

Mechanics of a Jump Shot

1. Catch – 1-2 or Hop
 - a. Shoulder, hip, & knee alignment
 - b. “Attack the Line”
 - c. “Legs Loaded”
2. Motion
 - a. “Pocket”
 - b. Body-Ball Movement
 - c. Elbow thru your shoulder
3. Finish
 - a. “Statue of Liberty”
 - b. “Strong Finish”

Definitions:

- Shoulder, hip, & knee alignment (Pictured to right)
- “Attack the Line”
 - Momentum going to the basket on the catch
 - “Off the line to Attack the line”
- “Legs Loaded”
 - On the catch butt is down
 - Up and Out on the catch
 - Never Down, Up, and Out
- “Pocket”
 - Consistency is key
 - Ball, elbow, knee, toe (Elbow to Rib)
 - Wrinkles in wrist
- “Body-Ball Movement”
 - Ball and Body move at the same time
 - One fluid motion
 - Release at the peak
- “Elbow thru your shoulder”
 - Elbow starts under shoulder
 - As elbow lifts into shooting motion, elbow directly in front of shoulder.
 - Elbow finishes fully extended & slightly in front of shoulder.
- “Statue of Liberty”
 - Snap wrist
 - Hold a high follow thru
 - Elbow above eyebrow
 - Pointer finger to elbow
 - Guide hand splits you down the middle
- “Strong Finish”
 - Shoulders, hips, & knees aligned
 - Equal weight on both feet
 - Land on toes
 - Shoulders slightly over toes

