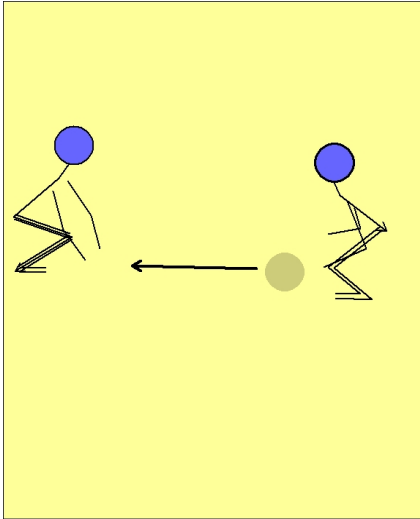


Squat shot

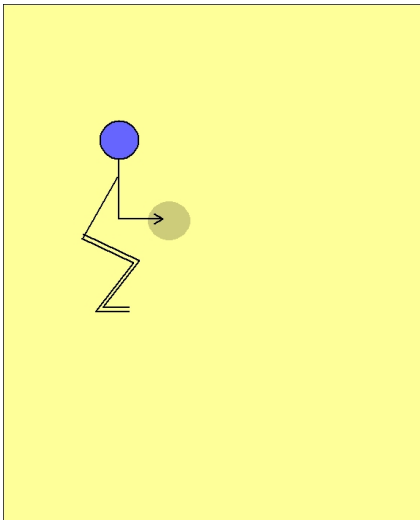


Squat Shots Shooting Mechanics

In this drill, partners will execute form shots but instead of shooting off a pass they must roll the ball to each other. This emphasized the use of the legs as players must squat to receive the ball.

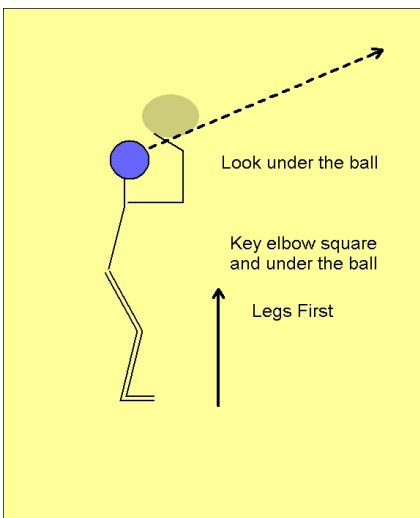
One partner rolls the ball to another who is in a good bicycle stance (slightly staggered knees bent and weigh on the balls of the feet).

The shooter will squat with the legs to receive the ball. Emphasize using the legs and placing the hands on the ball properly. Shooter goes into a proper shooting motion immediately after receiving the ball. Try to keep a smooth rhythm a move in one fluid motion starting with the legs, then the arms and the fingertips.

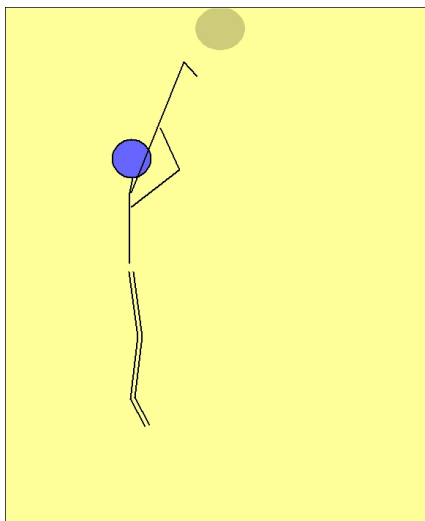


Pick the ball up and bring to this position

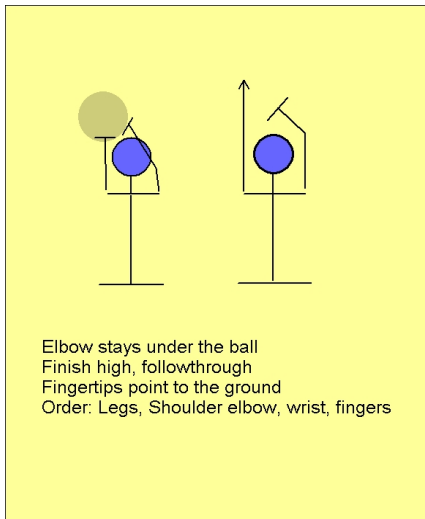
- 90 deg bend in the elbow
- Feet shoulder width apart
- Elbow in line with the ball
- Wrist of the shooting is bent back
- Good athletic stance



- The force generated should come from the legs first.
- The bring the ball up (keep the elbow square until the ball is over the head).
- Keep fingertip pressure on the ball.
- Shooting hand is under the ball and non-shooting hand is there only as a guide (After this point it is not used).



- Finish high above the head the head to ensure good arc on the shot.
- Follow through with your wrist and finger tips
- Are you on balance? You should land very close to the same place jumped from.



Front View

- Notice the elbow is under the ball.
- The non-shooting hand is just a guide.
- The player can see the rim on release. ie. The ball is shot from above the head.

General Tips:

You should not be tense, you should not have to work hard at it or throw the ball in any way. Use your legs to generate the power. and relax your upper body as much as possible.

Shooting should be a relaxed, rythym movement. It shold flow in one

smooth motion. Imagine water starting at you toes, going up your legs into your body, down your arms and out your fingertips at release as if you were a hose.