

**Ace Hoffstein:
Corrective Style
Shooting**

Shooting Steps:

- 1. Proper Rotation and Grip
 - Middle Finger of shooting hand should be placed over the valve on the ball, this makes the shooting hand position in dead center of the ball.
- 2. Block and Place the Ball in Shooting Pocket
 - When ball is coming on a pass, “block” ball with shooting hand and place the ball in the “shooting pocket”.
- 3. Outside the Eyebrow
 - Ball is placed in the shooting hand and shooting pocket just “outside of the eyebrow” Why? This makes the arm dead vertical to the basket.
- 4. Shooting ‘L’ Formation
 - Shooting elbow forms an “L” shape properly outside the eyebrow.
- 5. Shoot the ball and Hold
 - After shooting the ball, hold the correct follow-through for 2 seconds.
- 6. Both Hands Up and Bottom of the Net
 - Both hand should finish up after the shot, both hands should not “swim through” the shooting motion and fall down.
- 7. Leg Action
 - All shots jumpshots, freethrows, and 3pt shots are set up by the leg action of bending and lifting.

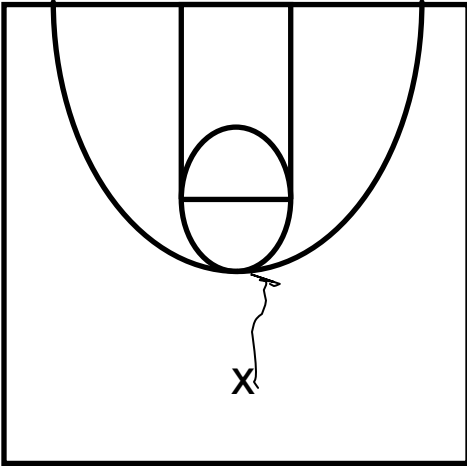
- 8. Breath Control
 - When shooting free throws, the shooter should exhale and the inhale and hold before shooting the ball.
- 9. Bank Shots
 - When shooting bank shots, on the right side the shooter should focus on the right vertical line of the square on the backboard and the left vertical line of the square on the left side.

Foul Shooting

1. Both feet should be pointed at the basket, the lead foot should be positioned on the “middle nail” board at the line.
2. Middle finger of shooting hand placed over the valve on the ball
3. When in the shooting pocket, the shooter should “sit down” which means bending at the knees to start the leg action of shooting.
4. Hold the shot for 2 seconds and snap down the fingers after shooting.

Why shots miss and correction?

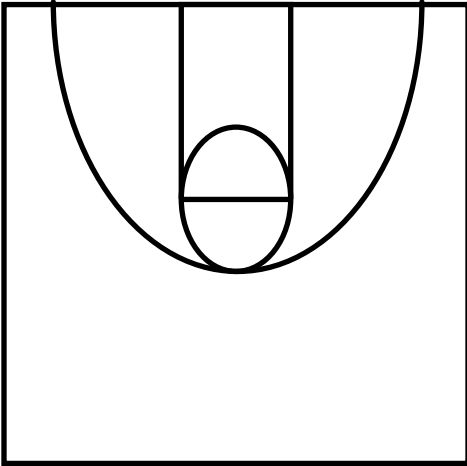
1. If a shooter has proper form, proper alignment and good follow through and the ball goes:
 - LEFT....You have a weak guide hand.(Need a firmer hold)
 - RIGHT...The shooting hand is drifting over in front of the face instead of staying outside the eyebrow.
 - SHORT: ...Probably shooting on the way down, instead shoot on the way up of the jump and at the top of the leap.
 - LONG: ...Think the word “Higher” and shoot with same motion.



3 pt shooting

-Think, "Flex, Fire, Finish"

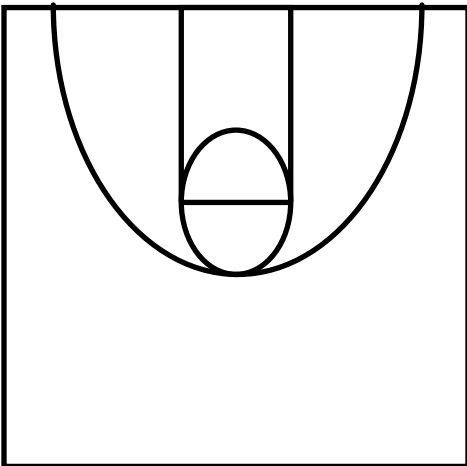
Shooter takes 2 dribble to jumpstop position and flexes knees and holds in shooting pocket.



"Turn and Burn"

-Passing line at baseline and shooters at the elbow facing.

-Roll out the ball to shooters who have knees bent and when pick up the ball have lead foot planted at basket and step back with other foot and pick up the ball and put it in "L" position, before shooting the ball.

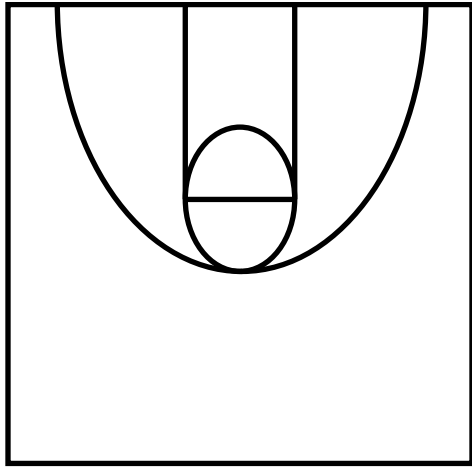


"Passout"

-Shooters "stop and block" with shooting hand in the shooting pocket then shot the jump shot.

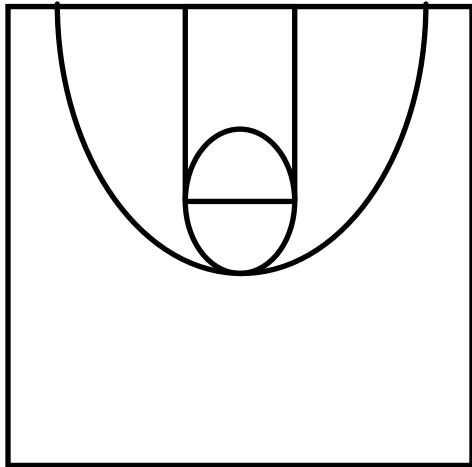
"Passout and Defend"

Same setup but now passer follow pass and closeout and get a hand up in shooter face, but don't block the shot.



“Practice with “L” form to find Range

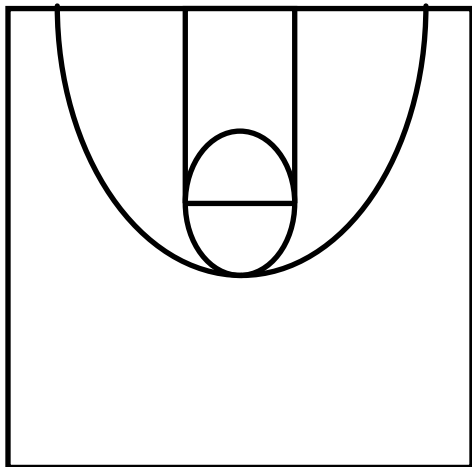
-Shooter starts in front with 1 hand shooting and forms an ‘L’ with elbow and arm, and continues to move back from basket with that alignment to find their shooting range.



“Sit Down and Shoot”

Two players sitting face to face and legs out in “V” shape.

Ball is on the floor and the shooter will 1.) Pick up the ball with proper form 2.) Lift to ball in the “L” form. 3.) Shoot the ball to partner and hold follow through.



“Circle Footwork”

-Have players circle to the left or right and when coach says “shot” players must square with inside foot and bring trail foot to square.

-Circle Right and Left.