



THOSE DANG CONTRACTIONS

Please don't get hooked into contraptions as well.

There are many coaches that believe if they buy the most expensive contraption it will heal all the poor shooting woes they are suffering.

I like the "Gun" (the ball rebound machine). I have one in my back yard. It can definitely get a player more shots by simply using it.

But it doesn't fix a broken shot.

Four years ago I was in Omaha and I visited a boys head varsity coach before practice. I tried to explain my shooting system but all he wanted to talk about was his new "Gun" machine that he had received three months before.

He went on how wonderful it was and how his players were getting more shots.

So I decided to stick around for practice and soon saw the biggest bunch of bricklayers ever assembled.

What Coach didn't realize is similar to drills, a machine WILL NOT drastically improve a shooter's mechanics.

Using the "Gun" without skills and correction forces a player into the same slow and inaccurate shot that they have always had.

WRAP UP

This tip is one of my favorites and I believe it may be the most important of the entire series.

Don't expect for your players to correct their mistakes. You have to remind them.

They will thank you later. The greater you coach them, the greater they will shoot.

Tip #9: SQUARING THE HIP AND SHOULDER

As many of you know, I am not "traditional" when it comes to shooting.

I think so much "out of the box" that I can't remember what the box even looks like any more.

And nowhere are my beliefs bordering on "radical" as my concepts regarding squaring to the basket.

You see, I don't believe in the "traditional" way of squaring ten toes to the basket.

I just don't believe squaring your feet works.

More importantly, I just don't think it makes any sense.

For the past eight years I have taught squaring the shooting shoulder and hip instead of the feet.

When you turn your feet and square your shooting shoulder and hip, your shot becomes straighter and you alleviate tension in your neck.



CRITICISM OF THE TURN

You can imagine the amount of criticism I receive by believing and teaching this concept.

I have been called "ignorant", "stupid" and a "liberal radical" by coaches.

For many coaches, they will not budge on this.

It is as if they believe the truths of life are: "You are born, you will die and all great shooters square their feet."

I can give visual proof and logical reasoning and still many believe squaring the feet is the "law of the land."

HOT DEBATE IN THE ATL

Last year one of my assistant directors, Miguel Gonzalez, was conducting a shooting camp outside of Atlanta.

In attendance that night was Steve Smith and his 12 year old son. Smith was a former All-American at Michigan State and a solid shooting guard for the Portland Trail Blazers and Atlanta Hawks. Steve Smith is currently an analyst for NBA TV. He gets paid for giving his views on basketball.

During a break in the camp, Miguel was approached by Steve Smith who remarked, "What are you teaching here? No quality shooter in the NBA turns. They all square." What is interesting is that only minutes before a video was played of the best NBA players turning their feet while jump shooting.

Miguel remarked, "What about Kobe?"

Smith responded, "Well, Kobe is not a shooter. He is a scorer." (Note: Kobe holds the NBA record for most made three pointers in a game.)

"What about Jordan?"

"Jordan was a scorer. Not a shooter." (Yeah right. Tell that to the Utah Jazz.)

"What about Stephen Curry?"

"Stephen Curry is a scorer. Not a shooter." (If Curry is not a shooter, then who is?)

After the camp, Miguel and I downloaded clips of Steve Smith shooting while playing in the NBA. And yes, he turned every single time!!!

"YOU'RE NOT KOBE BRYANT"

Players have been squaring the shooting shoulder and hip since the early '60's. It started with Jerry West and Oscar Robertson (two of the greatest players ever) and continues to this day.



Yes, all the greats turned their feet. The names are staggering--Bill Bradley, Pete Maravich, Walt Frazier, Earl Monroe, Larry Bird, Rick Barry, Chris Mullin, Michael Jordan, Kobe, LeBron, Maya Moore, Dirk Nowitzki, Kevin Durant, D-Wade and Diana Taurasi.

I never saw Michael Jordan square his feet once in his playing career. Not once! Jordan understood that accurate shooting is all about aligning the shooting shoulder and hip to the basket.

In Pro Shot Camps, players immediately fall in love with the turn. Why? Because it is easier (less tension) and it keeps the shot straighter.

I have noticed that most players improve 10% by simply turning their feet slightly.

The problem often becomes when the newly improved and confident shooter goes back to his/her coach.

I have actually heard these words come out of a high school coach's mouth, "Why are you trying to shoot like Kobe Bryant. You're not Kobe Bryant."

THE ELEPHANT IN THE ROOM

Coach, watch a professional or college basketball game for a half. Just one half.

When watching the game, focus on who turns and how much.

I have actually have had coaches tell me that no player in the NBA turns when shooting. Later they watch a game closely and tell me, "You are right. Everyone turns."

In truth, up to eight years ago I never saw it either because I never looked for it.

It's like walking into the kitchen and asking your wife, "Honey, when did we get the 1,500 pound elephant that's living in the front room?"

She responds, "He's been there your whole life. You just have noticed him until now."

If you watch you will finally see the 1,500 pound elephant.



WRAP UP

I know many of you believe this is radical and different. But is it?

If all the best shooters do it--then what's really radical? The new norm or the outdated myth?

Tip #10: AVOID THIS SHOOTING GAME

Three years ago I sent out an email and told coaches that the shooting game, "Knockout" should not be used if the coach truly cared about skill development in his or her players.

In other words, the game should be "shelved."

I had more responses for that one blast than any other email I have ever sent out. I actually had a coach call me "unAmerican" and said, "All that matters is if that the kids are having fun."

THE WORST GAME EVER INVENTED

We've seen it played it thousands of times.

We see our players play it when they get bored usually before or after practice. We see it at most summer camps. So what is this terrible game?

It's called by many names. You may know it as lightning, knockout, gotcha, or bump.

You know the game. You get an endless line of players with two basketballs in the front. Two players in the front compete to see who scores the basket first. If the second player scores before the first, then that first player is out.

So why is the game so bad? Because it actually DESTROYS young shooters rather than helping them.

FOCUS LEADS TO POOR HABITS

When playing this game there is no focus, but rather players often shoot in a frenzied motion.

The only thing each player cares about is making the shot. Nothing else.

There is never a focus on shooting the right way.

Many players that play this game try to miss the shot on purpose so they can get the rebound and put it in.

AND THIS GAME IS SUPPOSED TO HELP A PLAYER BECOME A BETTER SHOOTER?

I actually believe an evil coach invented Knockout to eliminate good shooting form across the United States.

IT'S A LITTLE KIDS GAME

This is a little kid's game.

I've attended hundreds of NBA and college practices and have yet to see a game of Knockout.

You will never hear Kevin Durant saying, "Westbrook, Harden, let's play Knockout!" You will never see U Conn or Duke playing this. Don't think Kim Mulkey and her Baylor Bears are playing Knockout.

I have seen many of the best high school programs in the United States and have yet to see a game of Knockout ever played in their gym.

SUMMER CAMP = KNOCKOUT

Knockout is a destructive little kid's game.

Still, I am utterly amazed at how many games of Knockout I see every year especially at summer camps.

Why is this then played at a high number of summer camps? Laziness. It's that simple.



Coaches get lazy and a game of knockout with 50 campers in a summer basketball camp can take 20 minutes or more. A camp of 100 and coaches can go take a second lunch break.

WRAP UP

Coach, ask yourself this: Do your teams play knockout?

And if they do, does your team shoot well?

You may want to eliminate this game as soon as possible.

Tip #11: IDENTIFY YOUR SHOOTERS

Not every one of your players will become an accurate shooter.

If you believe each one of your players will one day become prolific shooters, then I have some swampland to sell you in the Everglades.

In other words, it's just not going to happen.

I do believe each player can improve his/her shooting skills, but you will be mistaken to believe that each player on your team will become the next Stephen Curry.

THE TRUTH

During each Pro Shot Camp I explain to players and coaches, "You do not have to learn how to shoot accurately. But then again, you do not have to play either."

I do believe shooters play.

When I was coaching at the high school and AAU levels, I would watch the opposing team warm-up.

Why? Because I was trying to identify their shooters. I was looking to see what players were "tickling the twines."

And here's what I discovered: In my 20 years of coaching I never saw a player who could accurately shoot that sat on the bench.

In other words, if a player can shoot, he/she will play.



THE GAMBLERS OF THE HARDWOOD

I truly believe coaches are inherent gamblers.

Where is the largest basketball coaching clinic in the nation? It's not in Barstow, California. It's in Las Vegas, Nevada.

And isn't a shooter the greatest form of gambling on the basketball court?

A shooter is like a slot machine. You hope it pays off. And when the machine (or shooter) is "hot", life is beautiful.

Most coaches love shooters and will give them the "green light" if they truly believe in them.

NUMBER OF SHOOTERS

Ideally you want 3-4 shooters per team.

That should take you to a league title or at worst, contend for a league title.

The most number of "shooters" I had on one team was six.

There is nothing better when the opposing coach yells to his players as the ball is moved around, "Shooter! Shooter! Shooter! Shooter!"

At that point you have basically won the game

IDENTIFYING YOUR SHOOTERS

So why can't everyone become a shooter? It really comes down to time management, overall discipline and personality.

I believe it is important to identify these characteristics in a player. If a player has these traits, I do believe he or she will be able to become the shooter you want them to become.

If he or she lacks these traits, I do believe it becomes much more difficult to become an accurate shooter.

TIME MANAGEMENT

It is very difficult for a three or four sport athlete to develop into a top notch shooter.

Before I get emails from coaches that encourage their players to play as many sports as they can, please understand that the more sports a player plays basically takes away important practice time a player needs to hone his or her shooting skills.

If a player does play three to four sports, then he or she better understand the need to get on the practice court as much as possible (weekends, before school, lunch, evenings).

I like to tell my players, "A writer writes. A painter paints and a shooter shoots. ALWAYS."

You can't be a shooter if you practice shooting only during the season. A player just can't be effective this way.

As a player, you need to understand what is important.

Also players need to understand: If your thumbs are the strongest part of your body (texting), then you will not be a shooter.

If you spend more time on X Box than you do practicing your shooting skills, then you will not be a shooter.

I have been told by a few coaches that I should soften up (take a chill pill). That I'm just to blunt, but I believe you have to tell players the truth.

They really don't know better.



DISCIPLINE

It's impossible to become an accurate shooter if you lack discipline.

This starts with how players warm up before practice. Players that lack discipline are known to warm-up from three point line or half court.

Disciplined players start near the basket and go through a ritual of warming up.

I also look at each player's academics to determine if a player will be a shooter.

If a player lacks discipline in the class room, then there is very good chance he/she will lack discipline in shooting.

Now, I'm not saying that you need to be an A student to become a prolific shooter, but I do believe the better students transfer the discipline into shooting.

Lastly, players that lack discipline in their everyday life usually lack discipline in their shooting mechanics.

Do you really believe the player who struggles to get to practice on time will have the discipline to shoot the ball correctly EVERY TIME. Of course not.

PERSONALITY

I have a belief that introverted players make better shooters than extraverted players.

The reason behind this is simple. Introverted players get on the practice court and usually are in their "own little world." They have great focus. They talk to few people.

I saw firsthand Ray Allen as a rookie with the Milwaukee Bucks walk to one end of the gym and shoot shot after shot without saying a word to anyone.

Larry Bird, Jerry West, Pete Maravich, Chris Mullin, Bill Bradley were introverted shooters. Stephen Curry, Kobe Bryant, and Dirk Nowitski are current sharp shooters that are also introverted.

Extraverts have a more difficult time to perfect their shooting skills. The main reason for this lies in their discipline once they step on the court.

Extraverted players have a tendency of focusing less on shooting mechanics and more on talking to the players next to them.

They are more about playing 1 on1 or 5 on 5 and less on shooting techniques. An extravert can become a quality shooter over time, but often it takes a coach or parent to constantly remind them about the discipline and techniques that one must possess to become a quality shooter.



WRAP UP

Please note that I try to never give up on a player.

I do believe, however, there are some key ingredients that players should possess to become quality shooters.

One year I had a defensive player who lacked a jump shot. That summer I told him, "You're going to become one of my shooters."

He looked at me confused. "But why? I can't shoot." What he didn't realize was that he was an introvert that had tremendous discipline (a quality student), who only played basketball.

Later that winter he became my second leading scorer (14 ppg) and made 39 three pointers in our last five games.

Without his clutch shooting we would not have won a league championship.

Those traits are important in building a shooter.

Tip #12: UNDERSTAND FATIGUE

When it's late in a game and you're tired, what is the first part of your shot to go south?

Of course 99% of all coaches, players and parents respond, "Legs."

Coaches and players have a fetish for legs. Of course "Legs" is always the response when I ask "What is the most important part of the shot?"

Hate to be the bearer of bad news, but it's not about "legs" when a player is tired.

It's the MIND. You see when a player is fatigued, the brain begins to "starve" for oxygen.

Thoughts go through the mind of, "I'm tired." With this mindset, mechanics falter and the shot doesn't seem to fall.

So obviously a player needs to practice shooting hour after hour in fatigued conditions.

Right? WRONG!



THE SURVIVAL ZONE

I have a friend in Southern California who is a basketball trainer.

He loves to put his players through endless shooting drills of dribbling through cones and chairs.

He believes the only way you can become a great shooter is to fight through fatigue.

His workouts are grueling. If you ask a player, what is the best part of the workouts, he/she will usually respond with a smile, "I survived."

Mom and dad are always smiling too because their child is sweating. Parents often believe that with sweat only comes improvement.

There's only one problem here. None of his players ever improve when it comes to shooting.

In the first few minutes of these drills, players are fresh and focused.

After 10 minutes non-stop their shooting looks flawed and herky-jerky. The ball starts missing to the side of the rim.

By 15 minutes, the shot has become seizure-esque (I know it's not a word, but it should be) and now the ball is lucky to hit the rim. The shooting form looks more similar to a person trying to catch a fly than a solid basketball shooter.

Yes, they have just entered the "Survival Zone."

If a player practices the "Zone" constantly, his/her shooting mechanics develops into something that more resembles a spasm than a first class jump shot. In other words, the "Survival Zone" can harm a player much more than it helps.

WALKING THE THIN LINE

I truly believe as a coach you need to know how far you can push your players in regards to shooting and fatigue.

I tell coaches that if you want to condition then do it on the track, the bleachers or a hill. I have even conditioned players on a beach.

If you want to condition on the court, however, you should use ballhandling here. When I was coaching teams, we did many "suicides" with the ball.

I look at coaches that condition their players through shooting drills and I have yet to see a team that is heavy into "Survival Shooting" that can shoot accurately.

A player needs to work up a sweat when shooting and you should shoot similar to a game. In other words, a player should be breathing a little heavy. But understand the difference between some sweat and all out "Survival" shooting.

I have seen players training with their coach that are so fatigued that they can barely hold up their arms when shooting. What good does this do? If your practice poor habits, they will become permanent within time.

AGES AND SURVIVAL SHOOTING

As a player becomes older and in better physical shape, then he/she can condition some while shooting.

Obviously, Kobe Bryant can push his body through fatigue much greater than a high school player.

Younger players (below high school grades) should NEVER, EVER be exposed to "Survival Shooting." Mechanics will quickly falter, which will in time become permanent.

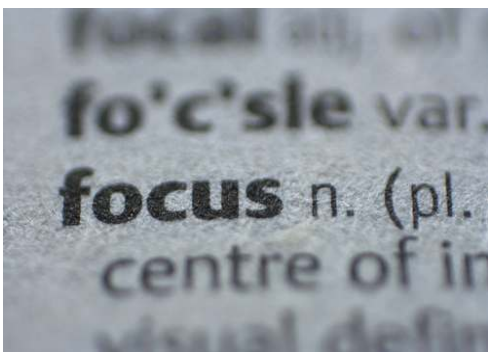
Remember: It's NOT Practice Makes Perfect. It's actually Permanent Practice Makes Perfect. Once again, if you want to get your players in shape, use other means than shooting drills.

THE FREE THROW: NATURE'S RESTING PLACE

If you are going to push your players to near fatigue while shooting, please give them stretches where they can at least catch their breath.

Total exhaustion does nothing for a player. It hurts you and does not help you. I strongly suggest having them "rest" as they practice their free-throw shooting.

In games a player will be tired at the line so this resting part becomes very much like a game situation.



EXPLAIN TO FOCUS MORE

I always explain to my players the importance of focusing greater when fatigue sets in.

It truly is a mindset. That is why there are first quarter players and then there are fourth quarter players.

Players that can't focus when tired are prone to shoot poorly late in games.

Remember that when I'm talking about "focusing", I'm not speaking about staring aimlessly at the rim. I want the player to focus on technique/form and not an object.

WRAP UP

I know my beliefs here basically go against many values that coaches have of "practicing until you puke".

Accurate shooting, however, is a part of basketball that is based on technique. I just don't believe it makes much sense to take this fine-tuned machine and run it into the ground.

Tip #13: THE MENTAL PART OF SHOOTING

Proper mindset is soooo important when shooting. I see hundreds of players a week that fail at shooting because they have the incorrect mindset.

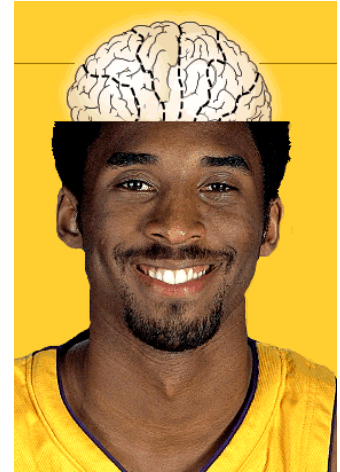
The most common shooting mindset is, "I must make my shot."

I've heard coaches tell their players to be positive and think about "Making the shot." I understand the positive message here, but this mindset is an important reason why millions of young players are failing at shooting.

You see, when a player "focuses" on making it, usually that player misses the shot.

The reason for this mindset failure deals with a lack of information.

The brain just doesn't have enough information for the shot to fully succeed.



"I MUST MAKE MY SHOT!"

The video below really explains the type of player that uses the "Making it" mindset.

If you ask that dreadful free-throw shooter, Shaquille O'Neal, "What do you think about when you shoot?" I guarantee he will say, "Making it."

If you ask a five year old, "What do you think about when you shoot?" I guarantee he will respond, "Making it."

So do really want to have the same shooting mindset as a five year old and Shaq?

Of course not.

THE STRUGGLES OF LEBRON

Six years ago, LeBron James was going through a terrible free-throw slump. For two straight months he shot less than 50% from the charity stripe.

ESPN the Magazine asked him, "What do you think about when you are at the line?"

Lebron responded, "Making it." And with two words I uncovered the reason why he was missing at the line.

Immediately I emailed Lebron's agent, Leon Rose and explained , "The reason for Lebron's struggles is that he is focusing on making it (the results) and not the process.



TIGHTROPING OVER NIAGARA FALLS

I don't know if you got a chance to watch Nik Wallenda tightrope over Niagara Falls.

I don't get excited over stunt like this, but I was truly mesmerized each step he took.

And as I watched him making his way over the Falls, I started thinking that he had to literally focus on each step.

He couldn't be thinking of his wife or kids that were on the other side of the border waiting for him.

That is what would be the results. What he needed to concentrate on was the process.

If he didn't concentrate on the process, then something terrible would have probably happened. The same thing applies for shooting.

Poor shooters are all about the results. All they care about is if the ball goes in. They basically care little how what their form looks like. Good shooters focus on technique. They understand accurate shooting is really about the process of shooting.

When you focus on results, you will always struggle with your shot. When you focus on technique, you will generally be a quality shooter.

THE MINDSET OF SHOOTING

I'm a big fan on the release as you well know. I think it accounts for 60-70% of a shot's overall accuracy. Therefore, I believe a player needs to focus on the release when shooting.

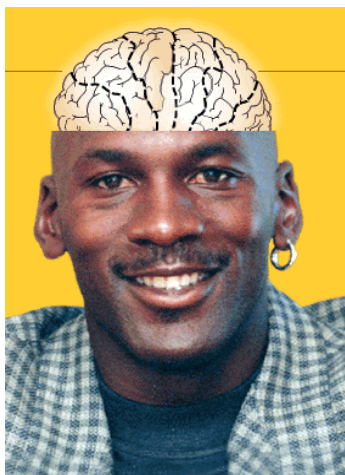
I tell my players to AIM that index finger through the rim. I truly believe when the index finger is to the left or right of the rim, that player has a 1% chance of making it.

When the index finger is above the rim and through the rim, he or she will make it 50-80% depending on how good of a shooter that player is. When a player is "focused in" it really is amazing how much they can improve their accuracy in a matter of minutes.

THE SIMPLE MIND

The brain can only think of one thought at a time. For that reason it is nearly impossible to think of your entire form when shooting.

When you shoot you will use hundreds of muscles, bones and ligaments. If you think of "everything" you will literally go crazy. I really believe in the KISS (Keep It Simple Stupid) Theory when shooting. Over analyzing the shot usually leads to constant misses.



THINK OF NOTHING

There are those coaches that believe in the simple approach to shooting. In other words, you should think of nothing when you shoot.

I've heard coaches actually say, "Well Kobe Bryant thinks of nothing when he shoots." Agreed but your players are not Kobe Bryant.

You see, when you watch a Jimmer Fredette or Ray Allen, those guys are great shooters because they have fine-tuned muscle memory. Young shooters don't have this muscle memory.

When you watch great shooters on TV, they have gotten to the "promise land" by shooting hundreds of thousands to millions of shots.

At some point they had to think of something when they were shooting. I guarantee your players aren't at that stage yet.

If young players lack a thought process when they are shooting, chances are they will be poor shooters. As a player progresses in shooting and starts climbing the totem pole of shooting accuracy, he or she can think less.

WRAP UP

Hope this helps to clarify the mindset players need to possess. The mindset is rarely talked about in regards to shooting accuracy, but it is so crucial.

I guarantee if you go up to your poor shooters and ask, "What do you think about?" they will respond, "Making it."

It never fails.

Tip #14: FIND A SYSTEM THAT WORKS

Shooting a basketball is an easy aspect to teach.

The problem I encounter is that many coaches and parents teach shooting techniques that are incorrect.

I would estimate as much as 90% of all shooting concepts that are being taught today at the elementary, middle school and high school levels are flawed.

I've never met a coach who wants to do harmful damage to a player's skill development and yet I see coaches teach outdated methods every day in regards to shooting.

Everyone is an expert on shooting and everyone has an opinion on how you should shoot a basketball.

Why? Because everyone has done it a few times in their lifetime.

I don't mind coaches and parents claiming that they are experts in shooting. We need experts out on the hardwood.

But ask yourself, are your concepts regarding shooting hurting your players or helping them?

In other words, are they getting better?

WHY DO WE COACH?

A coach basically coaches for one of three reasons.

MONEY (this is more at the professional and college levels I would believe), EGO (I guarantee you have met these coaches) and BECAUSE YOU LIKE TO TEACH THE GAME.

If you like to teach the game, then you need to constantly ask that question: "Why do I teach it this way and is there a better way to teach it?"

In other words, a coach shouldn't stay stagnate and be looking to IMPROVE.

I'm consumed by shooting and yet I'm always trying to improve my system.

My system is 100% better today than it was five years ago and I expect it to be better in the next five years.

The coach that believes he or she knows everything should quit RIGHT NOW. I believe the same thing applies for the player that knows everything about basketball.



FIND A SYSTEM

Most coaches have countless plays and offenses.

Every coach has that one out of bounds play that can't fail.

Yet, few have a shooting system.

I would strongly suggest all coaches to develop or find a shooting program that works for your program.

If you are the best shooting team in your state and the program that you are using works, then that's great.

If you are the other 99% of the teams that struggle to find shooting consistency, then you should reevaluate what you are teaching.

I get calls from coaches quite a bit that tell me, "Your system works because it makes sense."

Find a system that makes sense. Find a system that focuses on the mental and physical side of shooting.

Lastly, find a system that focuses on correcting the shot.

If you don't understand the reasons you are missing, you will continue to miss over and over again the same way.

DO RESEARCH

I know your time is limited. You have a job, multiple teams, a mortgage to pay, kids, a wife.

But I believe it is important to find a shooting system that you can believe in and that you can teach your players.

Please don't be the coach in practice that yells, "Make your shot!" These are worthless coaches that fail to understand what coaching is all about.

Find a shooting system and then COACH your players. Tell them what they are doing wrong.

Don't just do shooting drills for the sake of doing drills. Drills only work if you have constant feedback.

That feedback needs to come from you and your staff.

BELIEVE IN TECHNIQUE

I truly believe shooting is about technique.

Do your players look like Stephen Curry or Maya Moore when they shoot?

Or do they look more similar to 9 year old Bobby from the Y?

I have seen very few players with great shooting form that can't shoot a lick. Yet, I have seen TENS OF THOUSANDS of players who have awful form that can't shoot.

In other words, how you look determines the success of your shot.

THE MYTH OF TRAINING

There is a belief that a quality shooter is that way because of the amount of time he or she practices.

On other words, you can throw up crap, but in time that will start looking like diamonds.

I have no idea who came up with this idea, but it is seriously flawed. SERIOUSLY FLAWED.

Heres the quote to end all quotes. The quote you should hang up in the team room. The quote you should give to each of your players.

"You can practice shooting eight hours a day, but if your technique is wrong, then all you become good at is shooting the wrong way." Michael Jordan.

Frame that quote. Remember that quote. Quote that quote.

That quote is what training is all about.



WRAP UP

Coach, I would hope you can take a few minutes off this summer and read my book "Pro Shooting Secrets."

I have received many emails from high school, AAU and college coaches that have said, "Your book has changed the way I look at shooting."

Many coaches download this ebook and leave it on their desktop. They intend to read it, but soon forget it's there.

Take a few hours and read it. This may be the system you are looking for.

It took a year of my life to research and write, but I give it away because I want to change the way America views shooting.

Many coaches have told me, "I can't believe you give this away." I do so because I truly want to help coaches and players.

Phil Jackson once said that "Basketball is all about sharing." I want to share my system with you.

Lastly, if you have a better shooting system, let me know and why. All I ask is you download the ebook and read it first.

Tip #15: CORRECTING YOUR MISSES

The most important aspect regarding the Pro Shot System is how to correct shooting mistakes.

If a player does not understand how he/she is missing, that player will continue to miss.

When missing a shot, it is crucial to figure out the direction you are missing (left, right, shot or long) and then comprehend how to fix that shot.

Once again, if a player fails to understand the direction he/she is missing or why he/she is missing, then that player is bound to struggle.

FIGURE OUT THE DIRECTION

There are four directions a player can miss: short, long, left and right.

Poor shooters generally miss to the side. Accurate shooters, on the other hand, miss short and long.

It is crucial to understand which of these four ways a player misses.

Many players have little if no understanding how they miss.

I have asked players "What direction do you miss?" and they will respond, "I don't know." What's really hard to believe is they are actually telling the truth. THEY DON'T KNOW!

A few times I have asked a player who has missed ten straight shots short, "How do you miss?" and the player responds, "Um, long."

In my training sessions, I ask players to call out (no mumbling) how they miss after they shoot. I stand at half court and want to hear each player bark out: "Make", "Left", "Right", "Short" or "Long."

When they become audible, they actually have a tendency of paying more attention to the direction their shot is going.

THE REASONS FOR MISSING

Once you figure out the direction you are missing, then focus on correcting your shot.

There are basically three reasons why a player misses a shot by the time they reach high school.

They are: FOCUS, TOO MUCH TENSION and LACK OF EXTENSION.

I know shooting should be much more complicated than this, but I really believe it is this simple.

Try to print this portion out or try to memorize for your next practice. Having this handy will help to understand why a player is missing.

FOCUS

If a player misses to the side, they are lacking focus. In the Pro Shot System we teach each player to dominate with the index finger and put it above and through the rim. In other words, AIM that finger through the rim.

You will generally miss to the side if your finger is off to the side of the rim. I believe if your finger is through the rim, you have a 50-80% chance of making the shot. If your finger is crooked, then you have a 1% chance of making it. Therefore it is imperative for a player to keep the finger and arm straight.

Tell your players: You MUST Be Straight. Demand that You MUST Be Straight.

If they miss to the side, give them punishment of pushups or suicides.

Coaches need to be the driving force of "KEEPING YOUR SHOT STRAIGHT!"

TENSION

Here is the stat of the day: 90% of all shots that are missed short is due to tension in the neck and shoulder region. The worst thing a coach can tell a player is to: "Shoot straight up and down!"

You don't walk straight up and down. You don't stand this way (unless you're in the Military). So why would you shoot this way?

And of course the answer is you shouldn't. Over time, coaches have transformed a relaxed shooting motion into believing it should look like a Popsicle stick.

When you shoot in a STRAIGHT up and down motion, you will lose arc on your shot. In other words, you will be constantly short.

There is a belief that if a player is missing short, he or she needs to be his/her knees more. The only thing this does for a player is to make the shot slower. The more you bend your knees, the slower your shot becomes.

I'm a HUGE advocate of the "sway" or "sweep". If you read my newsletters, you probably have come across this term before. When your feet sweep forward, your back and shoulders will naturally sway back. This becomes more relaxed for the shooter and will give each player the additional arc they need to NOT fall short.

As you move back to the three point line, the sway becomes even more crucial because you need this extra strength in your shooting motion.

Watch the players on your team that are prone to missing short and I GUARANTEE each one of these players shoot in a straight up and down motion.

Throughout practice, my favorite word for many players are "SHOULDERS!" In other words get those shoulders back and your shot will improve.

One last word on tension is that it can force your shot to miss short and for others it can force to miss long.

You can lose strength and therefore your shot misses short. You can gain strength as your shot becomes a spasm and you will push the ball with great velocity. When you do this you will miss long.

If you begin missing long, refocus on the "sway" and make sure you relax. Relaxed shooters are always the best shooters.

EXTENSION

This is very common for younger players. When they lack extension, they are basically pushing the ball.

Of course these are the shots that look like a SCUD Missile. In other words, it has virtually no arc.

Obviously, the key here is to raise the shot higher.

PLEASE NOTE: Don't teach your players to shoot with the arm and follow-through facing to the heavens either. I see coaches that want their players to shoot straight up to the ceiling. This makes no sense. You need to aim for above the rim and NOT the ceiling.

WRAP UP

Obviously if you want more info on how to correct your misses, please read the EBOOK.

I go into much greater detail there.

I think it's interesting that yesterday alone we had 40 college coaches download the Ebook. This shows me that coaches at the highest level always want to learn more!

TIP #16: SHOOTING DRILLS & IDEAS

Recently I jotted down some random but important notes on shooting that I want to share with you today.

These shooting concepts really make sense and will help your players.

As a quick side note, I have received dozens of emails from coaches across the United States.

These coaches are using the shooting system this summer and are seeing positive results in their players and teams.

Our shooting system is really quite like the old Life Cereal commercial (shows you how old I am) where the two boys say to little Mikey, "Try it! You will like it!"

If you try it with your players/teams and show discipline to teach it, you really will like it.

I 100% guarantee this.

AMNESIA VICTIMS UNITE

Common sense is HUGE when it comes to improving your players and team in regards to accurate shooting.

I look at some drills and I just shake my head because I have no idea what the purpose of the drill is actually designed for.

Here's a drill I just don't understand, yet I have seen it many times. A player rebounds and passes to a teammate who shoots it on from the perimeter. As the shooter catches it, he/she calls out the passers name. "Tommy!" "Sarah!" "Billy Bob!"

What does this do? What is it designed for?

Is it for amnesia victims so they can remember names of their teammates? I truly can't understand the purpose of this drill.

Here's a drill that works 1000% better. When the player shoots the ball, have him/her shout out the direction they missed. "Short!" "Long!" "Left!" "Right!"

Obviously if they make it, they say nothing..

Players have no idea how they miss. They will miss time after time the same direction and still have no clue how they are missing.

When the vocal cords are used, players have a tendency of understanding the direction they are missing.

The first way to correct shooting errors is to identify how you are missing. If a player can't do this first task, he/she will always fail to become an accurate shooter.

LAST PLAYER STANDING WINS

Don't focus on drills that are purely about "MAKING THE SHOT." Instead, focus some of your drills on the process of shooting.

When you do this you will notice within time your players becoming more accurate shooters.

One of my favorite drills is to have your players stand straight away from the basket usually 15-20 feet. Try to put 3-5 players per basket.

In this drill, if a player misses to the side, he retrieves the ball and he sits down. In other words, if you miss to the side, you are out. The last player standing is the straightest shooter.

In my past emails you will remember the importance that I put behind being straight. I truly believe the biggest key to shooting is to keep your shot straight.

Last week I ran a camp in Ohio for high school boys. When the players put their "finger" through the rim, they made 51-54 shots. When their finger was to the side, they shot 0-21.

Yes, it's really about keeping the shot straight.

BASKETBALL IS SIMPLE

Basketball can be a simple game, but I see many players that don't understand how and where (the areas on the court) they should practice their shooting.

Here's how I look at shooting at the high school, collegiate and professional levels. All players should warm up 5-10 minutes a day from 5-15 feet. This includes one handed shooting and focusing on release.

After those 5-10 minutes everything should be game speed. If a player fails to practice game speed, they will get into that game and will fail to be an accurate shooter.

The question should now be: where should you shoot from? I see high school players that shoot endless upon endless shots from 15 feet out. They are half speed and are rarely off the dribble. This makes no sense.

Here's how simple basketball is from usually the junior high levels to the professional levels. You have only a few spots on the floor where you get your shots from.

They are:

1. Low Post
2. High Post
3. The Layup
4. The Free-throw
5. The 3 Pointer
6. The Pull-Up Jumper

I know there are some coaches reading this that are saying, "What about the 15 foot down-screen?" If you do have this in your offensive system, how many shots like this do you get off like this in a game? Maybe 3 or 4? Very few.

The pull-up jumper is the shot generally from 10-17 feet. It is what many call the mid-range jumper.

Good players have the mid-range game (the pull-up). Players that struggle don't have this in their repertoire.

So why do players constantly practice the 15 foot stationary set shot? The reason: Because they simply don't understand the game and coaches along the way have failed to explain that this "training" is a waste of time.

Coaches, tell your players to constantly work on their pull-up.

In the 60's and 70's, if you didn't have a pull-up you were considered a freak. It was how the game was played. The majority of the game was based on the drive and the pull-up. You usually had one player who shot long distance shots and even these were limited to 2-3 shots a game.

In today's three-point-athon, very few players have solid pull-up jumpers. If you have a solid pull-up jumper today, you are now considered the "freak" of the hardwood.

I tell my players, 50% of all practice shots should be based on the pull-up/mid-range.

It is very important that the jab-step, the rip through and shot fake are part of these shots. Obviously if you want to focus on the pull-up, you need these moves to get you some room. Just a regular pull-up doesn't get the job done.

The pull-up can also include the runner and the step back as well.

Tip #17: ACCEPTING CHANGE & UNDERSTANDING FAILURE

Shooting excellence is a journey. It is not a sprint.

Don't be fooled in believing your players will become great shooters overnight.

It takes great desire and a great number of hours, days, weeks, months and years to be a prolific shooter.

Coaches, please remind your players shooting greatness is not achieved with average attitude.

To be a great shooter a player must possess four traits:

1. Technique
2. Tremendous Work-ethic
3. Understand Failure
4. Accept Change

Over the past five weeks I have wrote countless tips on shooting techniques. You have been besieged by these views on the art of shooting.

And of course every coach reading this realizes the importance of practicing.

What is rarely discussed, however, is the importance for each player to understand failure and embrace change.

MORE MISSES THAN SWISHES

I have a gym in my backyard and one of the signs on the wall reads: "At first there will be more misses than swishes."

Anytime you learn new techniques, you will fail at first. And of course no one wants to fail especially young players.

The problem is that a player cannot succeed unless he/she fails at first when learning a new shooting technique.

It is quite common for young players to not change their shooting form simply because that it may feel "weird" at first.

THE ULTIMATE FAILURE

I believe many of our young players were soooo much smarter when they were two years old than they are now.

The biggest accomplishment for a two year old is learning how to walk. But with these steps came the ultimate failure-FALLING DOWN.

A two year old falls, cries a second and picks himself/herself back up and tries it again.

For many of our players today, they would fall and stay on the ground. After a while they would think, "Heck with it. I'll just crawl around. I don't need to learn to walk."

For many young players, they refuse to change their ways and learn techniques. Because of this, many never get any better in regards to their basketball skills.

THE HARDWOOD PSYCHIC

I have been around this great game for so long that I can normally determine what players will be great, mediocre and who will be out of the game within the next year or two.

Am I a swami? Am I Karnack the Great? Do I have tremendous mind powers to predict the future? Of course not.

What I closely look at is how each player reacts to coaching and change.

One of my favorite quotes is by Charles Darwin. He wrote, "It is not the strongest that survive, nor the most intelligent, but the one most responsive to change."



Players (and coaches) that reject change never seem to improve. They tend to always remain stagnate.

"I CAN'T EVER FAIL!"

Fifteen years ago I coached at Santa Ana Valley High School in Santa Ana, California.

On our varsity team was a 6-8 senior with great agility and coordination. Unfortunately, he lacked a jump shot.

He was always more concerned about his shot blocking skills and dunking the ball and paid little (if any) attention to developing a quality shot.

One day he came to me and asked if I would help him to better his shooting skills. I told him to "meet me in the gym tomorrow morning at 7 am."

To my surprise he was on time the next morning.

It was then that I told him, "Now you will fail at first. You will miss a few shots. Understand this."

He looked at me and responded, "I can't ever fail even for a few minutes."

At that point the lesson was over.

He never developed a jump shot.

A good low post player in college (low d-1 level), he played one season overseas making minimal money.

If he would have developed a consistent jump shot, I truly believe we would have had a 10 year career in the NBA.

His inability to change cost him millions upon millions of dollars.

WRAP UP

I would suggest talking to your players about being open minded, that they need to understand that you will always struggle at first when learning a new technique and you should never resist change.

I am a big movie buff (my DVD collection is at 2,500) and three movies come to my mind that would be great to show your team regarding change.

"Miracle" is a terrific movie that details how Coach Herb Brooks guided a bunch of young no names to the 1980 gold medal in hockey.

"Money Ball" depicts how General Manager, Billy Beane turned the Oakland A's into a contender by using players that no one wanted.

"Pistol" is one of my favorite movies that very few coaches and players have seen. It chronicles the seventh grade season of "Pistol" Pete Maravich.

All three of these movies focus on how Brooks, Beane and Maravich accept and embrace change, while others around them struggle with their new views.

Tip #18: THE MOST IMPORTANT PART OF SHOOTING

America, what is with this leg fetish when talking about shooting?

I just don't understand what everyone's fascination with the legs is really all about.

I hear it all the time and I cringe. To me, when I hear the answer "LEGS" it is truly like fingernails on a chalk board.

We are so misguided that it is truly pathetic.



ZOMBIELAND, USA

It is as if our young players are zombies aimlessly walking into gyms with one thought on their minds, "To focus on LEGS." So what am I talking about?

In every camp and clinic that I hold, the first thing I ask the players is: "What is the most important part of your body when shooting?"

I would estimate 95% of all players respond "LEGS!"

So where is this inaccurate answer actually coming from? It can only be from misguided coaches and parents.

Stop this madness! This is pure insanity!

I have no idea why anyone would say "LEGS". When you think about it, this makes virtually little if any sense.

"LEGS" makes sense if you're a field goal kicker, a punter, a soccer player.

But for a shooter, it's definitely not about the legs.

I can bring a wheel chair player out and I guarantee that individual can out-shoot many of your players. But how can that be? That player has no function with the "LEGS".

I truly believe that shooting will continue to be a lost art until coaches and parents wake up and smell the coffee and realize the REAL truth about shooting.

THE TRUTH ABOUT SHOOTING

HERE IT IS. The real truth is that ACCURATE SHOOTING STARTS WITH THE RELEASE.

Yes, it is all about the hand and wrist.

The importance of the hand and wrist is worth as much as 60-70% .

If you have bad release, you will have a bad shot. It really is that simple!

I have seen very few players that have good releases (which includes holding the follow-through), but inaccurate shots. I have also seen very few players that have poor releases and in return have accurate shots.

START THE REVOLUTION!!!

I don't know where this notion of "LEGS" started, but we need to change it.

Explain to your players that shooting starts with a quality release.

It is amazing to watch young players shoot the ball. They are usually concerned about two things: the basket and the legs.

Most young shooters could care less about the release (the hand and the wrist).

What I don't understand are the coaches that complain the most that their players can't shoot are usually the ones screaming, "It's all about your legs."

And that is the reason their teams are failing in regards to shooting.

MY GUARANTEE

If you speak less about "THE LEGS" and more about "THE RELEASE" your shooting percentages will rise noticeably.

I 100% guarantee this!

I also believe coaches that continually believe that accurate shooting is all about "LEGS" will continue to struggle.

WRAP UP

Don't get me wrong. I do talk to my players about the lower body and legs.

But understand from the first day of practice until the last game of the season they know the answer to the question: "What part of the body is the most important in regards to accurate shooting?"

TIP #19: DEVELOPING A QUICKER SHOT

I am a "hop" guy. I guess you can call me a "hopaholic". I just can't get enough of it and I really believe in it.

The "hop" I am speaking about is a lower body shooting form.

There are basically two types of shooting forms that players use: the 1-2 step and the hop.

While I know the 1-2 is the "traditional" shooting form, I would hope you consider the "hop" when teaching your players shooting.

MY HISTORY WITH THE HOP

My experience with the hop dates back almost 30 years ago when I was a lower level coach at Mater Dei High School in Santa Ana, Ca.

During that time I had two players, Mike Hopkins and Dylan Rigdon that used the hop on a consistent basis and had great success with this form.

Both Mike and Dylan easily had the quickest shots in this high profile program (considered one of the best in the nation).

They would take their shooting talents to the next level as well.

Dylan would set shooting records at University of Arizona. Lute Olsen called Dylan one of the two best shooters he ever coached at U of A (the other being Steve Kerr).

Mike ended up at Syracuse University and was a two year starter and team captain. He is currently the associate head coach for the Orange.

These two players sold me on the hop for the next three decades.

IT'S ALL ABOUT SPEED

I teach the hop for many reasons. The first and most obvious reason is the hop is quicker.

From Kobe Bryant to the seven year old picking up the basketball for the first time, every player wants a quicker shot.

A quicker shot means more opportunities. A quicker shot also expands the possibilities of playing at the next level.

And I believe using the hop gives a player the speed advantage over the rest on the competition. In other words, it's quicker.

I hear coaches say all the time the 1-2 is quicker. I just don't understand this reasoning.

When you shoot off of a 1-2 motion, you have an anchor. It is a stopping device.

I also call this the "drunken cowboy." When you 1-2, your motion is generally not smooth and usually spastic. It resembles a "drunken cowboy" trying to walk into a saloon.

If you're right handed, you will generally lead with your left foot. This foot acts as an anchor as it helps to stop you.

When you use the hop method, you will always lead by your shooting side. If you are working on the pull-up jumper and using the hop, you will always lead with your right side (if you're right handed) whether you dribble to the left, right or straight.

In other words, the hop lacks that anchor.

With this anchor, you also need to generate more power from the legs. The more power, the more knee bend. The more knee bend, the slower your shot becomes.

With the hop, you don't need to bend your knees too much.

I never use the word "bend" but instead I focus on the word "flex". Good players flex their knees, they don't bend them.

SPEED = THE HOP

One of my coaching friends told me a few years ago, "You don't know what you're talking about. EVERY NBA player uses the 1-2 step."

Words of advice: NEVER challenge a passionate person that lacks a life.

In other words, I accepted this challenge 100%. Over the following month I recorded every NBA team twice and did shooting stats from these games.

Here's what I found out: 71% of all shots in the NBA are off the hop.

I also discovered virtually all the players from 5-9 to 6-4 are hop shooters. These include players such as Jimmer Ferdette, Ray Allen, Jameer Nelson, Derrick Rose, Jeremy Lin, Chris Paul, Deron Williams, Derek Rose, JJ Redick, James Harden and Kembo Walker.

I also found out players that are 6-5 to 6-8 are combo guys. Sometimes they use the hop and sometimes they use the 1-2. This category includes: Michael Jordan, Kobe Bryant, LeBron James, and Carmelo Anthony.

Lastly, I realized most players 6-9 and taller are 1-2 guys predominately. There are two glaring exceptions that focus on the "hop" instead. They are Kevin Durant and Dirk Nowitski.

I truly believe THIS is the reason Durant has been the leading scorer in the league the past three years and might be the leading scorer for many years to come. Thanks to the hop, Durant can get his shot off at any time.

So let's think about this. Why are the smallest guys in the NBA the ones that use the hop the most?

I believe it's really obvious. The smallest players need the quickest shot. RIGHT? If you use that reasoning, then the hop is quicker than the 1-2.

OLD FASHIONED IDEAS

Last year I invited Ohio University Coach John Croce and his staff out to my back yard gym. Coach Croce (now the head coach at Illinois) said to me, "We have this guard DJ Cooper. He's got a chance to play in the NBA. But he wants to hop. I'm an old school guy from Indiana. I was brought up on 1-2. Sell me on the hop."

"Name the top three guards this past year in college basketball," I responded.

"Jimmer Ferdette, Nolan Smith and Kemba Walker."

"And what do they all do when they shoot?"

He smiled and said, "They hop." It's always nice to change an old fashioned Hoosier in his ways of thinking.

THE BIRTHPLACE OF THE HOP

The earliest evidence I have seen on video of a player using the hop was Bill Bradley (one of the best shooters EVER) in the late 60's with the Knicks.

One of my good friends, Herb Welling believes the hop was first used by Basketball Hall of Fame Coach, Ralph Miller (Oregon State).

His disciples included Lute Olson (Arizona) and Jerry Krause (Chicago Bulls President). Many of my players went to Arizona and played for Coach Olson and told me that "Coach would make us run if we didn't hop."

I remember back in the early 80's with players like Danny Ainge and Byron Scott using the hop.

If you have read my ebook you might remember the story of sharpshooter Craig Hodges (he won three NBA three point shootouts with the Chicago Bulls) when he was a rookie for the San Diego Clippers.

That season Paul Silas was the head coach of the Clippers. Never known as a shooter, Silas was considered an enforcer and rebounder when he played. In other words, he had no clue regarding shooting techniques.

Hodges told me, "I was the only one who did the hop in camp and Coach couldn't figure out how I was able to get my shot off anytime time I wanted to. The other players were struggling and were getting it blocked time after time."

Finally, Silas stopped practice and told his coaches to watch and examine why Hodges, the rookie from Long Beach State, was the quickest shooter. After a while, the coaches just shrugged and said, "I don't know."

Hodges told me, "It was funny, but they just couldn't figure out that it was all about the hop. It was right in front of their eyes and they couldn't see it."

WRAP UP

Later this week I will send out more information on the hop and give additional reasons on why to use this technique.

I will also include video breakdown on this.

All I ask is for each coach to keep an open mind on the hop. Remember change can be good.

Our ancestors once sat in the dark, had to go outside to take a pee and rode into town on a horse.

Thank god change has occurred!!!

Tip #20: CHANGE BAD HABITS INTO GOOD ONES

For the past two months I have given numerous shooting tips and ideas. Most have dealt with the physical part of shooting and a handful have dealt with the mental portion.

If you believe in the Pro Shot System, then by means please teach it. It does work!!!

You may come against some resistance from players, however, at first.

Young players hate change. I spoke about this earlier. But I also believe if your program struggles with your shooting (95% of all teams fall in this category), you must get your players to change their shooting form.

So how can a player change negative habits into positive ones? There are basically four ways a player can and will change. Below are those ways.

PAYMENT

I hate to admit it but today's younger generation is led by the green stuff. Yes, they can be bribed.

I guarantee if you tell a player: "If you shoot correctly for five shots, I will give you \$20," they will probably do it.

Problem with this is coaches are not made out of money. I know I can't give money to every player that does a good deed on the hardwood.

And it's also not right. If players ONLY do something positive by means of getting paid, they truly have the wrong notion about how life works.



INTIMIDATION

A coach can intimidate his players to changing his or her behavior as well.

You can scream and yell at a player if he/she doesn't hold their follow-through and chances are that player will do it sooner or later.

Intimidation is big in the armed forces and can be effective temporarily to change a player's poor habits to positive habits.

Notice I said it's temporarily. The intimidation factor dies off after a while and players have a tendency of tuning that coach out over time. In other words, the yelling becomes mute.

CONSEQUENCES

An effective way to turn poor habits into positive ones is to give players punishment when they do it wrong.

When I'm talking about "punishment" I am speaking about sprints, pushups, wall sits. One of my favorites is ball pushups (yes, a pushup using a basketball).

Most coaches only use "punishment" when a player is late to practice or when their team isn't playing hard or lacks intensity.

"Punishment" can be used to enforce a positive habit.

I have said before that missing to the sides is lethal and deadly. Poor shooters miss to the sides and good shooters miss short and long.

If you make your players shoot straight, your shooting percentages will increase 10% or more. Think how many more games you would have won last year if you would have shot 10% higher.

So if an extra 5-8 points a game is important for you to be successful, then make your players do it.

I receive calls from unsuccessful coaches that have no discipline at all. They have tried the Pro Shot Shooting System but their players do not use it on a consistent basis.

While talking to the coach I ask, "Are you giving them consequences when they don't do it?"

They always respond, "No. I just remind them, but they forget to do it."

If you're the nice coach 100% of the time, you will be at the bottom of the standings on a consistent basis.

To change habits, you must not only remind them what they are doing wrong, but give them consequences. "If you don't hold your follow-through, you run." "If you miss to the side, pushups."

Trust me, they will change.



BECAUSE THEY WANT TO GET BETTER

Obviously the best way to change a behavior is when the player is 100% coachable and wants to improve.

Coaches beware here, however. I would estimate that only 40-50% of all players want to improve at first with the help of a coach.

Many players are hardheaded and believe they know it all. Many think that they are on the way to the NBA or WNBA and if we tinker with their precious shooting technique, then we will scar them for life.

Trust is a big issue and many players do not trust coaches and adults.

Last year I had lunch with Bill Peterson of the Milwaukee Bucks. An excellent trainer and skills coach, Coach Peterson told me it took him two years for point guard, Brandon Jennings to "Trust him."

If a player has a difficult time trusting a coach with 15 years of NBA experience, imagine how many players perceive high school and middle school coaches.

It is wrong that today's youth don't trust and believe, but when I look back to my childhood was I that much smarter?

When I was 16 I thought my dad was a moron, the village idiot. I didn't listen. It didn't matter that he could build his own house, could do any engine repair on a car. I wasn't going to listen.

Skip ahead 30 years and now I believe he's one of the smartest men I know. What changed? Did he get smarter? No, I grew up.

WRAP UP

Understand who "is in and who isn't" in regards to shooting throughout your program.

I tell every camp and clinic that I host, "Look, you don't have to become a shooter. But then again you don't have to play or you don't have to get that sacred scholarship."

Reward your players that "buy in" and do what you are asking. The greatest reward is praise.

Ultimately, we all want praise in our lives. Constantly use your players that are doing it correctly as your models. In other words, have them be the demonstrators and the leaders.

The players that don't get called on will seek attention and might actually change so they can get this praise. Praise can be a great thing.

I hope this helps you to understand the mindset players have and how a coach can change their awful techniques into positive ones.

Tip #21: SHOOTING IS AN EVERYDAY THING

Here is a simple tip that makes a lot of sense. Maybe too much sense.

Teach shooting form and techniques every day in practice. Notice I said EVERY DAY. Shooting is not a once in a while thing.

To be a great shooting team/program you need to be focusing and working on it EVERY DAY.

I see teams that shoot well because they are EVERY DAY people. These are coaches that stress shooting form and technique EVERY DAY.

And of course I see programs that shoot awful. Just dreadful. It's a train wreck.

These terrible shooting programs just don't focus on shooting. These are usually coaches that are all about plays. They truly believe, "My team is going to win because my plays are better than your plays."

Plays don't win basketball games. I guarantee you that the coach with the most plays is usually the coach with the most losses.



IT'S REALLY ALL ABOUT MATH

So why should shooting be emphasized in an EVERY DAY manner?

It's very simple-Accurate shooting is CRUCIAL for a team's overall success.

Ask yourself this question: How many teams have you ever seen that can shoot but couldn't win?

I know the majority of coaches stress defense and yes, I stressed it too.

But I have seen teams that played their butts off on defense and came up short in the standings.

Why? Simply because they couldn't put the ball in the basket.

Basketball will always be about scoring the most points. The team that puts the ball in the basket the most times WINS.

It's amazing how many coaches, players and parents don't fully understand this.

So shooting is HUGE in this game. The poorer your team shoots, the harder it becomes to win. I truly believe it is accurate shooting that gets a team over that hump.

HEIGHT AND SHOOTING

The smaller you are as a team, the better of a shooting team you better be.

I quit high school coaching because it became too easy for me. I won a league championship 10 of my last 11 years. I needed a new challenge in life and in basketball.

I know that sounds soooo arrogant, but it's actually very true.

And yet I was never blessed with much size. My front line looked more like Ompa Lompas compared to my opposition's "biggs".

How were my teams able to win?

Every year I would tell my players, "Time does not allow us to be great in every category. We will focus heavily on two areas and try to be as good as we can be in the others."

The two areas I stressed EVERY DAY were:

- 1) To play and practice harder than any team we go against all year. This includes playing hard on defense, loose balls, rebounding etc.
- 2) To out shoot our opponents. In other words we stressed technique and form all year long.

I see teams that lack size and athleticism but don't focus on the shooting aspect. Truly I can't understand this notion. It makes ABSOLUTELY no sense.

If you are David and on your schedule are many Goliaths, why are you trying to slew the giant by battling him head to head? He will beat you EVERY TIME.

If I knew my team was small and non-athletic, then I would be focused on shooting 24/7 (which is what I did).

THINK OUT OF THE BOX

Here's a good question. Why do you have a post?

A post player works for two reasons.

The main objective to posting a player is if he/she has a height or weight advantage. In other words, can your post player dominate their post player down low?

I've also seen coaches "hide" a player at the post. In other words, they put a player there because he/she has no perimeter offensive skills and yet that player is important to the defensive and rebounding scheme of the team.

Here's what makes no sense: posting a player that is undersized considerably.

If you were a trainer in boxing, would you let your middleweight go toe to toe with a heavy weight? Probably not. So why would you do this on the basketball court? Posting an undersized player GIVES the opposing team a HUGE advantage.

I ask coaches all the time, "Why do you have a 4 out 1 in with an undersized post player?" The response always is, "It's part of the offense."

Well, if that's the case, it is time to get a new offense! If I have 5 undersized players (which is what I always had it seemed), then I would run an offense based on 5 players on the perimeter. It just makes sense.

By moving the undersized post player to the perimeter, the entire lane opens up entirely.

I think the best coaches understand that they need to think out of the box if they have an undersized team.

BASKETBALL CAMPS GET A CLUE

It seems as if every high school, AAU and college coaches from Portland, Oregon to Portland, ME has a camp every summer.

And with these camps comes instruction (at least I hope so). But is shooting ever really stressed?

Shooting reminds me of the crazy relative that puts a lampshade on his head at New Years Eve. In other words, you make a few comments about it, but you just hope it either gets better or just goes away.

I see camps every summer that rarely discuss shooting form and technique.

This to me makes no sense. Not discussing shooting at a camp is like ordering an ice cream sundae and it comes to your table lacking the ice cream.



If you hold a camp PLEASE take time to cover shooting in a detailed basis.

I would suggest focusing a minimum of an hour each day on shooting and not just a five minute station. Five minutes? Isn't shooting worth more than five measly minutes?

Think of shooting as a main dish and not just an appetizer. It's not a raw carrot or a Ritz cracker.

WRAP UP

I truly believe shooting is crucial in today's game. That 3 point arc has changed the game entirely.

If you don't believe me on this, watch a college game from the 1970's and one from today. The game isn't the same.

Please stress to your players the importance of shooting. EVERY DAY is the best way!

Tip #22: UNDERSTANDING THE HITCH SHOOTER

We have all encountered players with terrible shooting hitches.

You know the one. It's that player that brings the ball behind his or her head on EVERY shot.

Each month I receive many emails from parents and coaches asking me to give some advice to the player that constantly "hitches".

The hitch is a serious problem because not only is it slower, but it gives the shot little if any trajectory. I call this the "SCUD Missile".

A player that habitually "hitches" is very frustrating for not just the player, but also for that parent and coach.

CHANGE AND THE HITCH

The "hitch" can be fixable, but the player MUST want to change.

Players that hitch can be very difficult to coach in regards to bettering their accuracy and overall shot speed.

A player basically hitches for one of two reasons:

- 1) Bad information
- 2) Poor Technique

The hardest type of player to change with a hitch is the player that has received bad information from a parent or coaches.

There are individuals that tell young players (believe it or not) to bring the ball well behind the head when shooting.

Their reasoning is that the further a player pulls the ball back, the harder it is to block that shot.

The problem is that when a player hitches, a flawed technique is occurring.

A coach can't change a hitch shooter if the player believes the hitch will lead them to the promise land of college basketball.

You can try to explain the pros and cons of the "hitch" (there are no pros) and you can try to reason with that player.

You can try to explain that for every Carlos Boozer (one of the few hitch shooters in the NBA), there are hundreds of great shooters that don't hitch.

If the hitch player is willing to change, then they have a chance to rid this demon from their shot.

If they continue to believe that they MUST hitch to get the shot off more cleanly, then chances are that they will continue to struggle from the perimeter.

CHANGE

If a player believes the hitch is not the answer and has developed this shot not on purpose, but rather on accident, that player's shot can be saved.

One of my favorite quotes ever (this I use in my ebook as well) is from Buddha who wrote, "When the student is ready, the teacher will appear."

Hitch shooters will only listen to coach and change if they want to change and are ready to change.



First and foremost, they must be open minded and have a strong desire to improve their shooting skills.

LONG DISTANCE SHOOTING

When a player hitches it decimates the shooting arc. In other words, "hitch" shooters fall short quite often.

Obviously, the lesser the arc, the more you will struggle from long range. As I sit down and write this, I am wracking my brain trying to think up of quality 3-point shooters that hitch greatly.

The only two that I can think of is: Michael Redd and perhaps Derek Fisher.

So we have ONLY two that have gotten away with a hitch and yet, there are hundreds of thousands of players that have failed because of having a hitch.

HOW TO CORRECT A HITCH

The non-intentional hitch basically revolves around how a player receives a pass or how he/she picks it up after a dribble.

If you ever watch a player with a tremendous hitch and they are shooting by themselves, you will notice they hold the ball a foot or more in front of them.

When they catch the pass, normally they catch it a foot or more in front of them.

They have been told by their coaches to go meet the pass and for this reason they believe they should hold it in an outstretched position.

When a player catches it so far out in front of them, they have two choices:

- 1) To bring the ball back into the pocket (taking a loooooong time)
- 2) To hitch the ball behind the head.

The majority of these players use the hitch constantly.

I tell my players that each player wants to start near their chest by 3-4 inches. The further out you start from your body, the greater opportunity you have of getting this stripped as well.

If you watch great NBA shooters, they receive the pass inches from the chest. That is where they generally start their shot from.

WRAP UP

Try to recognize who are your hitch players and see who wants to change and who is content with their shooting hitch.

I really do believe the hitch happens because players reach out too far when shooting off the pass or off the dribble.

Lastly watch the drill where a player throws it out to himself/herself. I have actually seen players ruin their shooting form because of this drill.

I had a player 10 years ago have a terrible hitch. After watching him shoot for a few minutes, I noticed how much he practiced this drill and how it forced him to catch the ball well in front of him. In other words, his catch forced him into a hitch on every shot.

Tip #23: TEACHING THE HOP AND OTHER IDEAS

Recently I was thinking about the true difference between the 1-2 and the Hop.

And I don't think I really realized why the hop is truly faster until I started focusing on it from a kinesiology standpoint.

Think about it: The 1- 2 step shot is derived from the legs-especially the quads and the hamstrings.

With the 1-2 step, you must bend your knees which develops power into the shot. In a sense the 1-2 step is all lower body-almost like a Sumo wrestler.

The Hop, on the other hand, works more like a gymnast. There is little knee bend here as the shot is derived from the balls of the feet and your calves.

When you watch great hop shooters (Ray Allen immediately comes to mind), there is limited knee bend which makes the hop quicker.

In other words, toes are quicker than knees. When using the hop you are using fewer muscle groups which forces an athlete to be quicker.

If you don't believe me, go out and jump rope for two minutes using the toes and then jump rope by bending your knees. You will quickly understand lower body speed is based on toes and NOT knees.

MISCONCEPTIONS REGARDING THE HOP

Constantly I hear the same misconceptions why the hop isn't for everyone.

Here are the misconceptions that I hear the most:

"Only advanced players can do the hop." WRONG. I start the hop with my players as early as 4th grade. My feeling is why wait until they get older. I like to start them out training with the hop early. By 5th or 6th grade they will be doing the Hop motion in games.

"Girls can't do the hop because they lack balance." WHAT???? I truly can't believe this is ever uttered from a coach's mouth, but I have heard it many times.

"Only good athletes can do the hop." WRONG. If you train them properly and at a young age, all players can perform the hop with time.

"The hop is a travel." WRONG. If you land with both feet at the same time and then bounce into your shot, this is not a travel.

"The hop eliminates what you can do once you catch the ball." WRONG. If you catch the ball from a 1-2 position, you have established a pivot foot. By catching the ball in a hop, you HAVE NOT established a pivot foot. In other words, you can use either foot as the pivot.

HOW TO TEACH THE HOP

It basically starts with hurdles.

Yes, I am a hurdle freak. Using plyometric hurdles makes it impossible to 1-2 step into the shot.

We use various drills to get the players to hurdle over the hurdle (if that makes sense) and bounce into the shot.



A few months ago I received a phone call from Jeremy Lin's shooting coach, Doc Sheppler who told me, "I can't believe you train with hurdles. That's what we train Jeremy with as well."

Try this on your players and within 1-2 weeks you will see a huge difference in your team's overall speed.

I use the Nike Sparq hurdles simply because they can't break and the hurdles do give. Players often are very worried about getting injured with the plastic hurdles, but feel more confident with the Sparq hurdles.

Please view the below link to understand the hurdle drills.

WRAP UP

I have received many emails that ask about how to come off screens on the hop.

I will work on a video regarding this and get that out in the next 2 weeks.

Hopefully the most recent videos will help you to understand the hop better.

Tip #24: FOCUS AND CONCENTRATION

Coaches use the "F" word all the time. It's "F" this and "F" that.

No, I'm not speaking bout that "F" word. What I am speaking about is the new 'F" word that coaches and parents use all the time. Players usually don't understand this word and probably even get tired of hearing it.

The "F" word I'm speaking about is "Focus".

Every gym I go to I hear coaches and parents yell: "Come on Johnny, FOCUS!"

You can even throw in "Concentrate" as well.

Yes, Concentrate and Focus are mentioned on a daily basis in every gym across America.

And in almost every gym, Focus and Concentrate are two words that are used incorrectly when it comes to shooting.

You see, most coaches, parents and players truly don't understand what Focus and Concentration is all about.

STARING AT THE RIM

The incorrect belief of Focus is the harder you stare at an object, the more Focus you will have.

All you will get here is eye strain.

I see players that stare at the rim as it is some priceless emerald they have just discovered.

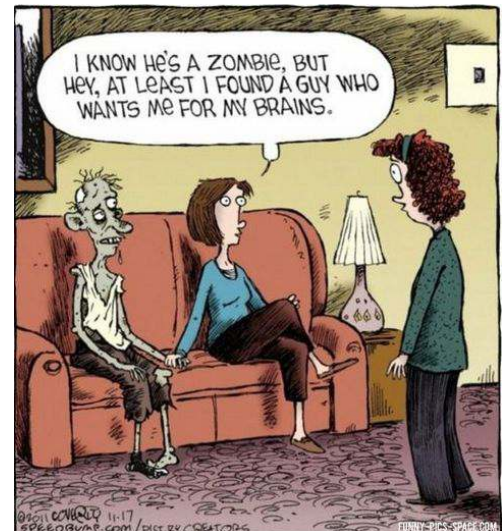
They stare and stare and stare. It reminds me of Cindy Brady from the Brady Bunch when she appeared on the student game show and stared at the red light for the entire show.

I ask players, "What are you--a zombie? Blink for god's sake. Your tear ducts will explode."

The worst shooters have big eyes (I call it zombieosis). They love to stare at that rim.

So heres a good question: Why do players stare at the rim? Is it going to move? Is it going to change colors?

A player should look at the rim. But PLEASE don't stare at it.



"I MUST MAKE MY SHOT!"

Players also have a tendency to think of making it. "I MUST MAKE MY SHOT!"

I've heard many coaches yell to their players: "Be positive. Think about making it!"

I understand about Norman Vincent Peale and the "Power of Positive Thinking" but this can actually hurt a player's focus to a certain degree while in the act of shooting.

How can this be?

You see the brain can only think of one thought at a time. Anything more and it becomes overload.

Think about how you drive. Have you ever missed a turnoff or an exit (I do this probably a dozen times a day)?

Why did this occur? Because you are thinking about something else. Once again, the mind can only think of one thought process at a time.

LEBRON AND THE MIND

Seven years ago, LeBron James was going through struggles at the freethree line. For two straight months he was shooting under 50%.

ESPN did an article on LeBron and his struggles from the charity stripe. They asked him, "What do you think about at the line?" LeBron responded, "Well, making it."

And there was the answer to his shooting woes.

Immediately I emailed his agent, and explained that LeBron was focusing on the outcome (making it) and not the process of shooting.

WHAT FOCUSING IS ALL ABOUT

Focusing is not about staring at the rim (or the ball) or thinking about making it.

True focusing is having one directed thought. This thought **MUST** be about the process of shooting.

I truly believe the most important shooting aspect is easily the release.

With younger and high school players I am constantly reinforcing each player to focus on the release.

The mantra that I tell the players to use is, "Finger above the rim and through the rim."

If you have read my ebook "Pro Shooting Secrets" or some of my emails, you will know that we teach each player to dominate with the index finger.

WRAP UP

Remember: The ball **DOES NOT** shoot itself. The rim **DOES NOT** move. It is the player that shoots the ball.

Therefore, it is the player that must focus from within. I used to hate the word **AIM**, but the last few years I have come to embrace using it.

Shooting is an aiming sport just like pistol shooting, shooting darts or archery. If a player understands this, I **GUARANTEE** he/she will be a better shooter.

Tip #25: 100% BUYING IN

Hopefully you have read the past 24 tips and have downloaded my ebook, "Pro Shooting Secrets."

If you have, you should understand what the shooting system is all about.

It is my hope that your youth, aau, high school or college program uses the Pro Shot Shooting System this upcoming season.

Today's tips revolve around the notion of 100% "buying in" if you want this shooting program (or any shooting program) to properly work.

CALL TO ACTION

It really starts with the head coach.

If the head coach doesn't believe that the system will work, then it probably won't work.

Recently I lost 50 pounds (I still have 30 to go) in two and a half months.

How was I able to do it? I truly believe a change was needed in my life.

I was up to nine Cokes a day. I was out of shape and always tired. I realized that if I continued on the road I was on, something bad was going to happen to me before I reached 50.

I also believed 100% in the diet (24 Day Challenge by Advocare). I had met people that had lost 100 pounds and thought to myself, "If they can do it, then I can do it."

You see, shooting is really like a diet.

You know you have a problem with your program's shooting and it just isn't going to go away by thinking about it (very similar to excess fat on an overweight person).

One you decide to "buy in", you must believe in it and go forward and be disciplined.

Miami Heat President, Pat Riley once said, "You're either in or out. There's no life in between."

It's true. It's just like dieting. I was disciplined, Cut out sugar and fast food. Started eating healthy and suddenly I started feeling better.

If you are disciplined and believe, it's really amazing how much you can achieve.



STAFF BUYING IN

A coaching staff is truly like four tires on a car. Each staff member accounts for one tire.

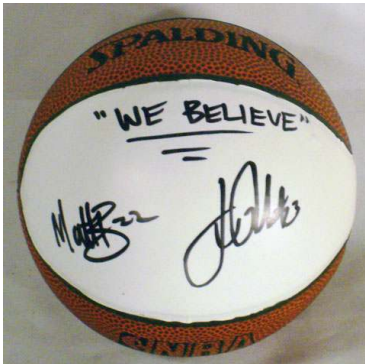
If the tires are inflated and in alignment, then that car can take you to the destination where you want to go to. If one tire is defective and suddenly the car ends up stranded on the side of the road.

When an assistant or lower level coach is not on the same page with the other coaches, usually anarchy and dissent can be clearly seen.

There have been instances where an assistant coach has told players in the program not to do the system because he/she didn't think it worked.

The interesting part about this is in each situation the "rogue" coach never read the ebook or any information on the System.

They didn't want to implement the System simply because they hated change.



PLAYERS BUYING IN

All players usually resist change at first (especially teenagers).

Recently I was in Phoenix, Arizona hosting a Pro Shot Clinic.

I had been at this gym before working with many of the same players. I noticed a player with a messed up follow-through. His release looked similar to a 95 year old arthritic trying to squeeze a grapefruit.

I asked him, "So why don't you use the release I taught you last time?"

He responded, "I tried it for 5 minutes. It didn't work for me."

"Maybe you should try it again," I added. "You just missed 14 straight shots. You really have nothing to lose."

Unless this player changes his attitude, chances are very high he will always struggle with his shot.

I used to believe everyone could learn to shoot, but looking back now I realize I was living in a Pollyanna fantasy world.

I do believe, however, each team can be a great shooting team.

Not everyone will be a great shooter simply because that player lacks time, discipline or the right attitude.

Your goal should be to have 3-6 players each year that are solid shooters.

On average, most teams have zero or one shooter.

Look for players with positive attitudes that understand the notion that "At first there will be more misses than swishes."

WRAP UP

I hope all coaches and players buy into the system. It really does work!

If you are still apprehensive regarding the PS System, I can get you multiple testimonials from players and coaches that this does work. Always feel free to contact me as well.

Tip # 26: REASONS WHY PLAYERS FAIL

Recently I was taking with a friend of mine, Rick Castle, a basketball trainer from Austin, Texas, regarding why players fail at learning.

Rick informed me that they are basically three reasons why a player fails. I have modeled this after shooting and believe it is VERY accurate.

You can use this also with other aspects of the game or for other sports.

I believe to understand a player and why he or she can't do something, you need to focus on these three areas.

1) They do not know HOW to do it

Players fail quite often because they simply don't have the information needed to excel.

They must HEAR how it should be done (instruction), SEE how it should be done (demonstration), then DO it themselves (application). With demonstration, video can be used.

Then, we should make any necessary corrections they may need (correction).

Finally, repetition, repetition, repetition (repetition).

I believe this is the main reason why players fail at shooting. In short, they do not know what to do.

Often times what is being taught is incorrect.

I am truly amazed at what is being taught out there in regards to shooting. Players don't understand how to shoot because many times what they have been taught is incorrect.

So it's not just what you have been taught, but it is actually about the quality of the information. Is it correct or incorrect?



2) They do not have the RESOURCES to do it

A player may know what to do and how to do it, but they simply cannot do it due to a lack of physical or mental resources.

Physical--Lack of: strength, height, speed, quickness, length, athleticism, coordination, etc.

If a player cannot get the ball to the basket, they obviously will have a difficult time succeeding at shooting.

A player that lacks all coordination will obviously take a longer time to develop a jump shot than one with tremendous athletic skill.

Mental--Lack of: confidence, experience, IQ, focus, self-esteem, communication skills, maturity, or a fear of failure/success, etc.

I see this constantly especially players that lack focus. Obviously players with ADHD will take a longer time to hone shooting skills than a focused player.

These players can come around with constant patience and instruction from the Coach.

3) They do not WANT to do it

If an athlete knows how to do it and possesses the necessary physical and mental resources required for the task and yet they still cannot do it, then this leaves only one option: they do not want to do it.

They may think they do. They may tell you that they do.

But if they have the other components covered and yet they still cannot complete the task, then this means that they simply do not want to do it.

Of course these are the players that usually are the hardest to coach and often times the ones that don't improve.

WRAP UP

I found this very interesting. Often times we know this, but when it gets put on paper, it is more impacting.

I would suggest on the 3rd category to film these types of players. Until they see it, they usually don't believe it.

The Ipad is a wonderful device for teaching. Using the camera, you can show the players instantly what they are doing right and wrong.

Tip #27:

WHY VARSITY, COLLEGE & PRO PLAYERS MISS THEIR SHOTS

I am always learning.

I truly believe once you stop learning, you are basically brain dead.

There is a shooting coach that hails from Orange County, CA. He comes into every camp and says to all the campers, "I know EVERYTHING about shooting. I have mastered the jump shot." What a knucklehead.

Every day I ask myself, "Am I better coach today than I was yesterday?" I truly believe that coaching is just like playing. You're either getting better or worse. You never stay the same.

This past week I have learned a few things that I want to share with you.

I think these are VERY important concepts that will make each program more accurate shooters.

MY PAST BELIEF

For many years I have spoken about how the release is the most crucial aspect in all of shooting. I believed this included the 4th grader just learning to play to the highest level professional player.

This week I have changed my views on the release. I truly believe the release is #1 when it concerns players at the elementary and intermediate school levels. At the high school lower levels, the release is still king as well.

But here is the concept that I am changing: I believe as players progress to higher levels, the less a coach needs to focus on the release.

Why? By the time a player reaches the varsity high school level, collegiate level or the professional level, he/she has shot hundreds of thousands to millions of shots.

At the NBA/WNBA levels, these players have been practicing their shooting skills 15-25 years or more.



THE TRUE PROBLEM

Shooting release is usually not the problem for professional, collegiate and high school varsity players.

Very rarely will you see a player at these levels constantly miss to the right and left.

What you will see is some long and a whole lot of short shots.

Missing short reigns at the high school varsity, college and professional levels.

Most NBA players miss 80% of their shots short.

College is usually 75% and high school varsity is 70%.

So let's do something about this terrible disorder. LET'S FIX IT!

THE PROBLEM

Shooting straight up and down destroys shooters. It forces them to shoot in a very tense and spastic state.

In other words, if you shoot straight up and down, chances are you will end up short. I guarantee that your players that constantly end up short always shoot straight up and down.

But it is the form we have been taught over the years. Coaches scream "Shoot up and down!"

And we want to believe them. We really do. But the best shooters at the highest levels rarely straight up and down.

When you shoot up and down, tension occurs in the neck and shoulder region. This forces the player to shoot out rather than up.

THE SOLUTION

If you have read my ebook "Pro Shooting Secrets" or many of my tips, you will know that I am a big advocate of the "sweep and sway".

The feet "sweep" forward and the shoulders "sway" back.

This gives each player better arc as the shoulders relax. The more arc and the more shots will be made.

When you watch the below video link you will see the "sweep and sway" in action. You might even call it "Feet Forward and shoulders back."

When basketball season approaches, spend more time watching shoulders on great shooters. You will be a believer.

RUSSELL WESTBROOK AND SHOULDERS

This past season I watched NBA All-Star guard, Russell Westbrook many times and noticed his inconsistency with his shoulders.

When he swayed, he never misses. I mean it!!! He never misses.

When he shoots straight up and down, he never makes. NEVER, EVER!

As good of a as he is now, if he got his shoulders back, he would be comparable to teammate, Kevin Durant.

Speaking of Durant, he may have the best shooting shoulders in the NBA. This is probably a large reason why Durant has led the league in scoring the past three years.

PS: If you know Russell Westbrook, forward him this Email. It might change his life.



WRAP UP

I am amazed at how many coaches scoff at the notion of the "sweep and sway."

It is truly how the best shooters in the world shoot. I believe I am one of the few shooting coaches (maybe the only one) that focus on the shoulders.

It is soooooo important at the higher levels.

If you ignore this and you are a professional, collegiate or high school varsity coach, you are basically ignoring the #1 reason why your players miss. Why would you do that?

Tip # 28: STRENGTH DRILLS

Strength is crucial for the development of basketball players.

I would like to introduce you to a few strength drills that I do in my camp/clinics and everyday training.

They are simple, but they do work very well.

STRENGTH "ON BALL DRILLS" DRILLS

Eight years ago I was introduced to the one ball push-up drill by shooting coach, Ed Palubinskas.

Since then this has been a staple in my player training. I truly believe the one ball pushup is a terrific drill to strengthen hands and the upper body.

With time, I created other "on ball" drills to use while training. You can use these drills for punishment (I guarantee you none of your players will be late again) or just for everyday training.

You may have players not be able to do these at first because of lack of strength factors. If this occurs have them lock their elbows out and hold that stance for 10 seconds or more.



These drills include:

- 1) One Ball Pushups...Have each player hold the ball on side and try 5-10 pushups.
- 2) Two Ball Push ups...Player will do pushups now with two basketball
- 3) One Ball / Side To Side Bouncing...Have player lock out and have he/she bounce the ball to side
- 4) One Ball / Forward and Back Push Ups...Have player lock out and bounce ball forward and back
- 5) One Ball / Make a Box...Have player lock out and make a box while holding the basketball

BALLHANDLING STRENGTH DRILLS

I have noticed that many players today dribble low and practice dribbling low. I call this "And-one-mixtape-itis." Players watch And-1 Mix Tapes on the internet and believe that's how basketball is played. WRONG!

The best guards dribble knee to waist level because at this level you have so many more options. It is hard to pass or shoot when you are dribbling two inches from the ground. The only way you can get a quicker dribble is to pound the ball harder. It's really that simple.

There are two drills that I use to improve ball handling strength.

GRASS DRIBBLING works great. I discovered this through the Seattle Supersonics in the late 90's. They had their players dribble on grass in training camp.

Pick a nice patch of green and have fun. Obviously dribbling on grass becomes much harder than dribbling on the hardwood. It's very similar to running on sand. When you finish your Grass Dribbling, try dribbling on a regular surface. You will discover that Grass Dribbling builds upper body strength and will give each player a stronger dribble.

HALF FLAT BALL is another exercise that works great. Take 40-50% of the air out of a basketball and now attempt to dribble. Good luck. Obviously this works very similar to grass dribbling. Lazy players hate Grass Dribbling and the Half Flat Ball because it MUCH harder.

WRAP UP

Hope these drills help your program as a whole and each player as well.

Let me know your thoughts. A strong program is usually a "strong" program.

Tip # 29: FOUR KEYS TO FREETHROW SHOOTING

It's the easiest shot in basketball and yet, millions of players from 3rd grade to seasoned NBA vets can't make it.

The rim never moves. You have nearly ten seconds to take the shot. Should always be easy. Right?

But I see players miss free throws upon free throws every day on television or as I watch games in person. Why?

Coaches blame it on a lack of focus and I think they are somewhat right. I do believe the best free throw shooters can block out almost anything (see picture)

But it is more than just focus.

I truly believe I have found the fountain of youth when it comes to free throw shooting. Now, it's up to players and coaches whether they want to drink from that fountain.

Some will and others will ignore the fountain completely.

THE KEYS TO FREE THROW SHOOTING

I truly believe there are four keys to free throw shooting. They are: body alignment, focus, relaxation and shoulders.

It is imperative that each player understands why these four categories are so crucial if he/she seeks to become a quality free throw shooter.

BODY ALIGNMENT

As many of you know my shooting system focuses on not squaring up (10 toes to the basket), but instead we concentrate on squaring the shooting shoulder and hip to the basket. In other words, the body does turn slightly.

I believe this concerns not just the jump shot, but also the free throw as well.

By squaring the shoulder and hip, the shot becomes easier (having a comfortable shot is very important) and aligns the shot better. This technique becomes similar to shooting a dart or pistol shooting.

Last year I watched an ESPN college game that featured Bob Knight as the color analyst. The play by play announcer had said the reason a certain player missed his free throw was because he was not focused. Knight chimed right in and said the real reason why the player missed "was because his feet were squared to the basket."

Many of the top NBA, WNBA and collegiate shooters don't square their feet at the charity stripe, but instead they square the shoulder and hip.

FOCUSING

Most players (and many coaches) don't understand what focusing is all about at the free throw line.

It's not about staring at the rim. And it's not about staring at the ball.

Focusing is having one directed thought each and every time.

In my book, "Pro Shooting Secrets", I write about Karl Malone who entered the NBA as a VERY poor free throw shooter. After his rookie year he went to a psychiatrist who asked him, "What do you think about at the line?"

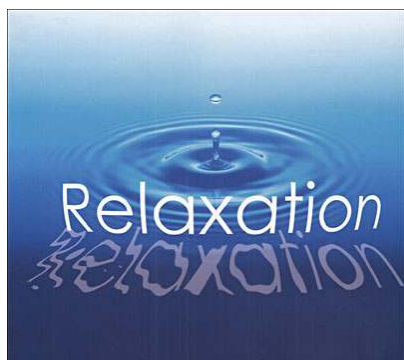


Malone answered, "Everything." This probably included thoughts about making it, his entire form, not missing, the crowd. The psychiatrist informed him that "Everything" was the main reason for his woes at the line. In other words, too many thoughts usually leads to misses.

She told him to think of ONE thought and only one thought when shooting free throws.

Malone would improve greatly at the line as he would break NBA records for most made free throws in a career. I want my players to focus only on one thought. The mind cannot think of more than one thought at a time.

I usually have each player think (or focus) of hand through the rim/index finger through the rim. I always believe the release is so crucial in a shooting motion so



RELAXATION

One area on free throws that players often ignore is breathing.

I would estimate that 50% or more players at the high school levels fail to breathe at the free throw line.

Breathing is a crucial part to accurate shooting. If you fail to breathe, naturally your body (including your shot) will tense. When your body tenses, your shot becomes a spasm.

Here's the progression I teach: After taking the dribbles, look at the rim, raise the shot into the pocket and breathe. Good air in and bad air out.

I realize this is not a revolutionary aspect here. Many coaches teach to breathe early in the season.

But there is much more to breathing than mentioning it once. Stay on your players regarding breathing throughout the entire season.

THE SHOULDERS

I really do believe at the high school varsity, collegiate and professional levels the key to free throw shooting lies in the shoulders.

If you remember, I wrote about the importance of shoulders for jump shooting in past tips.

Shoulders are even more important in Free throw Shooting.

Here are some free throw numbers that I 100% believe in:

90% of all missed freethrows at the NBA level are due to poor use of shoulders

80% of all missed freethrows at the collegiate level are due to poor use of shoulders

70% of all missed freethrows at the high school level are due to the poor use of shoulders

Now, I might be some crackpot with some crazy belief that I can change the world in regards to freethrow shooting.

And maybe I am that person. But what happens if this shoulder theory is correct?

I truly believe any college team that uses the "shoulder theory" will lead their conference in freethrow shooting. My goal is for each team to be top 10 in nation.

I believe all high school varsity teams can average 75-80% using the "Shoulders".

WHAT DO SHOULDERS HAVE TO DO WITH SHOOTING?

Shoulders basically give a player arc in shooting. If you shoot straight up and down, your arc will be limited. Often times the "up and down" shooter is short.

When a player sways his shoulders back 2-3 inches, he/she will develop better arc.

How important is arc in freethrow shooting? I would estimate 70% of all high school shots are missed short at the line. At the collegiate and NBA level it can rise to 80%.

One important aspect here is to make sure the shoulders don't start in a forward motion. When the shoulders start forward, it becomes too difficult to shoot with a sway.

The rotation of shoulders from forward to backward makes it very difficult to shoot.

We actually teach our players to start in an up a down position and rotate the shoulders back when shooting. This is much easier as less movement occurs.

Yesterday I showed a collegiate player this shooting concept and he went on to make 70 consecutive free throws.

WRAP UP

It is alarming how many players and teams fail each season at the charity stripe.

So much can be done to help players make these crucial "FREE" shots. Coaches, please understand that just practicing free throws does not make you a good free throw shooting team.

It takes TECHNIQUE.

I believe shooting is not based on how many shots you put up each day. First and foremost, it really is about the quality of shots and then it becomes the amount of shots.

Let me know your thoughts.

TIP #30: SHOOTING IDEAS FOR YOUR TEAM

Today we conclude our 30 tip summer series regarding shooting and skill development.

Next week we will offer this entire series as a free ebook package for each coach to keep. Details on this will be available next Thursday.

Later this month we will also conduct a ten part video series on shooting that will lead us right into the season. The "Ten Deadly Lies of Shooting" will dispel the many shooting myths that coaches teach and players are currently using.

For today, I want to focus on the best ways to implement the Pro Shot Shooting System into your daily routine and ways your players can practice this on their own.

I was speaking with a coaching friend of mine, Rick Castle, yesterday and he made a terrific point. Rick said, "I don't understand why coaches can't be open minded in regards to shooting. Why is it ONLY shooting that you are supposed to shoot just one way. Any golf coach in America will tell you that there are various ways to hit a golf ball. And in baseball there are various ways to hit a baseball (different stances) and pitch a baseball. But there is a belief by many that there is only ONE way to shoot a basketball. How hard headed can you be."

Rick is 100% right. All I try to do is open up minds and tell coaches and players that there are other options than what you have been taught.

A person that is close minded can only go so far on the basketball court and in life. It's amazing how many high school coaches with losing records tune this stuff out and won't listen for one moment.

And yet next week we have a meeting with Bob Hurley in New Jersey. Coach Hurley is one of the most open minded high school coaches in the nation AND he is only one of two high school coaches in the Basketball Hall of Fame.

Greatness is really about being open minded and trying new things.



SOME TIMES LESS IS BETTER

Recently I received an email from Kelly Yost, a high school homeschool director from Virginia, who wrote, "Over the last month I have been encouraging players to shoot for 10-20 minutes at a time rather than for an hour. I know they can't stay centered for an hour and they'll practice half-heartedly. Therefore I want them to practice game shots and concentrate on form for every shot. Some kids might be able to do it for 10 minutes before their mind wanders and others 15 minutes. If they start somewhere they will soon be able to increase the amount of time."

This is a tremendous idea. Gone are the days of the player staying in the gym (or his/her back yard) and having that individual shoot for hours upon hours.

As coaches we need to have our players focus on quality shots (technique) and not on quantity. I explain to players in my camps, "I would rather have you shoot 20 minutes a day the right way than four hours the wrong way."

SHOOT WITH OUT A BALL

I do believe muscle memory is huge in shooting. I truly believe the best shooters shoot constantly without a ball.

I have a few collegiate programs that are using the Pro Shot Shooting System this season. Because of NCAA rules, these coaches can only work with individual players for two hours a week with a basketball during the fall season.

What many of these coaches are doing is having their players shoot without a basketball in the weight room.

They have actually made this into a weightlifting station. Many times there is a mirror in the weight room and they have the players shoot into the mirror without a basketball.

It really goes back to the Karate Kid theory of "Wax on, Wax off." If you do something for a period of time, it actually becomes permanent. Shooting without a ball does work.



A few years ago I was introduced to Karl Townes Jr and his father from Edison, NJ. At that time, Karl was a 6-1 lanky seventh grader.

He had a few flaws in his shooting release so I spent an hour focusing on cleaning up this area. Immediately I tried teaching him the index finger release (if you need more info on this please download the ebook).

Unfortunately, Karl Jr did not get the "finger" and was still shooting the same way at the end of the session than at the beginning of the session. I went back to my hotel room a little dejected.

The next day I worked with Karl Sr's program and Karl Jr came up to me before the camp and said, "I got it. I got the finger down."

I responded, "How did you get it? You didn't have it yesterday."

"I was mad that I didn't get it down. I want to shoot like Kobe and Jordan. So I went home and watched a basketball game on TV and shot without a ball for the next two hours."

I then asked him to shoot and much to my delight, Karl Jr shot with the index finger each and every shot.

Skip ahead almost three years and Karl Jr is now 6-11 and is regarded as the #1 sophomore in the nation. This past summer he played on the Dominican National Team and played against the Dream Team (Kobe, Lebron and company).

Ask Karl Jr the importance of shooting without a basketball. He fully understands what it can do for a player.

IPAD FOR PRACTICE

One of the best teaching devices is the iPad. If you believe in correcting players, there is no better tool.

Players are visual and my of them believe they can do no wrong. But video doesn't lie.

I have tried to video players with a camera and an iPhone. It just doesn't work very well. The phone and the camera are just too small to see full detail.

The iPad gives you instant feedback and has a large enough screen to show players what they are doing right and what they are doing wrong. It is an amazing tool to use for skill development.

SHOOTING DRILLS WITH REBOUNDERS

One of my biggest problems with shooting drills is players that run after their shot to get the sacred rebound.

Many times, players are so consumed by running after their rebound that they have no concept of what they are doing on their shot. This includes not holding the follow-through.

This is a terrible problem that I see on a daily basis. The worst shooters run after their rebound. The best shooters don't. It's really that simple.

Try to eliminate shooting drills where the player has to rebound his or her shot. This way each player can focus more on release and shooting form and not on chasing the ball down.

If you can have partner shooting or possibly a manager become the rebounder, this will help greatly.

CHART IN PRACTICE

I am a big proponent of charting shots in practice. If you have a manager or injured player available, please put him/her to work.

The most common shooting chart I see is usually a miss or make chart with percentages. While this helps to understand who your best percentage players are, it does little else.

What I am a big fan of is charting not makes, but your team's misses. In other words, which direction does each player miss? Is it left, right, short or long?

I guarantee you have players that miss 80% or more of the time the same direction. The amazing part of this is that player probably doesn't realize that he/she is missing this way each and every time.

When you get it on paper and post it, that player quickly understands the direction he or she is missing.

Once they understand what direction they are missing, then they must fix their shot and stop missing in that direction.

WRAP UP

Hopefully the past 30 tips have given you an insight into the Pro Shot System.

I really do believe it works and can help each player in your program.

Lastly, if you have any questions ever or would like to host a shooting camp or clinic, please go to www.proshotsystem.com and send me an email.