

Shooting Footwork Clinic

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"The quality of your feet determines the quality of your shot"
Kevin Eastman - Boston Celtics Assistant Coach

Aim:

To provide consistent teaching, terminology throughout the Blues by implementing a series of footwork building blocks to help develop game specific shooting skills.

Skills:

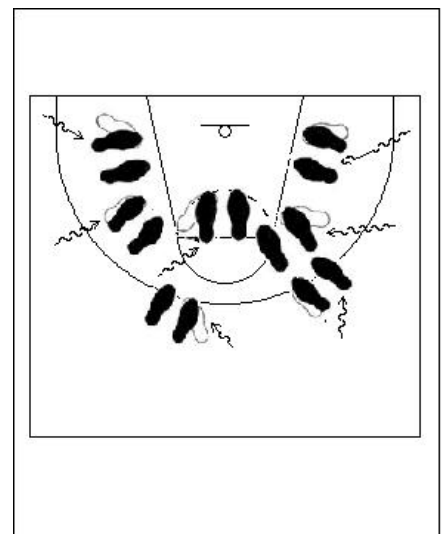
- The ability to dribble with the left or right hand and attack with either foot first.
- Catch and pivot on both feet
- Shoot off the dribble
- Shoot off a cut
- Square up in TTP position (Triple Threat)

The Inside Foot:

Inside Foot Down First Going Right or Left

When shooting on the move, players will mostly be moving towards the basket, across the middle, or up from the baseline going left or right. From all of these positions the footwork should be the same when shooting off the dribble or the catch. The inside foot is put down first with the outside foot brought around to square up to the basket.

- Plant the inside foot first and pivot on it.
- Bring the outside foot around to square the body to the hoop.



One Dribble Footwork

- One Dribble Move Points of Emphasis include: Catch and face before dribbling, eyes on the rim, stay low until shooting.
- Terminology: (All moves using "Inside Pivot Foot" to square up to the basket)
 - Onside Drive - Dribble to middle and use "3 step move."
 - Crossover Drive - Dribble to baseline and use "2 step move."

Onside Drive - 3 Step Move to the Middle



Catch and Pivot to Square Up. (Left Foot)



1st Step - Right Foot and Dribble



2nd Step - Plant left foot and pick up ball



3rd Step - Bring Right Foot (and square up if needed)

Crossover Drive - 2 Step Move to the Baseline



Catch and Pivot to Square Up. (Left Foot)



1st Step Right Foot and dribble (Left Hand)



2nd Step Left Foot and dribble (and square up if needed)

Building Shooting Footwork

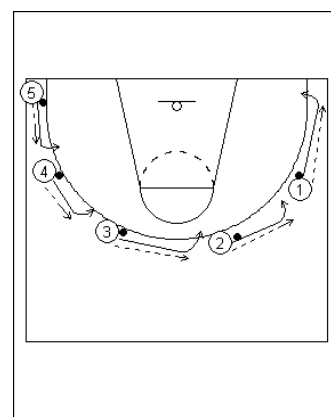
“Good coaches build from Simple to Complex, you have to lay strong foundations or the house will crumble.”

One Bounce Form

- Used to teach players to be quick from the gather to the shot and to shoot through the set point.
- Start stationary, then “Step Ups” (pivot foot down, anchor foot back, bounce ball and pick up with step in)

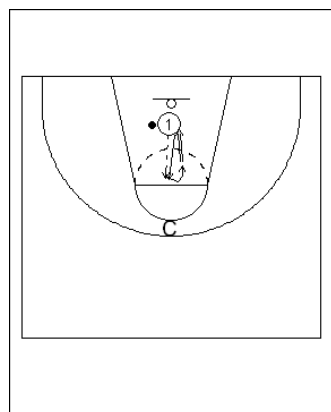
3pt Line Spin Outs

- Used to develop inside foot footwork.
- Emphasise “Catch it down,” face the basket with “Perfect Feet”
- Start with no spin out & build up



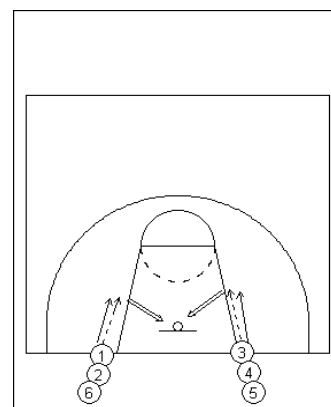
Baker Square Ups

- Used to develop “Perfect Feet”
- Spin ball out, catch in a jump stop, pivot on the foot the coach nominates.



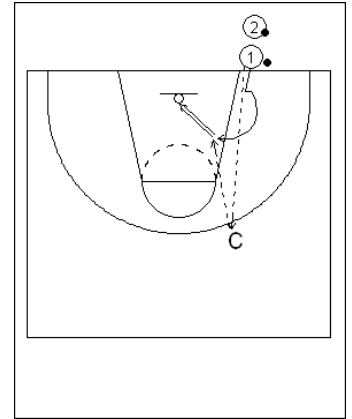
Catch & Shoot Spin Outs

- Work on “Inside foot shooting.”
- Payers spin the ball out, step into the shot for catch & shoot
- Emphasis on:
 - “Hands & Hips Ready” - shooting wrist bent back, guide hand on the side, knees bent with hips low to ground before the catch.
 - “Turn into the catch” - Dip inside shoulder before you catch and “Banana the cut.”
 - Pivot in one smooth motion to the basket and build to shooting “through the set point.”

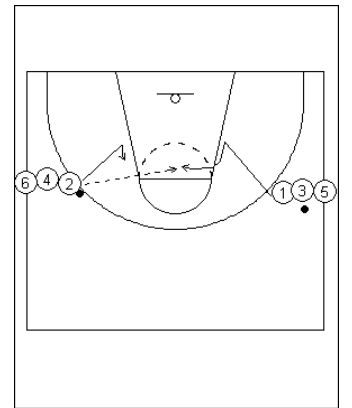


2 Line Inside Foot Shooting

- This drill can be introduced with a coach to ensure passes are accurate and to reinforce correct footwork by slowing down the drill.
- Players pass to coach and curl cut to receive the pass and shoot on the inside foot.



- Drill can be progressed to 2 Line pass and cut shooting and also run from wing to wing as diagramed.

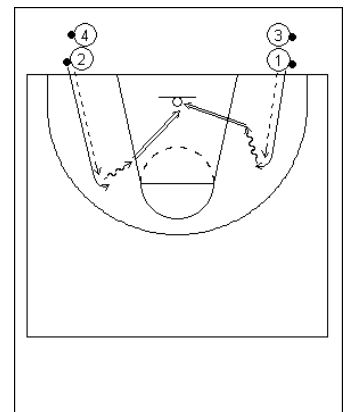


Baker "Dance Steps"

- One dribble move form shooting.
- Start without dribbling, progress to dribbling then move to hoop.

Spin Out One Dribble Moves

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Curl Cut Shooting

- Can be used for catch and shoot, flare cut and one dribble shooting.
- 1 cuts to receive pass, after shooting 1 runs to Ft area to pass to 3 after 2 rebounds and outlets the ball.

