

**Skill /Ref**

**Task**

**Explanation and Tips**

**Number of players**

**Equipment**

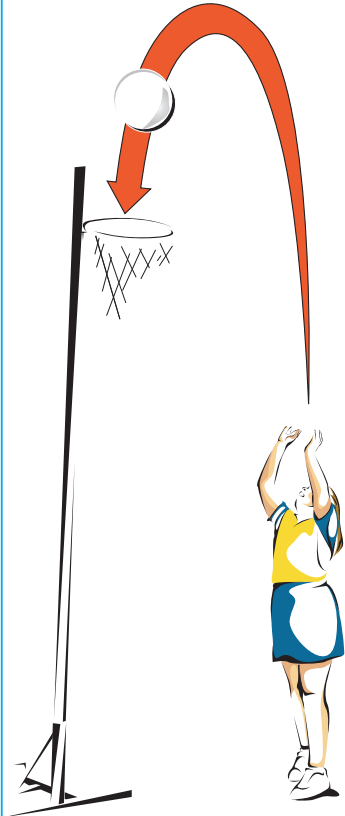
**Coaching Points**

**Variations**

**Game related**

**SHOOTING TECHNIQUE**

**Shot**



- Whole body in line with the ring
- Feet shoulder width apart
- Weight on the balls of feet
- Ankles are springs
- Arm/s have a slight bend (not too much drop behind head)
- Elbow pointing towards the ring
- Follow fingers through to ring
- Ball comes off 2 fingers
- arc / trajectory of the shot ' upside down J'
- free arm is ' guiding arm'
- hold ball as high and straight as can.

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1 ball, ring, circle markings.

Keep own technique, use these tips to enhance it.

High release.

Don't overload with too much information.

Keep the ball inline with head.

Take breath at ready position / blow out on release.

If no follow through ' touch the top of glass'.

Suck in stomach and glutes so no arch of the back.

- Step in / back / across.
- Jump shots.
- Lay ups.
- Mix up rhythm.
- Mix up timing.
- Broom in front of face.
- Eyes closed to ' feel it'.

Any game situation.