

BRIEF OVERVIEW OF  
*Jump Shooting Clinics*  
*With Coach Rod*

---

- 1. Intro**
- 2. Why You Shoot That Way**
- 3. The Cheat Code**
- 4. What Happens to the Ball During a Shot**
- 5. The Setup: Attach, Stack, Re-direct**
- 6. Timing and Height**
- 7. Homework**

# Intro

---

My name is Coach Rod, and I specialize in teaching the jump shot.

This training is designed to help you understand why you shoot the way you do, and more importantly, how to fix it. A great shot is not about talent—it's about understanding the act in great detail, mastering it physically and shooting with disciplined repetition.

If you follow these principles, you will build a consistent, repeatable jump shot.

## Why You Shoot That Way

---

You shoot the way you shoot because that's what you've learned. When the opportunity to shoot is made available, we do it the way we believe it should be done. Each decision we make begins with a thought. Once we decide to act on that thought, it becomes a physical act.

Every shot you've ever taken has been the result of your mind telling your muscles what to do. Over time, your body builds habits—good or bad—and those habits show up every time you shoot.

**Most players don't have a shooting problem.**

**They have a habit problem.**

If you don't understand what your body is doing, you will keep repeating the same mistakes. Consider Steph Curry and Caitlin Clark. They are really good shooters. We see them on TV, shooting the basketball with ease. The truth is that shooting the ball is easy once you understand how it works. Steph and Caitlin, like thousands of talented shooters around the world are ordinary people that have a greater, detailed understanding of shooting than you.

## The Cheat Codes

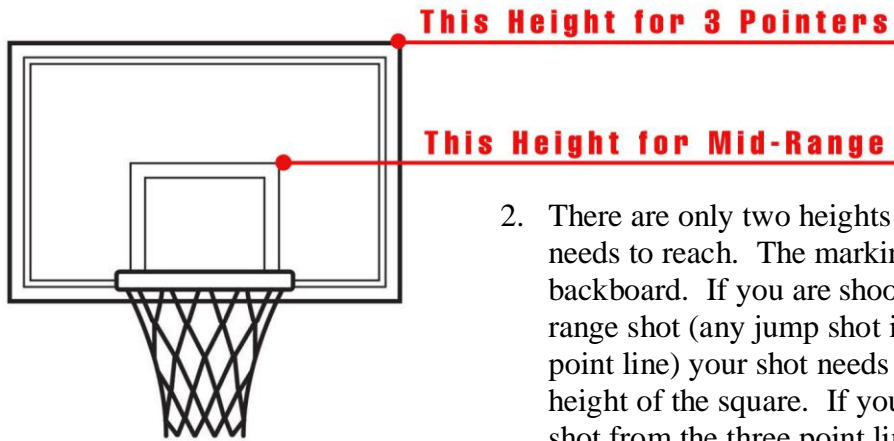
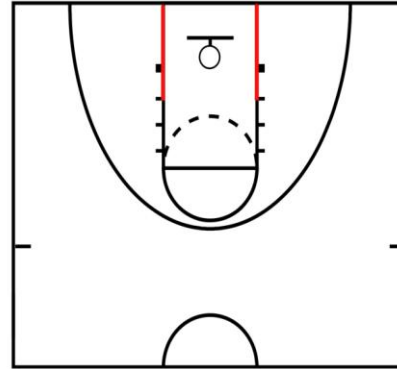
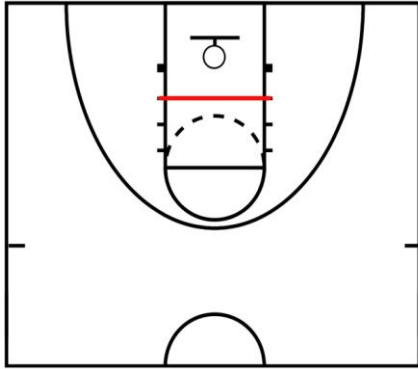
---

Cheat codes exist on most indoor courts and goals. They are in plain sight and very helpful when learning shooting. You don't notice them because you don't know what they are. Here are the two cheat codes:



1. When shooting a shot directly in front of the rim or on the wing (free throw, mid-range or three pointer) the third set of lane hash marks is the farthest you need to shoot the ball. If you attempt to shoot the ball into the rim, you will target the back of the rim, resulting in a flat shot or a

bank shot. Reaching that point takes about 5 feet off the distance required to put the ball in the hoop. When shooting from the corner, the solid lined that creates the lane is the farthest the ball needs to travel. If you shoot from the midcourt logo, the third set of hash mark is the farthest you need to shoot the ball in order for it to have a chance to go into the basket.

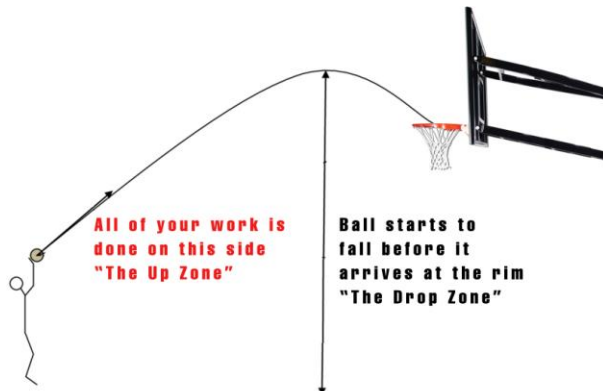


2. There are only two heights your shot needs to reach. The markings are on the backboard. If you are shooting a mid-range shot (any jump shot inside the three point line) your shot needs to reach the height of the square. If you shoot any shot from the three point line or beyond, your shot needs to reach the height of the backboard.

# What Happens to the Ball during a Shot

---

A good shooter sends the ball on the same path every time. The only thing that should change is the height as mentioned previously. Think about going to school. You take the same route and always arrive at the same place. The basketball should follow a consistent path to the rim.



Every great jump shot should follow the same pattern:

- The ball goes up
- The ball goes forward
- The ball has backspin
- Proper release timing

If your shot is off, one of these is wrong:

- Too flat → not enough lift
- Too strong → too much forward force
- No touch → poor spin
- Poor release timing

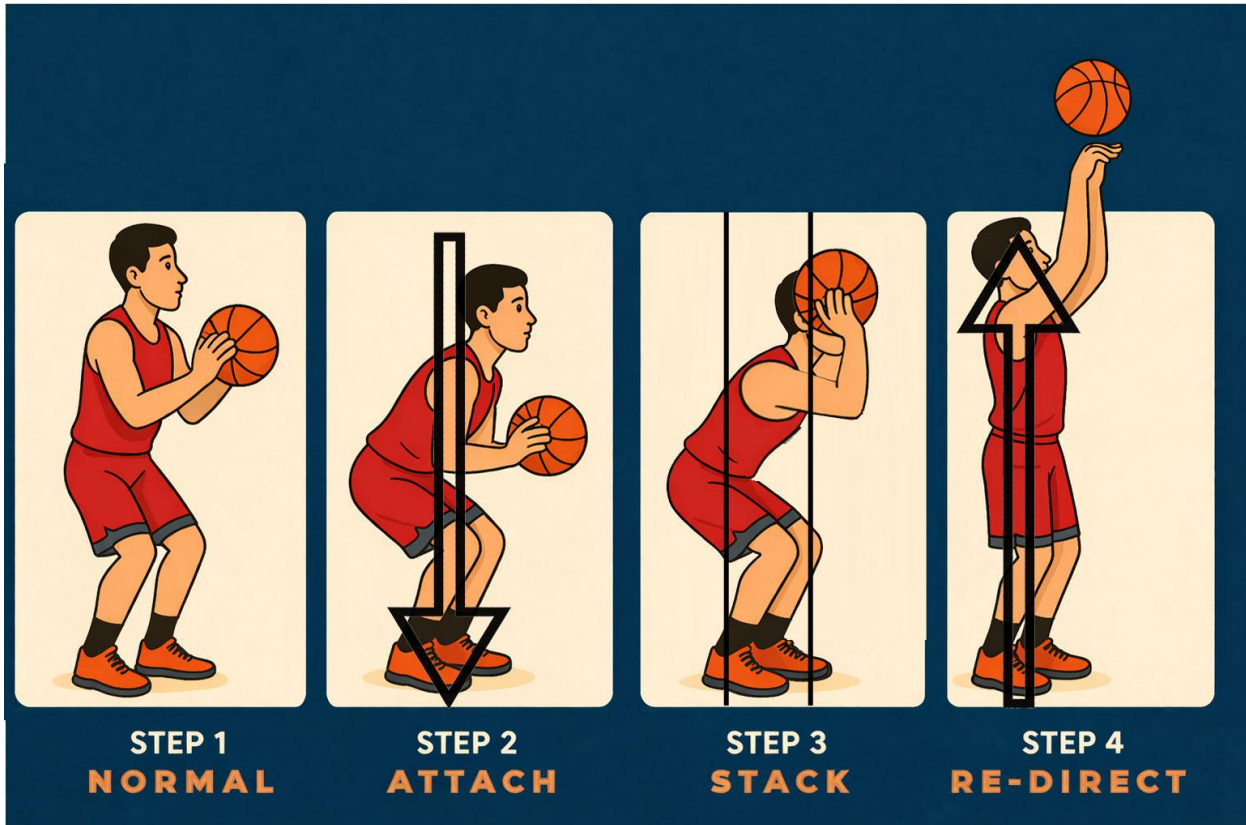
**Your job is to make these four actions consistent every time.**

# The Setup: Attach, Stack, Re-direct

---

This is where the shot begins.

## STEP 1 - NORMAL



- The ball must sit comfortably in your hands.
- Your shooting hand is behind the ball, and your guide hand is on the side.
- No tension. No imbalance.

## STEP 2 – ATTACH

- Drop your hips in a straight line.
- Keep your chest up and the ball close but not too close to your body.
- The ball must sit comfortably in your hands.
- Your shooting hand is behind the ball, and your guide hand is on the side.
- No tension. No imbalance. Your hips are now loaded to generate power.

### STEP 3 – STACK

Many players try to use their elbow to push the ball for power. This often creates a flat shot. Some players also release the ball too low. Instead, the ball should be placed high, above your shoulder, while your hips are slightly bent. Your arm should form an “L” shape. This is your setup position before shooting.

- Keep your hips down with the ball in the same position as in step 2.
- Raise the ball up in a straight line until your elbow points forward.
- You are now in a stacked position – feet, hip and shoulder are in alignment.
- You will have a high release point for the ball because it will rise as your hips rise. No more shooting the ball from under your chin or from your chest.

#### Key Points:

- Your body must be aligned:
- Feet under your body
- Knees slightly bent
- Shooting hand under the ball
- Elbow in a strong position
- Everything should be stacked so energy moves in one direction—UP

### STEP 4 – RE-DIRECT

The final step is called “redirect.” When you shoot, your hips go straight down and then straight up, creating upward force. Imagine water shooting straight up through a pipe. To send the water forward, you would add a bend to the top of the pipe. In the same way, you use your wrist to guide the ball forward. As your hips rise, your wrist follows through and redirects the ball toward the basket.



As your hips rise, the ball rises with them. The power for your shot comes from your legs, not your arm. Because of this, you do not need to lift your elbow to create power.

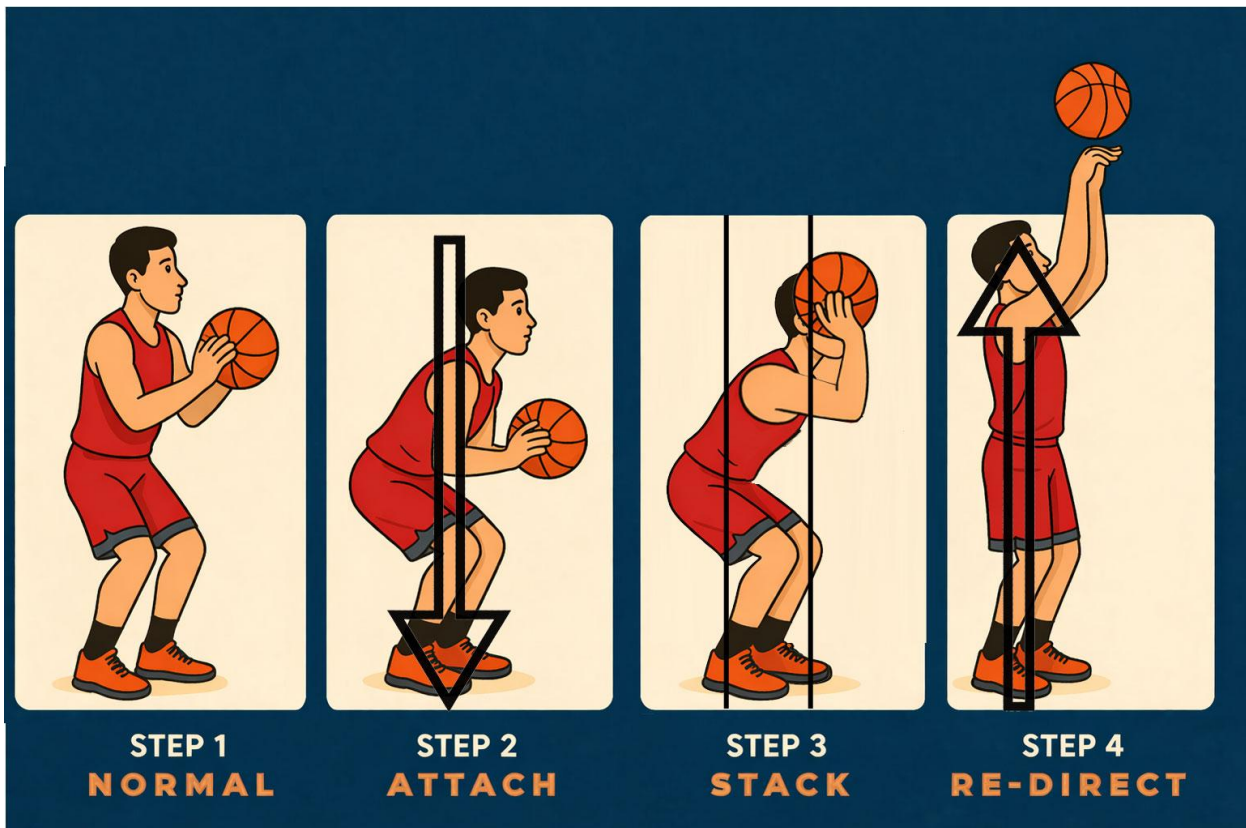
## TIMING AND HEIGHT

**Timing** is what separates good shooters from great shooters.

Your shot should be:

- Smooth
- Connected
- On time
- As you rise, the ball rises with you

## The Sauce:



Pay close attention to steps 3 and 4 in the illustration. This is where timing is most critical. As you move from step 3 to 4, your hips begin to rise. Because of this, the ball rises. **PAY ATTENTION!** The “L” shape that your shooting arm has creates is what I call a “**Stage**.” Shooting the ball takes place on a stage. As your hips rise, you must maintain a balanced stage throughout the shooting process. Eventually your hips will “**tap out**.” This means that they will no longer be able to move upward because your legs are straight. As your hips rise, you should begin your “**follow thru**” using your shooting hand. Your follow thru should end with your finger pointing downward.

### ***TO ACHIEVE GREAT TIMING -***

- At the exact time your hips “**tap out**”
- Your “**follow thru**” needs to finish.
- This allows generated power to transfer from the hips to the ball smoothly
- Execute this timing in an attempt make the ball reach the right height, depending on the shot you is taking.

### **HOMework**

- Set aside 10 minute per day
- Go through the four steps in the illustration at least 25 times per minute without a basketball
- Once it feels normal and fluid, you can add a basketball
- Watch the ball: is it going up, forward, and spinning correctly?
- Film yourself and review your mechanics
- Slow down—don’t rush your reps
- Don’t just shoot. Practice shooting the right way.

Note:

Some things like detailed hand and foot placement were not included in this brief overview. Those will be covered in detail during the clinic.

Clamps and Buckets in Searcy, AR | [www.clampsandbuckets.com](http://www.clampsandbuckets.com)

Coach Rod’s Official Website @ [www.jordanmoves.com](http://www.jordanmoves.com)