



# HOW TO TEACH SHOOTING FORM



## Locking & Loading

- ***Practice this sequence without a ball at first, then add a ball later.***

1. Place your shooting hand out in front of the body with your palm up. The ball would be resting in the palm of your hand



**Starting position**

2. Lock it in: grab your wrist and bring your hand up into the shooting pocket, just above your shooting shoulder



**Lock it in.**

3. Load it up: bend the shooting wrist back so it's parallel to the floor. The ball would sit on that pedestal, with your elbow in front of your wrist. If using a live ball, you can use the off-hand to steady the ball in place.



**Load it up.**

4. Shoot and follow through. Release the ball up towards the basket and follow through, forming a "parachute" with your shooting hand. Hold the finish until



**Release and follow through**