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Every young basketball player grows up wanting to learn how to shoot a basketball at a world-class level.This is obvious to anyone who steps foot into a gym.The first thing you'll look around and see are players as young as 5-years-old throwing up shots from behind the three-point line.With the rise of players like Steph Curry and Damian Lillard, as well as the game of basketball developing to take more advantage of the three-point shot, learning how to shoot a basketball at a high level has never been more important.There's only one issue with this...Becoming a great shooter isn't an easy thing to do!When I was a lot younger, I remember spending hundreds of hours in the backyard of our family home trying to perfect my shooting form.I would sit in front of the TV and memorize the shooting techniques of my favorite player and then sprint outside and try to recreate it.I would watch instructional shooting videos trying to diagnose the problems with my jump shot and then fix them.Over time, I was able to improve a lot.But as I started getting older and playing for different coaches, I kept running into obstacles in regards to my basketball shooting form...Every coach wanted me to shoot the basketball a different way!Some coaches wanted me to dip the basketball. Some didn't.Some coaches wanted me to focus on the front of the rim. Some didn't.Some coaches wanted me to completely face the rim. Some didn't.As soon as I'd become comfortable with one variation, another coach would step in and demand I change it.It's nearly impossible to become a consistently good shooter when you're constantly making these changes.And that's why I created this 10-step guide...My goal with this article is to clear up all confusion when it comes to learning how to shoot a basketball at a high level.I'm going to give you detailed, step-by-step instructions on exactly how players should be shooting the basketball.This article will be broken up into 9 sections...Before we get into the details on exactly how to shoot a basketball, there are three important things I want you to always keep in mind...Fact #1 - Shooting is the Most Important Skill in BasketballLet's not kid ourselves...There is no skill more important in the game of basketball than shooting.Rebounding isn't more important.Footwork isn't more important.Passing isn't more important.All those skills are still important, sure... but they're not as important as being able to shoot the basketball at a high level.The sooner we can all admit this, the sooner we'll start creating better shooters at all levels of basketball.Being a great shooter will result in not only more points for yourself, but more points for your teammates, too (we'll talk more about this later).Fact #2 - Shooters are NOT born. They ARE developedNot a single person on Earth was born with the ability to shoot a basketball at a high level.Not Steph Curry.Not Ray Allen.Not Reggie Miller.Not Kevin Durant.All of these players began their lives with the same shooting ability as you, me, and all others players didNone."So, what separates them from the rest of us?"They became some of the greatest shooters to ever step foot on a basketball court through hours and hours and hours of smart shooting repetitions in the gym.Any basketball player who wants to become a great shooter one day must be willing to put in years of hard work to develop a great shot.I've been around the game of basketball for many years...During all that time, I've seen very few truly great shooters."Why is that?"Because 99.999% of players aren't willing to put in the work to become great.But don't worry...This is a good thing for you!If you are one of the select few who is willing to put in the work (and I hope you are), then with a lot of hard work and dedication you can become one of the very few great shooters we have in the game today.Now, let's get started!When kids first start learning how to shoot, one of the first acronyms a coach will teach them is the BEEF shooting method.This is a super simple teaching tool created to help kids focus on four important aspects of shooting a basketball.Here's what the acronym stands for...(B) - Balance(E) - Elbow(E) - Eyes(F) - Follow-ThroughSimple, right?To be clear, I do believe all of these points are important...The problem with the BEEF method is that it's too simple.Can it be used to teach absolute beginners or young athletes learning how to shoot a basketball for the first time?Sure.But once a player has learned the basics, it's time to move on to something more advanced.I still see way too many coaches using the simple BEEF method with older and more experienced players.We're letting the players down if our shooting advice doesn't get more advanced as they improve.Let's go through the more advanced method I recommend...How to Shoot a Basketball Perfectly in 10 StepsStep #1 - Shot PreparationBeing a great shooter starts before you receive the basketball.This step is often overlooked by most players and coaches but can be the difference between having enough time to take a good shot or getting your shot blocked by a defender closing out."You don't shoot fast. You get ready to shoot fast" - Don MeyerHere are the three rules to make sure you're prepared to shoot when you catch the basketball...a. Start with your knees and hips slightly bentIf you catch the basketball with straight legs, it will take extra time to bend your legs before raising up for your shot.This is too slow.b. Show target handsShowing target hands to the player with the basketball shows them exactly where to pass to your shot pocket (we'll talk about this later).c. Be mentally prepared to shootYou'll never be more open than when you first catch the basketball.As long as you're within your comfortable shooting range, you must be mentally prepared to shoot on the catch.Step #2 - Hand Placement on the BallUpon catching the basketball or raising up into a shot, players must be able to quickly adjust their hands to the correct positions on the basketball.The shooting hand must be under/behind the basketball and the balance hand should be on the side of the basketball.The thumb of your shooting hand and the base of the thumb on your balance hand should form a 'T' (as pictured).All finger pads and hand pads should be touching the basketball.The only area of your shooting hand not touching the basketball is the small gap in the middle of your hand.Another important but overlooked detail is that the fingers should be spread comfortably wide on the basketball.These adjustments must happen immediately upon receiving the basketball.Step #3 - Balanced Base"The key to being a good shooter is balance. Everything follows balance" - Larry BirdMost players and coaches believe that shooting success is mostly to do with the movements of the upper body...This is far from the truth. Great shooting always starts with the base.If a player can't get the base of their shot correct, then it's very hard to become a consistent shooter.A balanced base involves three important factors...a. Feet slightly narrower than shoulder-width apartIf your feet are too narrow, it's very difficult to stay on balance when raising up for the shot.If your feet are too wide, you won't get enough lift in your shot.(Have a photo showing too close, perfect, too wide.)b. Dominant foot slightly in frontWhen combined with the next step (the turn), this will improve the balance of your shot and release tension in your shoulder.For right-handed shooters, this means sliding the right foot forward slightly. The opposite for left-handed shooters.c. Weight equally distributed on each footFor obvious reasons, a player should not be leaning to either side when taking a shot.Your weight should be equally distributed on both feet.Step #4 - Feet Direction (The Turn)I could have included this in the 'balanced base' section above, but I feel that this is so important it deserved its own step.When shooting the basketball, a player's feet should be turned slightly.For right-handed shooters, their feet should be turned slightly to the left (11 o'clock).For left-handed shooters, their feet should be turned slightly to the right (1 o'clock).To understand why this is important, stand at the free-throw line with all 10 toes pointing towards the rim.If you attempt to keep your elbow lined up with the rim while shooting with this base, you'll notice that tension is required in the chest.To relieve the body of this tension, players should turn their feet slightly which will allow their elbow and shoulder to line up with the rim more comfortably.Step #5 - Consistent Shot PocketThe 'shot pocket' is the area a player is most comfortable starting the basketball from when beginning their shot.This will usually be around the lower chest or stomach area of a player and will either be usually be in the middle of their body or slightly to the shooting hand side.All players must find what feels comfortable for them.Each time a player catches the basketball to shoot, they should be bringing the basketball back to their shot pocket before raising up into their shot.There are two main reasons for this...Keeping a consistent shot pocket ensures players are shooting the basketball the same way every time they shoot.Since the shot pocket is often low, this will give player much better rhythm as they go up for their shot.Will there be time when players don't have time to return the basketball to their shot pocket? Sure...But they'll shoot better when they do.Step #6 - Eyes on the TargetA while ago I asked 15 shooting coaches which part of the rim they encouraged players to focus on when shooting.The answers were surprising...Many of the shooting coaches were teaching their players to aim for different targets on the rim... Yet all of them were able to develop great shooters."What does this tell us?"There isn't one 'correct' target to focus on when shooting.Players have a number of options...The center of the front of the rim.The center of the back of the rim.The first loop in the net.The entire hoop.etc.Whichever target you decide to use, this is the most important thing you must keep in mind at all times...Once you find a target you're comfortable with, be consistent.'Front-rim shooters' and 'back-rim shooters' are focusing on targets which are 17 inches (45cm) apart aiming to achieve the same goal.If you're constantly changing the target you're aiming at, it's nearly impossible for you to become a consistent shooter.You have to pick one and then allow your shot to develop using that target.Step #7 - Wrinkle the WristShooting with a straight wrist is another one of the most common problems for youth players.Players who do this will often push the basketball towards the rim (flat shot) instead of shooting the basketball up and through the rim.Fortunately, it's a simple fix with a visual cue.The aim of this step is to get the wrist of the shooting hand bent back as far as possible (usually a little before 90 degrees).This will give extra power to the shot and will also create the necessary backspin required to be a good shooter.When bent back correctly, there will be small wrinkles in the skin on the back of the shooting wrist.This provides a convenient visual cue for players to know if they're bending their wrist back correctly before shooting.Step #8 - Elbow Under the BasketballWhen you're raising up for the shot, the elbow of your shooting arm should be directly under the basketball.This requires players to have their upper and lower arm forming an 'L' shape and also have their wrist bent back to 90 degrees (step 7).Doing this will ensure that the basketball will be shot in a straight line to the rim and also have good backspin.Players who flare their elbow out while shooting will often miss to the left or right because they're not shooting the basketball straight.A player will often flare out their elbow when they don't turn their feet correctly (step 4).This is because the chest requires uncomfortable tension to pull in the elbow when 10 toes are pointing towards the rim.Step #9 - Balance HandThe 'balance hand' is what we call the non-shooting hand.As the name implies, its only role during the shooting motion is helping to balance the basketball on the shooting hand up until the release point.For right-handed shooters, this is the left hand.For left-handed shooters, this is the right hand.If you've been around basketball long enough, you'll often hear this hand referred to as the 'guide hand'.I don't like this terminology as this hand should never 'guide' the basketball anywhere during the shooting motion.There should be no force from the balance hand when a shot is taken.As the elbow starts to extend in the shooting motion, the balance hand releases flat off the side of the basketball.If the balance hand isn't flat on release, this means that a player has pushed the basketball with their balance hand (most often with their thumb) while in the shooting motion and the shot will usually end up missing left or right.Step #10 - Rhythm Shot + Follow ThroughThe final step is where it all comes together...Shooting with rhythm involves many parts occurring simultaneously:The basketball is lifted up from the shot pocket.The knees and hips straighten out as the player raises themselves into the air for power.The elbow of the shooting arm straightens up in the air once the basketball has been lifted past shoulder height. (To check if you're shooting the basketball up into the air at the correct angle, make sure that the elbow of your shooting arm finishes next to your eyebrow on the follow through).Near the peak of the shot, the wrist is snapped in the direction of the rim so that they fingers are pointing towards the ground. This will ensure the basketball has good backspin resulting in a 'soft' shot.Also at the peak of the shot, the balance hand will release from the basketball keeping perfectly flat. This ensures the balance hand isn't pushing the basketball.The final two fingers to touch the basketball should be the index and middle fingers at the same time.When you return to the ground, the rhythm of your jump shot will have guided your body forward slightly of where you took off from.When practicing, I encourage players to hold this form until the basketball has hit the rim so that they can look up and evaluate their technique.Video:Hesitant about whether you want to spend the hours it takes to become a great shooter?Here's why it's important that you do...1. Increases Your Scoring OpportunitiesBeing a great shooter will increase your scoring from all areas of the court.Not only will you make more shots from the perimeter, you'll also be able to drive to the basket and score much easier than before."Why is this?"When you're a great shooter, the defense is forced to defend close to you on-ball and off-ball in order to prevent you shooting an outside shot.This gives the defender a lot less time to react to a cut to the rim or a drive to the basket if you have the basketball.2. Increases Your Teammate's Scoring OpportunitiesGreat shooters don't need to touch the basketball to help their team score.By simply being a scoring threat from the perimeter, you will help your team's offense by creating space on the floor.Since a shooters defender is forced to play close to them to prevent the quick shot, it's difficult for them to play help defense on the other offensive players.This means that there will be more space inside to finish at the rim, more open cutters, more open driving lanes, etc.3. More Points on the ScoreboardAt the end of the day, to win more basketball games, you need to put points on the scoreboard.And improved shooting does that!If a player is able to make 35% of their three-point shots, they'll be more efficient than a player who makes 50% of their two-point shots.This is the reason why we're seeing more and more teams at all levels attempt more three-point shots as players become better shooters.4. Proves You Work on Your GameThere's one rule that will always be true when it comes to shooting...Shooters aren't born. They're developed.It's impossible to become a great shooter without a championship-level work ethic and dedication to improve your game.All coaches and recruiters know this.Being a great shooter immediately proves to all watching that you have great attention to detail, you work hard, and that youre disciplined.These are all traits that recruiters are on the lookout for.Here are the 5 main shooting technique mistakes that I commonly see in players at all levels.Once you understand what to look for, many of them are simple to fix.1. Not Shooting With Enough ArcIt's incredibly difficult to become a great shooter if you have a flat shot.The flatter your shot, the less area of the hoop the basketball has to go through the rim.In 99% of cases, this occurs because a player pushes the basketball out towards the rim from their chest instead of shooting the basketball up into the air.To make sure this doesn't happen, ensure players are wrinkling their wrist, have their elbow under the basketball, and their elbow finishes next to their eyebrow on the shot release.2. Pushing With the Balance Hand ThumbThe traditional basketball shooting motion is a one-handed shot.The balance hand stabilises the basketball until near the point of release, and then the dominant hand should be doing 100% of the shooting.But that's not always what happens...A lot of players fall into a bad habit of using their balance hand thumb to provide extra power on the shot.This is necessary when a player is young and doesn't have the strength to shoot with the traditional one-handed method. Instead, they compensate for this lack of strength by shooting with two hands.As players grow older and develop more strength, they must transition away from the two-handed shot and learn to shoot without using the thumb of their balance hand.3. Not Dipping the BasketballNearly every great shooter in basketball history dips the basketball.Steph Curry dips.Ray Allen dips.Dirk Nowitzki dips.Steve Nash dips.Kevin Durant dips.You get the point...So, why do we have so many coaches pushing players not to dip after they catch the basketball? (yes, I had this happen to me).I have no idea.There are three main reasons why it's important to dip the basketball...To ensure a consistent starting point (shot pocket).For rhythm on the shot.To prevent the upper body from being too tense.Players: Dip the basketball.4. Encouraging Players to Follow Their Shot'Follow your shot' is one of the worst pieces of advice a coach can give to one of their players.Doing so will negatively affect a player's shot in two ways...a. It will ruin their shooting techniqueDue to the rhythm of a jump shot, the motion will naturally take the shooter's upper body back and their lower body forward slightly.This moves them away from the rim.Players will be forced to shoot with bad technique to ensure they can sprint in and challenge for the rebound.b. It will put them in the wrong mindsetWhen you tell a player to follow their shot, you're telling them that they're probably going to miss.I think we can all agree that this is a terrible mindset to have before taking a shot.Unless you know for certain a shot is off (players can always feel the bad ones), then you should never follow your shot.Players should be putting 100% focus into completing the full shot routine with the best form possible each time they shoot.5. Fingers Not Spread Wide EnoughAnother important teaching point is making sure that players are shooting with their fingers spread comfortably wide on the basketball.Many young athletes will catch and shoot with their fingers too close together.The closer the fingers are, the less control players will have when they put up a shot.The best time to address this point is when you're practicing form shooting with your team.Get each player to hold the basketball in their shooting pocket and check to make sure each player is spreading their fingers wide enough.'Perfects' involve a player beginning in a stationary position with the basketball in their shot pocket and focusing solely on shooting each shot with perfect form.The goal is to make a specific number of perfect swishes from 4 different positions in front of the rim.For example:3-feet - 10 perfect swishes.5-feet - 7 perfect swishes.7-feet - 5 perfect swishes.10-feet (free-throws) - 5 perfect swishes.This is a great drill to begin individual shooting workouts with.2. Spin OutsThe 'Spin Outs' drill works on catch-and-shoot situations.This is a great drill for practicing shooting off the 'hop' or shooting off a '1-2 step'. As I said in a previous section, I always encourage players to practice both.The drill involves players spinning the basketball out in front of themselves, catching the basketball with a hop or 1-2 step, and then rising up into the shot with perfect form.These can be performed from midrange or from beyond the three-point line depending on the age and skill level of the player.3. Off-Dribble Form ShootingThe final drill allows players to practice shooting with correct form off the dribble.This is often the most difficult shot for young players.To perform this drill, players start several metres behind where they plan to shoot the basketball from.From there, the player takes 2 - 3 hard dribbles and then practices pulling up for the jump shot on balance.After each shot, the player collects their own rebound (if they don't have a rebounder), and then returns to the starting position.The biggest focus of this drill is to stay on balance throughout the entire shot.Here are the answers to 6 of the most common basketball shooting questions I receive...1. "Should I shoot using a hop or the 1-2?"Players must learn how to shoot off both.I'm 100% against any coach demanding that their players use either the hop or the 1-2 step exclusively.There are times throughout a game where the hop is better to use and there are times throughout a game where the 1-2 step is better to use.Eventually, players will develop a preference and I recommend allowing them to make that choice on their own.But players must be able to shoot off both.2. "How many shots should I make every week?"This is how many shots I recommend you make each week depending on the level of shooter you want to become...Elite Shooter = 1,500 made shots per weekGreat Shooter = 1,000 made shots per weekPoor Shooter = 500 made shots per weekThis might seem like a low number to some, but I promise you if you're taking all shots from game spots at game speed it won't be easy.With the amount of distractions we have today, it's crucial all players are scheduling time to get in the gym and work on their shot.3. "What part of the rim should I look at when I shoot?"There isn't a 'correct' target every player should be looking at.Read 'Step 6' and check out this article where 18 shooting experts give their advice.4. "Should the index or middle finger be last to touch the basketball?"This is another one of those questions there isn't a 'correct' answer to.I've always taught the fork (index and middle release at the same time), but there are many great shooting coaches with differing opinions.I ran a poll on Twitter (follow me!) which received 1,115 votes and 49% of people believe the middle finger should be last to touch the basketball.I know of very few shooting coaches who recommend this, but it shows that all finger releases should be tested by players.I believe any of the three can work.5. "Why is backspin so important?"Backspin is important while shooting because it creates a 'soft' shot.When a shot is soft (or has touch), the basketball has more chance of bouncing on the rim and then falling through the hoop.If a shot is taken without backspin, the ball is going to hit the rim and bounce away with very little chance of a score.6. "Which direction should my feet be pointing?"Read 'Step 4'.Brief answer: Feet should have a slight turn. This allows players to open up their shoulder and get their elbow under the basketball without putting tension on the chest.The great shooters separate themselves from the rest of the pack by spending thousands of hours shooting focused repetitions in the gym.If you want to learn how to shoot a basketball at a high level, you must be prepared to put in the work to achieve it.This might seem easy to commit to at first, but I promise you that there will be days when the last thing you feel like doing is going to the gym.Cold mornings (and even colder in the gym).You didn't sleep well the night before.You feel like having a 'lazy day' at home.The players who can cut through the excuses and get in the gym even when they're not feeling motivated to do so are the ones who separate themselves from the competition.It's not about the number of hours you practice, it's about the number of hours your mind is present during the practice.Kobe BryantIf all you do is stumble through each week and fit in shooting practice when it's convenient, I promise you that you'll never become a great shooter.You must schedule your shooting workouts ahead of time.Decide how many shots you want to make each week, work out roughly how long it will take, and then schedule your shooting workouts.Once they're schedule, treat these blocks of time as non-negotiable.A friend calls you and wants to hang out? Sorry, you're busy.Feel like sleeping in late one day? Sorry, you're busy.You must make shooting a priority.3. Always Start Close to The RimIt's never a good sign to see young players arrive at the gym and immediately start throwing up three-point shots.Never underestimate the importance of starting close to the rim and making a lot of easy form shots to begin your shooting practice.This allows you to get into a good rhythm, focus on your shooting technique, and build confidence by making shots.Don't let your ego get in the way.If you want to be a great shooter from 25 feet, you better be a great shooter from 4 feet first.Steve KerrHere's a little fact you probably didn't realize...On average, a player will only shoot 25 - 30 shots in a team practice.Doesn't sound like much, does it?Of course, this will depend on the coach's priorities...But with all the other skills, offenses, and defenses that need to be worked on, coaches simply don't have the time to schedule long blocks of shooting.What does this mean?90% of becoming a great shooter occurs outside of team practices.You must be prepared to put in thousands of repetitions in the gym by yourself or with a teammate.5. Always Have a PlanIf you simply go to the gym and throw up random shots while laughing with your friends, the rate at which you improve is going to be incredibly slow.You must have a plan if you want to see quick results.Ask yourself questions like...Where do most of my shots come from during games?At the next level where will most of my shots come from?What shot do I need to make consistently to become a better player?Which areas of the court do I struggle to make shots from?etc.Once you know the answer to these, create a workout.This will ensure you're taking game shots, from game spots, at game speed.Then when you get in the gym, you'll know exactly what you need to do.I hate casual shooting. Every shot is preceded by working to get open and catch and shoot under game-like conditions.Bobby Knight6. Track your shooting workoutsI first started advising players to start tracking their made shots after reading a terrific article on shooting coach Dave Hopla.Dave tracks every single shot he takes and regularly shoots 98%.Incredible, right?In fact, you'll find it hard to find any great shooter that doesnt meticulously track their makes and misses when working on their shooting.So, why dont more youth and high school players do it?I have absolutely no idea!Its an absolute must if a player plans on improving their shot.Here are 5 quick reasons why tracking shots will make you a great shooter:You cannot improve what you don't measure.It makes every single shot important.Players can set shooting goals and commitments.Players will see improvements.Players will find out their weak shooting areas.7. Analyze Your Missed ShotsYou're going to miss a lot of shots...Hell, even the best shooters on the planet make less than half of their shots during competitive play.If you're going to become a great shooter, you must be able to analyze your missed shots and learn from them.Here's something I want you to keep in mind...Great shooters miss front and back. Poor shooters miss left and right."Why is this?"In most cases, when a shot is missed due to hitting the front or back of the rim, it's because the players didn't judge the distance correctly or due to fatigue in the arms and legs.When a player misses left or right, it's often due to a shooting technique issue.While practicing, form the habit of looking up after each shot and evaluating the placement of both of your hands.8. Incorporate Conditioning into Your Shooting WorkoutsYou're going to be fatigued while you're taking shots during games.If you want to be a great in-game shooter, it's incredibly important that you replicate this feeling during your shooting workouts.For players wondering why they can always shoot great while chucking up shots before practice but never in games...This is likely reason why.Being able to shoot the ball when you've expended so much energy at the defensive end of the floor is an amazing skill.Steve KerrHere are a few ways you can add conditioning to your shooting practices:1. Run the floorAfter a specific amount of made shots, sprint a full length of the floor before continuing.Once you've completed a few up-and-backs, you'll definitely feel yourself needing to put more focus into every shot.2. Rebound for yourselfRebound your own shots instead of getting a parent or teammate to rebound for you.This will add a quick sprint after every missed or made shot.9. Work on Your Inside Game, Too!Want to know what's better than a player who can consistently knock down an outside shot?A player who can consistently knock down and outside shot AND finish strong at the rim.Understand this...When you do become a great shooter, the opposition is going to start defending you differently than your teammates.The opposition will be forced to player closer to you, they'll jump at more of your shot fakes, and they'll fight over screens instead of slipping under them.All of this will lead to many more drive opportunities that wouldn't usually be there for a player who struggles shooting from outside.Make sure you're able to take advantage of these opportunities by having a great shot fake and being able to finish strong around the rim!10. Know the Shots You Should be Taking During GamesAs you move from practices to games, it's important for all players to understand which areas of the floor are good shots for them.The unwritten rule is that a players should be able to make 6-7/10 from a spot unguarded during practice before they start taking a shot from that spot during games (HS level).Unfortunately for some, shooting the basketball is not an equal opportunity decision.If you can't shoot well from certain areas of the court, you don't get to take those shots.The players who spend thousands of hours in the gym are rewarded during games by shooting more than some of their teammates.If you want to shoot more, practice more.Shooting percentage is just as much about decision making as it is about technique.Jeff Van GundyThere is one thing I can promise you...You're not going to become a great shooter overnight.You'll feel like you're not making progress at all...You'll feel like it's pointless to continue...You'll feel like you want to give up...But if you're consistent, the results will come.This means being consistent with multiple weeks and months of working hard on your shot, not multiple days of practice.I've had many players come to me upset because they've been making 200 shots a day for five days in a row and they haven't seen any progress.It doesn't happen that quickly!The process takes time.If a youth player is shooting with bad technique, it's our fault.Yep, you read that correctly...Not any one coach specifically, but all of us as a whole.Players fall into certain shooting habits early and we can't expect 5 - 12 year old kids to know the correct way to shoot a basketball.Its our responsibility as coaches to ensure that our players are shooting with great technique by teaching them correct form and using shooting technique drills in practice.I once wrote an article explaining that there are only two steps to becoming a great shooter1. Master the Mechanics (Coachs responsibility)The first step to becoming a great shooter is mastering shooting technique.Its the coachs responsibility to learn what great shooting technique is and teach it to their players.Its one of our most important roles in assisting players to develop their shot.2. Lots of Smart Repetitions (Players responsibility)The responsibility of the second step rests solely on the shoulders of each individual playerPutting in the time to shoot the amount of shots it takes to be a great shooter (I recommend 1,500 makes a week).There simply isnt enough time during practice for players to get many shots up during team practice.The bulk of these makes must come during the players own time.A big thank you to Ryan Razooky for providing this blog post with images and videos of the different steps on how to shoot a basketball.Even after 6,000+ words on how to shoot a basketball, it's important to understand that there is not one 'correct' way to shoot.Steph CurryDirk NowitzkiReggie MillerRay AllenKlay ThompsonPeja StojakovicAll of these players are world-class shooters with very different shooting techniques.Use the 10-steps I've outlined above as a guide to develop your own shot and then make subtle changes to find what works best for you. Shooting is arguably the most important skill in basketball, and our friends at Dr. Dish Basketball continue to hear the same question: How do I become a better shooter? While you cant discount the countless reps necessary to become a better shooter, you can train smarter by studying the top traits that all great shooters possess. The days of aimlessly getting shots up in an organized setting are over. To become a great shooter, players have to focus on the details of their mechanics and analyze their shot over time. Every detail matters when becoming a great shooter. The arc, back spin, hand placement, footwork and weight distribution are all important factors to consistent shooting. One trait that high school, college and professional coaches always look for is a hard-working basketball player. Players who are willing to put in the work to get better and get extra reps up will always have a leg up on the competitionespeciallywhen it comes to shooting. Great shooters also are very persistent. They always strive to be the best version of themselves and they never quit easily. Great shooters keep grinding even when shots arent falling and are always focusing and confident with a next shot mentality. Oftentimes coaches talk about the grind and never being satisfied, especially after experiencing success. Shooters will often take their foot off the pedal when theyve reached goals or tasted success. This often leads to mediocrity. To be a great shooter, its important to be obsessed with improvement and always look for ways to sharpen your skills. Becoming a great and successful shooter requires laser focus and discipline. This is especially true for young players as this will help develop habits in the future. Young athletes have school, friends, family and other important things they must balance outside of sports and this can be tough to manage. Setting goals, being efficient and remaining locked in is the only way great shooters can achieve their full potential while still enjoying the process. Promoting competition within training sessions and practice helps push teammates to be better and also makes sure every player keeps their edge. When shooters compete, they practice pressure situations similar to what is seen during game time. Great shooters always keep a positive mindset through the wins, losses, successes and failures. They learn from their mistakes and continue to believe their next shot is always going in. Ultimately, what really sets great shooters apart is theyre always competing with themselves. Being accountable and disciplined are the most important traits a great shooter can have. Great shooters are honest with themselves on how hard theyre working and make sure that theyre in the gym working on their craft as much as possible. Oftentimes, great shooters create separate off-season and in-season programs to follow and always find a way to execute the workouts they set out to complete. By holding themselves accountable, theyll always see increased overall success shooting the basketball. RELATED: Dr. Dish Is Revolutionizing Basketball Training At Dr. Dish Basketball we pride ourselves on skill development first and foremost.Because of this we have created the world's best training machine and continue to innovate every day. We've also been fortunate to work with some of the best trainers and coaches in the world. With every conversation and every training session, we are constantly learning more about the game.Arguably, the most important skill in basketball is shooting and we continue to hear the same question over again:"How do I become a better shooter?"While we maintain there are no shortcuts and countless reps will always be necessary, take a look below for our top traits of great shooters. 1. Detail oriented and AnalyticalThe days of aimlessly getting shots up in an organized setting are over. To become a great shooter, players have to be able to focus on the details of their mechanics and analyze their shot over time. Every detail matters when becoming a great shooter. The arc, back spin, hand placement, footwork, and weight distribution are all important factors to consistent shooting.The players that take the time to purposefully and precisely work on their mechanics will see the results come game time. When a player can shoot the basketball, it opens up everything else on the court for them and for teammates.2. Hard working and persistentOne trait that high school, college, and professional coaches always look for is a hard working basketball player. Players that are willing to put in the work to get better and get extra reps up will ALWAYS have a leg up on the competition especially when it comes to shooting.Hard workers and great shooters also are very persistent. They always strive to be the best version of themselves and they never quit easily. Great shooters keep grinding even when shots aren't falling and are always focusing and confident with "next shot" mentality.3. Never Satisfied and obsessed with improvementOftentimes coaches talk about the grind and never being satisfied especially after experiencing success. Naturally, average and even good shooters will take their foot off the pedal when they've reached goals or tasted success. This often leads to mediocrity. We see this within basketball and sports but even within the professional world as well.To be a great shooter it's important to be obsessed with improvement and always looking for ways to sharpen skills to ultimately achieve continued success. Players like Kobe Bryant and Michael Jordan are great examples of players that continued to work incredibly hard even when they had achieved great accolades. Even the best shooter of all-time, Steph Curry, is never satisfied and continues to take hundreds of shots a day in order to perfect his shot.4. Focused and Locked InBecoming a great and successful basketball shooter requires laser focus and discipline. This is especially true for young players as this will help develop habits in the future. Young athletes have school, friends, family and other important things they must balance outside of sports and this can be tough to manage at a young age.Setting goals, being efficient, and remaining locked in is the only way great shooters can achieve their full potential while still enjoying the process.5. Competitive with a positive mindsetCompetitiveness (see: Mamba Mentality) and a positive mindset are major keys to becoming a successful basketball player and also specifically applies to shooting. Promoting competition within training sessions and practice helps push teammates to be better and also makes sure every player keeps their edge.When players/shooters compete, they practice pressure situations similar to what is seen during game time. Great shooters always keep a positive mindset through the wins, losses, successes, and failures. They learn from their mistakes and continue to believe their next shot is always going in. Ultimately, what really sets great shooters apart is they're always competing with themselves.6. AccountabLE and DisciplinedUndoubtedly, being accountable and disciplined are the most important traits a great shooter can have. Great shooters are honest with themselves on how hard they're working and make sure that they are in the gym working on their craft as much as possible.Oftentimes, great shooters create separate off-season and in-season programs to follow and always find a way to execute the workouts they set out to complete. By holding themselves accountable, over time they'll always see increased overall success shooting the basketball. Did we miss any traits or characteristics? Let us know in the comments!This post was inspired by the Instagram post below. If you're on social media, make sure to give us a follow @drdishbball for daily drills, skills, and inspiration! Be sure to check out our website to see how our shooting machines are helping players around the globe become better shooters and complete players. Always make sure to always train hard, train smart, and train with a purpose! Click here for more info onDr. Dish basketball shooting machines.For drills and workouts using Dr. Dish, click here: us on social media for daily basketball drills, tips, and inspiration! //www.twitter.com/drdishbball Developing into a great shooter takes more than natural talentit demands dedication, discipline, and a passion for improvement. At Pro Skills Basketball, we believe that every young athlete can elevate their shooting abilities by focusing on four key traits: consistency, confidence, rhythm, and a hunters mentality. Lets dive into each trait and uncover actionable steps to help your player become a reliable scoring threat.1. Consistency: Build a Daily Practice HabitConsistency is the foundation of shooting excellence. It goes beyond repeating the same mechanics; its about showing up, maintaining effort, and bringing positive energy every time you step on the court.Daily Gym Time: Great shooters are often the first in and last out of the gym. Set a minimum daily goalwhether its 100 spot-up shots or 50 pull-up threesand track progress.Practice Consistency in Team Settings: Bring the same energy and focus to practice. Consistent effort in drills, scrimmages, and conditioning sessions shows coaches and teammates youre committed.Record and Review: Use video analysis to monitor form and shot distribution. Tracking your makes and misses over time highlights areas for improvement. 2. Confidence: Cultivate a Short MemoryConfidence sets apart good shooters from great ones. Even elite shooters like Stephen Curry have missed more shots than theyve madeyet they maintain unwavering belief in their next attempt.Embrace Misses: View each miss as feedback. Analyze without judgment and move on.Visualization Techniques: Spend 510 minutes before practice visualizing perfect shooting motion and successful outcomes.Positive Self-Talk: Replace negative thoughts with affirmations like, Im ready for this shot.A great shooters mindset is defined more by their reaction to a miss than to a make. 3. Rhythm: Master the MechanicsRhythm ties together every element of the shotfrom footwork to follow-through. A repeatable process creates muscle memory and reliable performance under pressure.Footwork Foundation: Get your feet under your hips, whether catching off a screen or coming off the dribble. Balanced foot placement ensures stability and power.Hand Placement: Secure the shooting hand under the ball; guide hand on the side. This alignment promotes consistent release and optimal arc.Follow-Through Focus: Finish with a high, relaxed follow-through. Check that your elbow is above eye level to reinforce proper extension.Drill Suggestion: Try the One-Step, One-Drill: receive the pass in triple-threat, take one step toward the basket, then shoot. Repeat from various spots. 4. Be a Hunter: Attack Every ShotA great shooter actively seeks scoring opportunities. By hunting your shot, you force defenses to respect you, opening up space for teammates and driving lanes.Court Awareness: Read defensive rotations. Know when to pop for a three or cut to the basket.Ready Position: Catch the ball in a balanced stanceknees bent, hands up, eyes on the rim.Shot Selection: Understand your strengths. Prioritize open, high-percentage looks that fit your game.Hunter mindset drills:Spot-Up Rounds: Have a partner or coach pass from various angles. Immediately hunt the open spot and shoot.Game-Speed Shooting: Simulate defensive closeouts before each shot to build readiness and resilience. Conclusion: Your Path to Shooting ExcellenceBecoming a great shooter requires thousands of focused repetitions, a disciplined routine, and mental toughness. By committing to consistency, nurturing confidence, refining your rhythm, and adopting a hunters mindset, every young athlete can transform their shooting from good to great.Stay dedicated to the process, lean on our specialized programs, and watch your scoring potential soar. Ready to take the next step in your childs basketball journey?Pro Skills Basketball offers Club Teams, Camps, Clinics, and Academies in 25+ cities across the U.S. Find your city and sign up today to join a program focused on real development, experienced coaches, and a culture that puts players first. Skip to content Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Consistency is how you become a great shooter. Whether youre a beginner or an experienced player looking to improve, mastering proper shooting form is important. A good shot is built on the foundation of foot placement, hand positioning, follow-through, and repetition. Lets break down the basics to help you become a sharpshooter on the court. Great shooting starts from the ground up. Proper foot placement provides the stability and balance needed for a smooth, controlled shot. Start by standing with your feet shoulder-width apart, pointing slightly toward the basket. Your dominant foot (the same side as your shooting hand) should be slightly ahead of the other. This stance aligns your body with the basket for better accuracy.Balance is equally critical. Avoid leaning too far forward or backward, as this disrupts the shots track. A drill to improve balance is the *1-2 Step Drill*, where you practice stepping into your shot with your lead foot, ensuring stability before you rise to shoot.For more on footwork, check out this guide on footwork drills. The way you hold the basketball can make or break your shot. Proper grip starts with placing your shooting hand under the ball, with your fingertips spread wide. Your guide hand should rest lightly on the side of the ball, helping stabilize it without interfering with the release.A common mistake is gripping the ball too tightly. This adds unnecessary tension and takes away a smooth release. Practice the *One-Hand Form Drill* by shooting with only your dominant hand to improve your grip and control. Incorporate this drill during warm-ups for best results. Alignment ensures your entire body works together to produce an accurate shot. Your shooting elbow should be tucked in, forming a straight line with the basket. Many players make the mistake of flaring their elbows, which throws the shot off course. To correct this, practice shooting close to a wall, ensuring your elbow stays straight.Keep your eyes locked on the target which is usually the front of the rim. Visualization helps with focus and accuracy. If you need help visualizing it this article on basketball IQ provides insights into understanding your shooting mechanics. A controlled release is critical for consistent shooting. As you jump, extend your shooting arm fully, releasing the ball at the peak of your jump. Your wrist should snap forward in a goose neck position, which provides the necessary backspin for a soft shot.Follow-through is equally important. Keep your arm extended until the ball reaches the basket. This helps maintain your shooting arc and ensures the ball has enough lift to clear defenders.Watch professional players like Steph Curry or Klay Thompson. Both players excel in releasing and following through consistently. For additional tips, read our guide on shooting like Curry. Repetition is key to mastering proper shooting form. Here are a few drills to incorporate into your training routine:Form Shooting: Stand a few feet from the basket and focus on your form. Aim for swishes, adjusting as needed.Spot Shooting: Choose five spots around the court and take 10 shots from each. Track your progress over time.Free Throw Practice: Practice shooting free throws to develop muscle memory for your form.Looking for more drills? Check out our top 10 basketball drills for more ideas. Even experienced players struggle with bad habits. Here are some common shooting mistakes and how to correct them:Flaring the Elbow: Practice shooting close to a wall to keep your elbow straight.Shooting Too Quickly: Slow down your release during drills to ensure better control.Leaning Back: Focus on balance drills to keep your posture upright.Want more troubleshooting tips? Check out this guide on reducing turnovers to refine your overall mechanics. Confidence is built through repetition and consistent improvement. Make shooting practice a daily habit, and focus on gradual progress rather than instant results. Celebrate small victories, like improving your shooting percentage from a specific spot on the court.Many players also benefit from mental training techniques, like visualization and mindfulness, to stay calm under pressure. For a deeper dive into building confidence, check out our life lessons in basketball article.Q: What is the most important part of shooting form?The most crucial aspect of shooting form is consistency. This includes proper foot placement, hand positioning, and a smooth follow-through. Consistency ensures that you can replicate the same shot mechanics every time.Q: How can I improve my shooting accuracy?

minutes of practice. Chapter 7 Start with the belief that like you, your jump shot is a constant work-in-progress. Dont focus on labels and other self-limiting beliefs. Accurate, natural, comfortable shooting takes years of continuous improvement. Stay the course. If you believe youcan become a good shooter, you will. Avoid the fixed mindset. The problem with this fixed mindset is that youll eventually be right, youll achieve your small goals, and then stop growing, stop learning, and stop competing. Why do you play? What do you enjoy about the game? Who are you really competing and playing for? The truth is that the general population of ball players falls into two groups: players with a fixed mindset who hoop just because and players with a growth mindset who hoop for deeper, personal, more purposeful reasons. One group makes up ~99% of the population; the other only 1%. And its not because of born talent. Its a choice you can make as a kid, as a young adult, or as a grown man/woman. The choice begins with the right questions. Grade school students: Do you play on your schools team? Do you compete in youth basketball leagues at local park districts? Is your goal to play foryour high school team? Or do you simply play for fun during recess or after-school with your friends and strangers? High school students: Do you casually play because its fun to hoop with friends, or because youre on the HS basketball team? Is playing college ball your goal? College students: Ditto; do you play at your schools rec center? In intramural leagues and tournaments? Or do you play on your college team with the goal of playing pro ball? Working professionals: What brings and keeps you coming back to your local gym or playing in local tournaments/leagues? Do you still play regularly or are you too busy with work, family and other priorities? Set your own goals, andgo one day at a time. Its okay if you dont make it to college, theNBA or the WNBA. Better to keep trying and working than to give up, and let time pass you by. The truth is most of us wonthoopfor a living. Our priorities come first, as they should:to lead a family, to complete your education, to advance in your career, to look after your body and health, to manage your time and money wisely Which means that right around the time after college,your commitment to basketball decreases. Nobody escapesthis law of life, but still, most of us stopsetting foot in the gym because were making excuses. Keep the growth mindset active by making time to hoop, and youll see the dividends pay off off-the-court in these other areas of life. Like Kobe and others have noted, basketball isnt a game of checkers, but chess. If chess can develop life skills, so can basketball. We can sit around on our phones, and on our coaches criticizing those that make it to the big leagues: everyone from players, coaches, journalists, referees, managers, etc. After all, basketball is a spectator sport. But remember this from Teddy Roosevelt: It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat. Appreciate those who make it to the top of the top of any sport or profession, because itll inspire you to keep you pursuing whatever your own goals are. Our parents, teachers and friends will always be our closest role models, but the athlete stars that feel so distant, arent that far away: we can learn plenty from them in our own living room about excelling at anything, whether its about shooting a basketball better during pickup ball, or handling adversity and criticism at an extremely young age. All seriousness aside, whats more fun in life than shooting a basketball and swishing the net? Being able to shoot layups, shots from the free throw line, the three point line and everywhere in between is one of the greatest feelings anyone can ever experience. Do you really need motivation to work on your shot? Its a feeling that never gets boring, even if youre the gym rat launching 500+ shots per day. People may call you a winner, and that might boost your ego. People may call you a loser, and that might bruise your ego. But when you seeyourself a student, your ego is subdued, neutralizedand out of your way. Remind yourself this message over and over during hot streaks and during the cold slumps. Never too high, never too low. The journey of a thousand miles begins with a single step. Lao Tzu What do good shooters do when they dont have the ball in their hands on both ends of the floor that helps them shoot better? R&B. They establish rhythm and breathing. On defense and offense, players spend about 90-95% of the time without the ball in their hands. The constant movement requires each player tomove in all sorts of patternsof bursts and drifts; backpedals and sprints; long strides and choppy steps; straight-line cutsand straight-up jumps. The smarter youexpend your energy, the steadier you breathe, and the more you shoot with confidence, balance and ease. These are the qualities of all great shooters, no matter howdifferentthey are. Good shooters move well off-the-ball to free themselves up for open shots. When they make those, they open up more opportunities for the rest of their offense due to increased spacing. On the the other end, playing solid defense and grabbing rebounds helps shooters find rhythm and confidence which helps them on good nights and bad. What small steps can we take to see the gradual and the occasional spike in the improvement of our shooting accuracy? By breaking down each into tiny steps, from the initial crouch to the final follow-through, we can understand how our mind trains its muscle memory. The better we can understand these sequences, the better we can train our mind. Simply correcting the way you see the rim or complete the follow-through can make a big difference in short-term and long-term results. In shooting, the most popular question is Whats the Best / Perfect Form? Theres no such thing as a form thats perfect. Its about discovering one that allows you to take a good shot every time you let the ball fly. Are you shooting around or working out when you practice in the gym?Are you intentional or are you on the basketball court for fun? Theres no wrong answer, but if you want to become an effective shooter, you need to be intentional. You need to finish your drills. Do them at game speed. Once you commit, no self negotiation. Point blank range, short range, mid-range and long-range three point shots. How to find your sweet spots from each of these scoring spots in the half court. Comfort and Confidence in getting each shot off with your most natural and accurate shooting form are the key, whether youre taking layups, free throws, bank shots or jump shots from beneath or beyond the 3-point line. Different Types of Basketball Shots What is an automatic jump shot and howdoyou develop one? By taking yourmanual out of it. Once you can learn how to shoot abasic jump shot with good form, you need to learn to automatic it. You need to shoot without thinking.And you need to do it against easy and tough competition, alike. Learn how differentpros do it. How can we make more time while having jobs, classes, and personalresponsibilities to get to the gym regularly and get your workouts in? Motivation is overrated. What you really need to start and keep regular gym habits is a routine that integrates well into your schedule that you cant afford to give up. Here are some good resources, backed by research about sticky habits. Read about developing productive shooting habits. If you want to improve, you need baselines and goals: where you were yesterday, what you practice today and how you perform tomorrow. You need to know yournumbers. Remember when Klay Thompson torchedthe Kings defense by scoring 37 points in that crazy 3rd quarter last season? Fire is a state of mind more than it is a spontaneous basketball combustion that happens randomly. Shooters have to believe theyre alwayson fire at all times, even when theyre not, and this is the confidence that leads to more games with consistently sharp shooting. If you practice shooting your shot enough from different spots on the floor, with different release points, and under challenging practice conditions, you will gain more confidence and better understand the importance of faking or being confident in your shooting at all times. How can you learn more about shooting by watching film or watching games on TV of your favorite shooters or of yourself in order to detect corrections and improvements? Pay attention to the details in slow motion and understand what helps and hurts shooters. Tape helps players shoot better by the power of visualization. Learn how to observe shooting with a keener eye. Watch your favorite basketball players shoot a basketball or perform shooting drills on YouTube at slow speeds (.50X normal speed). Watch how professionals approach details like how to bend your knees as you get ready to shoot the ball whether its a free throw or a shot from the three point line. Or how they raise their shooting arm. A ball and a hoop are all you need to work on your shooting, but incorporating tools into shooting drills have helped players over a long period of time. Use them to supplement your basketball workouts. You can mix up your workouts with a wide variety and styles of shots, like fade-away and turnaround jumpers or half-court chucks, but remember that these shots are rarely good shots to take in games. Youre not Kobe or Jordan and as much fun as it is to emulate their shots, every shot you take must be a disciplined good shot. So, in your shooting workouts and drills, work on LONHOBIRS: Layups or No-Hand (in your face) On Balance and In Rhythm Shots. Here is a list of basketball shooting drills and workouts that are aimed at helping you how to shoot a basketball. Learn more aboutLONHOBIRS shot selection. Learning how to shoot a basketball isnt just about shoot the ball better. It becomes a passionate pursuit and you better appreciate the game of basketball, the true greatness of legendary basketball players, how they practice good shooting, how you too can practice like them and become a good basketball player. As I blog today I sit here in awe of Stephen Currys 15 point outburst in 118 seconds last week to even the series verse Oklahoma City Thunder. He is hands down the most amazing shooter in the history of shooting. Period! End of discussion. Hes so great that the three, shot by a 63 skinny gym rat is now THE most exciting play in the NBA, a league filled with the most talented, strong and freakish athletes the world has ever seen. Its like watching David slay Goliath on a nightly basis. You never get tired of seeing the little man sling that rock and nail that target from a mile away (unless of course, you are Goliath, in which case, it gets really old, really fast).All of the amazement Steph has generated has of course led to a ton of discussion and thought on the art of shooting among coaches, players and fans, and Im right there with all of you. I am drawn like a moth to a flame to any article or video from a great source about the path that Steph has taken to his superhuman abilities. Some of my fellow coaches, who only had eyes for physical specimens, are now opening their eyes a bit wider when it comes to recruiting true knock down shooters (which are rare finds).I have a fellow coach, Troy, that helps me out on the Jim Huber Show, Episode #19 Creating The Next Steph Curry. He is obsessed with the science of shooting, and he comes by it honestly, as he has a 62 skinny gym rat son, Nic Slavin, who the staff at Breakthrough Basketball have watched develop into an elite level shooter. Ive had a front row seat watching this kid develop as a shooter from the 7th grade to now going into his senior year at Olathe South High School next year. As a junior, Nic led 6A Kansas in 3 point shooting with 67 makes in 21 games at 42.7 percent. He had 6 games this season with 5 or more made 3 point baskets. Along the way, Troy and I have had a five year running discussion of shooting during Nics development. Below are some of the important things that I have learned along the way.10 TRAITS THAT GREAT SHOOTERS SHAREThey shoot every day. Shooting is about repetition. There are no shortcuts to greatness when it comes to shooting. If you practice a couple of times a week, expect mediocre results. Practice daily? The odds of becoming great as a shooter rise dramatically.They have repeatable mechanics. Every shot has the same characteristics. Great shooters dont go to the gym and shoot 500 shots. Great shooters go to the gym and shoot the same shot, 500 times. Some of the mechanics I emphasize in workouts involve finishing with the elbow above the eye (for proper arc), putting the index finger down through the rim, and freezing the follow through to give the ball a chance to go in the basket. Your feet should always be the same, shoulder width apart and slightly staggered. The shoulders should mirror the feet, if the feet are slightly staggered, the shoulders should match the feet.Great shooters believe every single shot is going down as they shoot it. They accept the fact that not every shot will go in, but they believe every shot is going in as they shoot it. You have to learn to expect and seek perfection, while understanding that perfection is impossible. There is a reason they call it shooting and not making. Same reason fishing is called fishing and not catching. Shooters miss, but they believe the next shot will be good.Great shooters immediately go to the next play when they miss a shot. They understand that they cannot control misses; they can only control their preparation before the ball arrives, and their mechanics (their body).Great shooters go to the gym with a plan. They put their phones away, and they get down to business when they get to the gym. They understand that focus is needed in their workouts. Just going and shooting wont make you better. Going and shooting game shots, from game spots, at game speed is the way great shooters do their job.Great shooters make personal concessions to become great. If you are going to be great, you are going to be in the gym on an almost daily basis. That may mean missing some social activities with friends sometimes. Being a great shooter can be a lonely occupation sometimes. It takes time alone in the gym to make it look easy when the lights are on and the game is on the line.Great shooters have no fear of failure. They want the ball at the end of the game and accept the consequence of taking the big shot. They believe they will make that big shot, and they can live with it if they miss. If you cannot accept failure, you cannot become a great shooter.Great shooters have an eye for detail. As they warm up close to the basket with feather shots, form shooting, etc., they are their own shot doctor, making the little tweaks and corrections that lead to swishes. They know if their shot is a little flat, they need to finish a little higher for better arc. They know if they are missing to the left or right that they need to concentrate on putting their index finger down through the rim. They are meticulous in their preparation.Great shooters think Shot when they catch the ball. They do this for several reasons. If you are thinking Shot as you catch, you are immediately a threat and the defense must respond accordingly. If you catch and are truly ready to shoot, your defender must close out quickly with hands up. If they closeout late, the shot is gone. If they closeout well, they are vulnerable to the drive.Great shooters understand what a great shot is. Shaquille ONeal was a great shooter because he understood what a great shot for him was (a Dunk). He made around 60 percent of his shots for his career because he only took shots he knew he could make. For a perimeter player, the formula is simple. If you can make 8 out of 10 unguarded shots in practice daily from a spot, you will make about 4 to 5 out of 10 from that spot in a game with a defender. If for instance you cannot make 8 of 10 consistently from 3 in practice, you really dont have any business launching 3s in a game setting.You will find some other great insights about how to develop into a greatshooter in this podcast Episode #19 Creating The Next Steph Curry.

Good shooting techniques basketball. Good shooting form in basketball. Cool basketball shots. What is a shooter in basketball. How to be a good shooter in basketball. What is the shooter called in basketball.