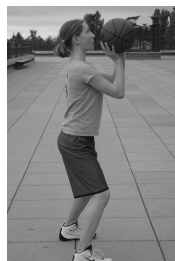


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## GOOD SHOOTING FORM



1 - Start with your feet approximately shoulder width apart, facing the basket with your knees slightly bent. (if you are right handed, place your right foot slightly farther forward than your left, if left handed, left foot slightly ahead of right)

2 - Your shoulders should be square to the basket (chest facing the basket) and your body should be balanced.



3 - Hold the ball with both hands but only use one hand to shoot, the other hand is your guide hand.

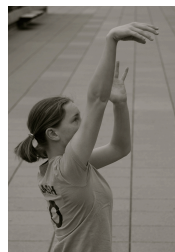
4 - The wrist of your shooting hand should be cocked or bent back, your elbow should line up under your wrist and the ball should rest on the pads of your fingers which should be spread slightly and pointing back toward you.



5 - Your guide hand should be on the side of the ball but should not touch the shooting hand.

6 - Focus your eyes on the rim. (the back of the rim is often recommended but consistency is the key)

7 - When you shoot, bend your knees then rise up to shoot extending your elbow and then following through with a flick of the wrist creating a back spin on the ball. (you will have a knees, elbow, wrist rhythm with the strength of your shot coming from your legs)



8 - Your guide hand releases as the elbow extends and the ball moves upward.

9 - When you finish your shot, your eyes should still be focused on the rim, your shooting arm should be fully extended, with your hand pointed at the target and wrist bent.