

Figure 4.1 **ONE-HAND SET SHOT**

a

Shooting hand high and in front

1. Eyes on target
2. Feet shoulder-width apart and toes straight
3. Knees slightly flexed
4. Shoulders relaxed
5. Nonshooting hand under ball; shooting hand facing front of rim
6. Elbow in
7. Ball high between ear and shoulder



b

Lower knees

1. Look at target
2. Lower knees before shot



c

Shoot one-hand set shot

1. Knees and arms go up together
2. Extend legs, back, shoulders, and elbow
3. Flex wrist and fingers forward
4. Release ball off pads of index finger
5. Keep nonshooting hand on ball until release
6. Follow through with arm extended, index finger pointing to target until ball goes through net

MISSTEP

Your mechanics appear to be correct, but you still miss the basket.

CORRECTION

Have someone watch your eyes as you shoot. You probably do not focus your eyes on the target. Concentrate on the target, not on the ball's flight, until the ball reaches the basket.