

Checklist for coaching the jump shot

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Here is a simple check list for you to refer to when coaching the jump shot.

Stance

Tell your players to...

- Put their feet shoulder width apart - stance must be comfortable
- Place their "shooting foot" slightly forward of "anchor foot" (heel-toe relationship)
- Have their knees bent
- Make sure they are in a comfortable stance
- Have their hands up and ready - target hands
- Get a grip on the basketball.

Fingers spread

Tell your players to...

- Ensure that the ball is placed in the pads of the fingers of the shooting hand - not in the palm
- Put their shooting hand behind the ball, not underneath the ball
- Ensure their guide hand is on the side of the ball for balance, and to create a "T" with the thumb of the shooting hand and the palm of the guide hand
- Create a "wrist cock".

Positioning of the ball

Tell your players to...

- Create a straight line from the foot, through the knee, elbow to the ball - shooting line
- Place the elbow of the shooting hand underneath the ball

- Ensure that the ball starts so the shooter can sight the basket "over" the basketball, and do not place ball in front of the face
- Ensure consistency of the "set point" - have the shot start at the same point every time.

Shooting action

Tell your players to...

- Incorporate a jump into their shot
- Shoot the ball on the way up, in one fluid action
- Ensure that their shot action pushes the ball "up & in" the basket, not "out & at" the basket
- Ensure the ball should be released once the shooter can see the basket "under" the ball
- Straighten their arm as the ball is released
- Perform "flapping" of the wrist at the point of release ("follow through")
- Hold the follow through until the ball is through the net.

Key teaching points

Make sure your players...

- Limit the amount of "moving parts" in the jump shot mechanism
- "Start the shot looking over the ball, finish the shot looking under the ball"
- Maintain the straight line from the shooting foot to the basket
- Shoot the ball IN the basket, not AT the basket.