

# SHOT PERFECTION 101 (UPDATED 9-9-17)

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*THE LAST SHOOTING GUIDE YOU'LL EVER NEED*



COACH ROD MOSBY

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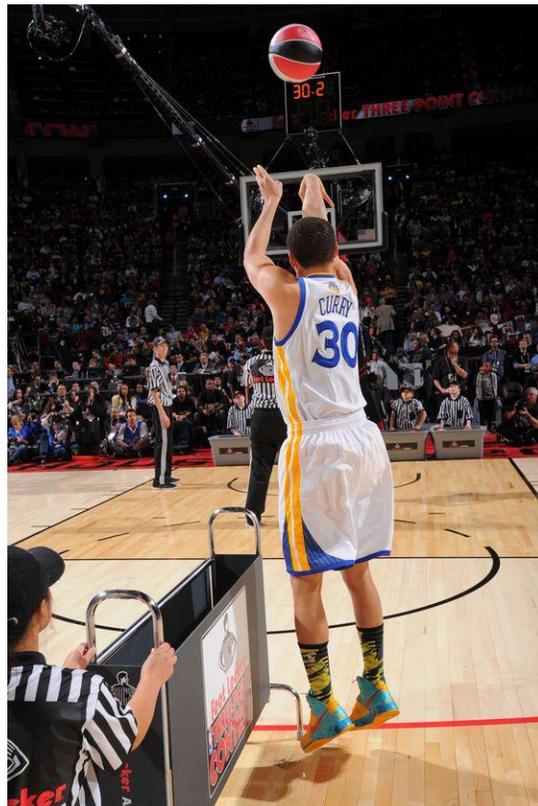
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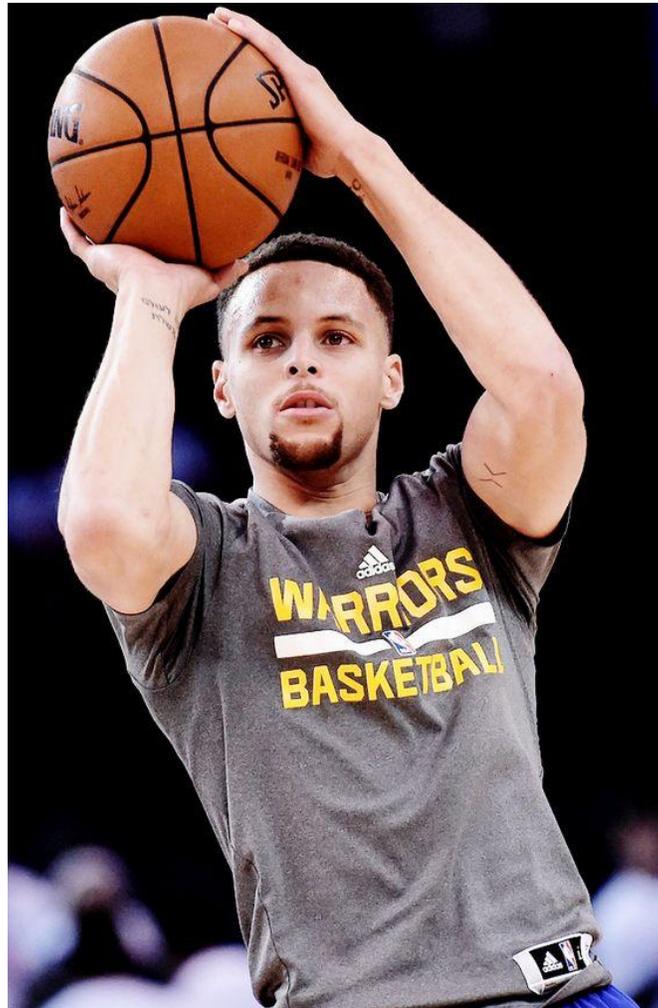
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## - Preface -

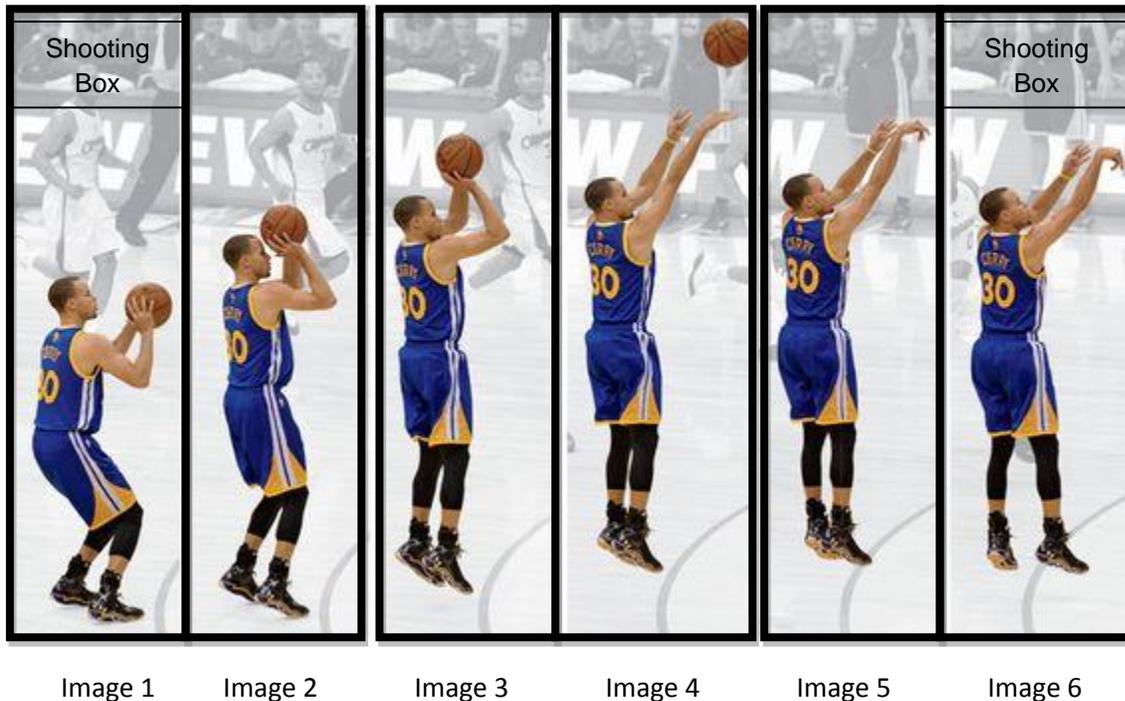
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My name is Rod Mosby, basketball skills trainer and owner of 20/20 Sports & Entertainment. This shooting guide that I've written is based on a shooting technique I developed over the past 13 years while studying various NBA shooters-Steve Kerr, Michael Jordan, Scottie Pippen, Kevin Durant, Stephen Curry, Klay Thompson, Magic, Bird, Stockton, Barkley, Ray Allen, Chris Mullin, Dirk Nowitzki and many others. In a nutshell I have come up with the ultimate resource for shooting instruction by simplifying the act of shooting and eliminating the idea of distance. This guide will not be particularly long, merely direct and to the point. I teach shooters to master delivering the ball where it needs to be in order for it to have the best chance of going in, regardless of where they are in the half court. I found all of the images on Google to illustrate many of my points. No copyright infringement is intended. Enjoy this guide!



# Shot Mechanics

Before I give you the secret sauce to shot delivery I must explain the proper body alignment that needs to be obtained prior to shooting the ball.



## The "Shooting Box"

Notice that each image of Curry shooting is enclosed inside of a black rectangle I have coined "The Box." This is the first step in creating a great looking form and insuring greater accuracy. The "Box" extends about a foot from your nose. If your shooting arm goes outside of this box, your shot will become flat. You will not be able to utilize the entire rim's circumference because the height of your shot will be lowered. Be sure to practice developing your ability to shoot inside the box. It may feel weird at first, but the knowledge of its effectiveness on your shooting will make it worthwhile.

**Image 1-** Curry is a right handed shooter. His right foot is slightly ahead of his left (space feet apart for comfort and balance but not too wide). This moves his shooting hand closer to the rim and allows him to align his shooting hand with his hip and shoot straighter. His right hand is on the back of the basketball. His off hand (left hand) is on the left side of the ball and is only responsible for keeping the ball in his shooting hand. The elbow on the left hand will stick out slightly. The elbow on the right hand will remain tucked in to avoid creating a "hitch." This is the "loading phase" and is important because the shooting hand will need to remain in a constant position throughout the shot. The ball originally was at his waistline with his shooting hand on top of it with his knees slightly bent and elbow right below the basketball. His shooting arm forms a low "L" shape. As he raises the ball, his hand begins to rotate with the ball backwards in order to remain in its original position. You don't want the ball

spinning in your hand as you progress. Notice that Curry has his heels off the floor and is on the balls of his feet.

**Image 2-** The shooting hand continues to follow the backwards rotation of the basketball. This phase is known as the "set point." This is the moment right before the ball is actually delivered toward the basket. As the ball gets higher, the legs begin to straighten. Notice that Curry is now pushing through his toes with the "L" shape sitting higher than before. The elbow is still below the basketball but slightly forward.

**Image 3-** Curry has left the floor. His legs have straightened out. Notice how he maintains the "L" shape in his arm as the shot is now being delivered. Remember that as the legs straighten, the ball comes out.

**Image 4-** The ball has been shot with a high release. The off hand is pointing toward the target and not interfering with the shot. The elbow on the off hand is only slightly sticking out now because it had to be extended slightly as the ball was being shot. The "L" shape on the shooting arm is gone. The position of the shooting hand has changed. The palm went from facing upward (underneath the ball) to facing downward (turned over). That is known as the "follow through." As you "follow through," the elbow on comes up to straighten the shooting arm out. Remember that your forearm and upper arm should not be used to shoot the ball (only to raise it so that it can be released high). **Your wrist is the only part of your shooting arm that should affect the delivery of the ball when released high. This is where the floppy wrist on the follow thru comes from. Don't over think it. Raise the ball high and shoot it using your wrist.**

**Image 5 & 6-** Curry is seen finishing his "follow through" with "four fingers down." Imagine shooting the ball and pressing the keys on a keyboard after every shot. The gives the ball good backspin. That backspin will soften the impact of your shot if it hits the rim.



# Power

In order to deliver the basketball from your hand to the basketball you need to know how to generate the power needed to do so. The power a jump shooter needs comes from 3 places - the legs, feet and wrist.

## Skill Breakdown

Learn how to perform this skill with this detailed breakdown.



**Triple Threat**  
Knees bent  
Back straight  
Protect ball near hip

**Ready Position**  
Knees bent, feet hip width apart, shooting side foot in line with target  
Elbow bent at 90 and in line with target  
Shooting side wrist cocked back, ball resting on fingertips  
Non shooting hand supporting ball

**Extension**  
Push with your legs  
As legs extend, extend shooting arm  
Non-shooting hand follows ball but does not push  
Once body is fully extended, flick shooting wrist to propel ball forward  
Eyes on target throughout shot

**Follow Through**  
Finish tall (body is fully extended)  
Shooting hand wrist snapped forward, knuckles facing target

1. **Loading Phase** - Bend the knees to put yourself in a position to generate power from your upward motion.

2. At this point you are now going into your shot. **DO NOT PAUSE!**

3. **Set Point** - You are going into your shot release.

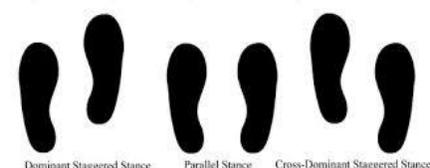
4. **Follow Through** - Your shot is released with four fingers down.

## Power Generation:



- **Legs** - Bend your knees slightly. As they straighten out, your shot comes out.
- **Feet** - From a staggered stance jump toward the basketball as you shoot the ball. This is known as "sweeping" your feet. Most pro and college jump shooters do this. You land in a spot ahead of you instead of going straight and down on your shot. Sweeping your feet adds power to your shot by creating a forward momentum that is transferred to the basketball. Turn them to 11 o'clock (right handed shooter) or 1 o'clock (left handed shooter) to shoot down your hip and keep your elbow in.

Figure 1. Three possible foot placements for a right hand dominant shooter.



- **Wrist** - Flicking your wrist (follow through) at the end of every shot sends the ball toward the basketball and keeps you from pushing the ball with your arm. Pushing (throwing, slinging, heaving) the ball can flatten your shot and decrease the height of your shot, add too much power to the shot and lower your shot accuracy.

## BALL PLACEMENT (SECRET SAUCE)

In order to shoot with the accuracy of your favorite jump shooter you must be able to program your mind to do so. You have always had all the physical tools to shoot the basketball but lacked the proper mindset to be consistent, deadly and clutch. The mindset that I instill in my clients is simple!

1. There is no such thing as "distance". Just shoot the ball correctly.
2. There is only one place you will ever need to deliver the basketball to. It is the same all the way around the horn. It is the same whether you are shooting free throws, mid-range shoots or three pointers. Master getting the ball to this one place, and you will be unstoppable.
3. Shoot the ball the same way every time. Don't change things up just because you are on one side of the floor as opposed to being out front. In order to develop consistency, you must be disciplined. Trust your mechanics. Keep the act of shooting simple.



In order for your shot to have the best chance of going in on a consistent basis you must make the rim "bigger." The rim is a lot bigger than the ball. If you deliver the ball at the "right height", you will have better results. The **right height** is the height of the backboard (for shorter youth players it would be between the top of the backboard and the square). It's the same in all the gyms you play in and can serve as an in game guide. The ball needs to do two things - reach the height of the backboard and start to fall just short of the rim. The image to the left illustrates both things. If the ball is shot any lower than the height of the basketball, the shots may still go in, but the rate of accuracy goes down because

the rim has become "smaller". When the rim is smaller, the shot comes in too fast or too low and will only use a small portion of the rim. Shots that reach the height of the backboard travel more towards the center and back of the rim. Lower shots hit parts of the rim, resulting in more misses.



## THE RELEASE

Both Curry and Allen have "high releases." If you release the ball high, you shoot high. If you release the ball low, your shot will be lower. It is much easier to shoot and reach the height of the backboard if you have a high release.



This is an example of a "low release" outside of "the box." This type of release flattens the shot and causes it to travel on more of a straight line instead of a rising arc. Shots of this type often hit the front of the rim (clang) or the back or far side of the rim (brick) with a lot of force and just come right back out of the rim. Shooting this way from the side results in over shooting the rim completely (air ball). Coaches refer to these as "bad shots."

**Swish and BRAD** (*Back of the Rim and Down*) are the only two guaranteed scoring zones.

### Keys to Better Shooting



This image illustrates the shooting zones that can be reached dependent upon the height of your shot. A 45 degree (height of the backboard) shot is your best bet to make a ton more shots - **yellow** (back of the rim) and **green** zones (swish). The rim is about an inch bigger than the ball. Shooting high allows the ball to utilize all of that space. Flat arcing shots come off the rim hard and can lead to a lot of fast breaks. \*\*\*The only two things you need to do is shoot the ball at the **height of the backboard** with a **high release point**. As long as your mechanics are solid, doing these two things consistently will have you shooting lights out!

# Bonus Info

## Picture perfect

He makes it look so easy: Simple and effective mechanics make Stephen Curry the most dangerous shooter in the NBA

### Quick gather

Curry doesn't waste any time making his shot. His shooting process is so compact and consistent that he is able to release the ball almost instantaneously.



### Elbow in

By keeping his elbow in, Curry is able to maintain the most control over the ball and aim accurately – aligning in a straight line toward the basket.



### Release point

Curry releases the ball on the way up. Since he isn't releasing from the apex of his jump, his outside shot is incredibly difficult to block.



### Soft touch

Curry gets excellent rotation on his shot. If the ball has a lot of backspin, it has a better chance of landing more softly on the rim and falling in.

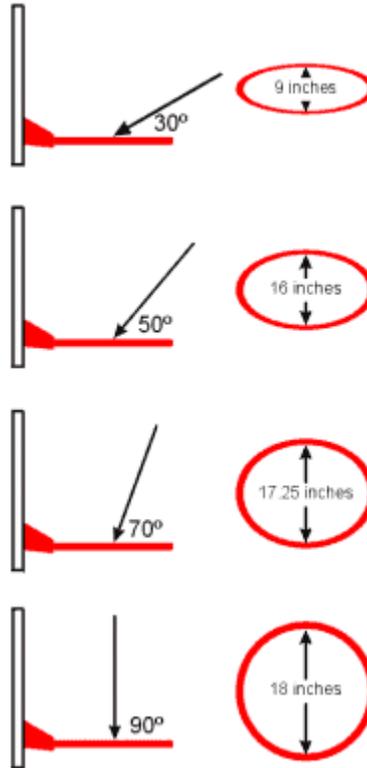
### Jump shot?

Curry only elevates a few inches when he shoots. Minimizing the jump means there is less that can go wrong and contributes to consistency. Even when Curry is tired, he still can maintain his form.



JEFF DURHAM/BAY AREA NEWS GROUP

# ANGLES OF ATTACK



# Get Neutral

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In order to become a deadly shooter, you must be able to get your shot off under control. Catching and shooting is easy, but moving without the ball and catching and shooting it may be difficult for some. The same goes for dribbling off screens or down the court or executing dribble moves and going into your shot. You must be able to control your body to gain that feeling you have when you simply catch and shoot.

In order to become more comfortable in these situations you simply need to get "neutral." Neutral in this aspect simply means being able to stop the momentum of your movement in one direction (ex curling off a screen for a catch and shoot) in order to create movement into another direction (sweeping your feet).

If you dribble down the floor and just pull up for a shot without getting neutral, your momentum of moving forward will cause you to lean forward. In this position your legs will not be under your chest and you will not have a way to utilize the power they generate. Your shot will also be flat because you will more than likely be outside of your shooting box. To remedy this simply come to a stop off the dribble and sweep your feet into your shot. This works because the momentum of your up the court dribble has been neutralized. You are no longer moving forward. You can now utilize the power of your legs and shoot inside the box.

**Coach Rod Mosby, Skills Trainer**

**20/20 Sports & Entertainment**

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