

The Three S's in Shooting

As an assistant to coach Bill Fitch, I have had the opportunity to learn many of the fundamentals of the game, with special emphasis on the shooting skills and footwork.

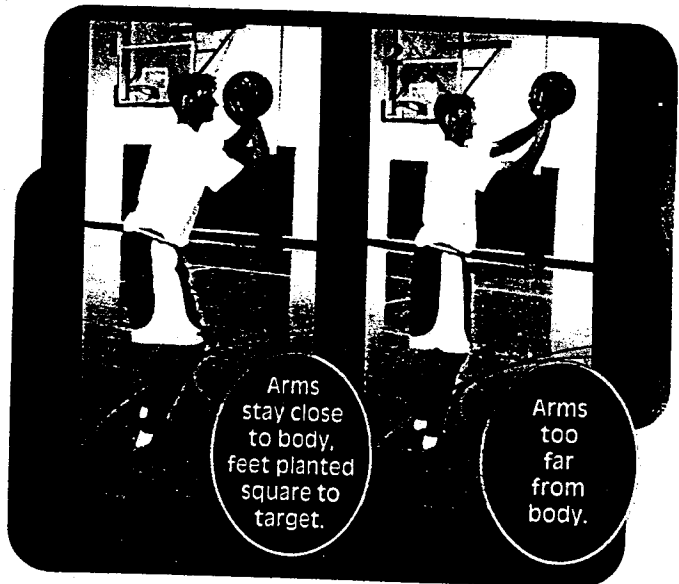
It is interesting to note that whenever a player goes up to the foul line, he will invariably go through a pre-shot routine in which he will place his shooting hand on the ball with the fingertips perpendicular to the seams.

The ball, when held in this position, will usually rotate (spin) in a straight arc to the basket. My

three-point arc and 40.7% to 49.0% from the field.

The overspin gave his shot the so-called "shooter's bounce"—a shot that hits the front of the rim and drops into the basket, thanks to the proper rotation on the ball.

Brent Barry, a rookie last season,



Arms stay close to body, feet planted square to target.

Arms too far from body.

What to look for and how to improve your players' shooting

question is this: Why do so many of the players who shoot properly from the foul line change their technique when they shoot from the field?

"S" FOR SPIN

Take an outstanding player like Terry Dehere. At Seton Hall, he set the all-time scoring record for the Big East, although he shot the ball with a side spin. Upon his arrival in Los Angeles, we suggested that he change his shooting technique.

With hard work, repetition, and concentration on the correct technique, Terry began shooting a ball that spun straight and true—raising his shooting percentage from 29.4% to 44.0% from the

is another player who improved his shooting by making a daily practice habit of "seaming it." (See photos.)

Watch some of the great shooters in the NBA, such as Reggie Miller, Mark Price, Jeff Hornacek, Hersey Hawkins, and Chris Mullin. All have good rotation because they shoot with the seams.

"S" FOR STOP

Another aspect of shooting that has to be addressed is what I call "stopping and tempo."

Every good NBA shooter is aware of the importance of good technique. But, though they may work hard on their hands and arms, they will often neglect their feet, and it can hurt their shooting

technique.

In order to square up with the target, the shooter must be able to come to a quick stop with his feet correctly spaced. That will create a base from which to launch the shot. (Remember, the shot starts from the ground up.)

The feet should be set preferably shoulder-width apart and slightly staggered, depending on the hand with which the shot is taken. Michael Jordan has an uncanny ability to stop on balance and go right into the shot, with his shoulders square to the basket.

Every shooter in the game should take the time to study Michael's footwork.

The farther the shooter is from the basket, the more centered his balance and tempo must be. The shooter must not only establish a

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