

proper base, but should shoot with a consistent tempo.

How many times have you seen a player shoot too quickly? This is invariably caused by lifting and releasing the ball too quickly, thus failing to give the body time to maintain balance and to shoot with a steady tempo.

The best analogy I can make is a golfer who takes his club back too fast and thus fails to give his body the time to balance up and swing the club properly on the downswing. What he does, in essence, is fail to create tempo and balance.

In raising or lifting the basketball, it is essential to keep the arms close to the body—never extend them too far from the body. The extended position will create a weak shooting position, poor balance, and an inconsistent tempo.

You can compare this lifting of the ball to the motion of a military press in weight lifting. You must keep the bar close to the mid-line of the body. If you move it too far away, you are going to lose control,

totally fluid. Plus, they all shoot with the seams.

### "S" FOR SIGHT

The final area of shooting that requires study is the eyes. Watch an NBA or college game, and observe the shooter's eyes at the foul line. One player will sight in on the target or rim, while another will wrongly follow the flight of the ball.

Balance is an integral aspect of shooting and it will become difficult to maintain if you watch the flight of the ball. If, as you release, the ball, you follow it with your eyes, you will invariably cause your head to lift, move back, or do both.

That will cause the body weight or balance to transfer back, and you will end up with your weight on the back of your heels. Result: a low elbow release that will often produce a shot that will hit the front rim (short).

Since the low elbow is difficult to lift up, the shooting tempo will also be affected. An analogy may be drawn to shooting a gun. You must sight in and keep your eyes on the target and head still as you squeeze the trigger.

Study your shooters and see if they have any problems with the seams, stop and tempo, or the eyes areas.

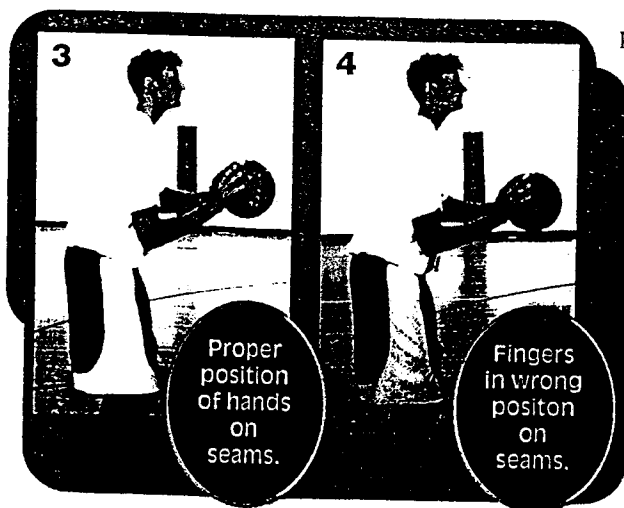
Everyone can improve his or her shooting. One of our teaching points is to practice close to the basket. I like the players to shoot off the glass.

I believe this kind of discipline—shooting from close in—is very helpful in breaking old habits and developing

the proper new ones.

One of the most satisfying and gratifying coaching moments lies in instructing a player on a certain technique and then watching him or her execute it perfectly with the game on the line!

## technique, stop and sight



balance, and strength.

The same thing happens in shooting. You must raise the ball in a steady, rhythmic motion. Observe a Chris Mullin, Steve Kerr, Reggie Miller, or Dennis Scott. Their feet are invariably set and their delivery