

ONE-HAND SET SHOT

An inside jump shot involves jumping and then shooting the ball at the top of your jump. The arm, wrist, and fingers supply most of the force. On a one-hand set shot (figure 4.1), you lift the ball simultaneously with the upward extension of your legs, back, and shoulders.

If your shot is short, this usually indicates that you are not using your legs, you are not following through, or you are using a slow or uneven rhythm. Use neural feedback—feeling—to determine whether you need more force from your legs, a more consistent follow-through (keeping your arm up until the ball reaches the basket), or a quicker or more evenly paced rhythm.

If your shot is long, this usually indicates that your shooting arm is extending on too flat a trajectory (less than 45 degrees), your shoulders are leaning back, or your hands are too far apart on the ball, preventing you from lifting it. Move your shoulders to a relaxed forward position, move your hands closer together, or raise your shooting arm higher to put a higher arc on your shot. Follow through with your head in to avoid leaning back or stepping back. Extend your arm completely for every shot.

If your right-handed shot hits the left side of the rim, you are not squaring up to face the basket, or you are starting with the ball on your right hip or too far to your right, shoving the ball from right to left as you shoot. Shoving the ball is the result of not using the down-and-up action of your legs for power. Square your body to the basket, setting the ball on the shooting side of your head between your ear and shoulder, with your elbow in. Make your shooting arm, wrist, and fingers go straight through to the basket.

If your shot lacks range, control, and consistency—or if you miss short, long, or to either side—you probably lower the ball, bring it behind your head or shoulder, or throw the ball to the basket with an inconsistent follow-through. These errors result from not using your legs for power. Start your shot with the ball high in front of your ear and shoulder. Emphasize force from your legs, and complete the follow-through by keeping your arm up until the ball reaches the basket.

When a shot hits the rim and circles out or skims from front to back and out, rather than hitting the rim and dropping in, this might mean that you are starting your shot with your shooting hand on the side of the ball and rotating the hand behind the ball as you shoot. It could also mean that you are releasing the ball off your ring finger instead of your shooting finger. Another possible cause is thumbing the ball—pushing the ball with the thumb of your nonshooting hand. These mistakes give the ball sidespin instead of backspin. Start your shot with your hands in block-and-tuck position—your shooting hand behind the ball and your balance hand under the ball. Release the ball off your index finger. If your mechanics appear to be correct but the shot lacks control and the ball hits hard on the rim, you probably rest the ball on your palm. Relax the thumb of your shooting hand, and set the ball on your finger pads with your palm off the ball. Then you can release the ball off your index finger with backspin, control, and a soft touch.