

Shooting Tips from Coach Matt Richards

Here is some of the information from my drill stations,

Shooting Station-Foot work

Always plant and pivot on inside foot.

Catch, square, rip

When going off the dribble you must get that ball to the floor before you pick up your pivot foot.

Remember " High Low, dribble and go

Foul Shooting Tips

Find center line of court. Use nail hole on foul line to help you.

Place your shooting foot on center line.

Create good arc and follow through- Imagine shooting out of a telephone booth!!

What are you aiming at? Make sure it is the same every time

Create a comfort zone. Use same routine and shoot the basketball