

Mastering the Art of Basketball Shooting: Tips for High Accuracy

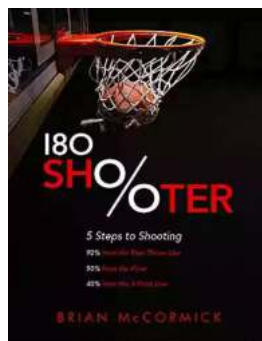
Every basketball player dreams of becoming a skilled shooter who can consistently contribute to their team's success. In the game of basketball, accurate shooting skills can make a significant difference between winning and losing. To reach your potential as a shooter, it is crucial to develop the ability to shoot with precision from various locations on the court, including the free throw line and the field.

The Importance of Shooting Skills

Shooting is an essential skill in basketball, as it allows players to score points for their team. The ability to shoot accurately not only boosts the team's overall score but also instills confidence and creates scoring opportunities for other players. However, shooting with high accuracy requires a combination of proper form, technique, and consistent practice.

The Free Throw Line: Achieving 90% Accuracy

The free throw line presents an excellent opportunity to score points uncontested. Many games are won or lost purely based on free throw shooting percentages. To improve your free throw accuracy, follow these essential steps:



180 Shooter: 5 Steps to Shooting 90% from the Free-Throw Line, 50% from the Field, and 40% from the 3-Point Line by Brian McCormick(Kindle Edition)

★★★★☆ 4.7 out of 5
Language : English
File size : 1597 KB
Text-to-Speech : Enabled
Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 149 pages
Lending : Enabled



1. **Develop a Ritual:** Create a consistent routine before every free throw, including steps, breath control, and focus. A routine will help you relax and concentrate on your shot.
2. **Proper Form:** Focus on your shooting mechanics, including your stance, grip, and follow-through. Seek feedback from coaches or trainers to ensure your form is correct.
3. **Practice Under Fatigue:** Free throws are often attempted towards the end of a game, when players are tired. Incorporate fatigue drills into your practice routine to simulate game situations.
4. **Maintain Focus:** Clear your mind and concentrate solely on the shot. Block out any distractions and trust your muscle memory to guide your shot.
5. **Consistent Repetition:** Practice free throws regularly and aim for consistency. Dedicate a portion of your training session to solely focus on free throw shooting.

Shooting 50% From the Field: Mastering In-Game Accuracy

Shooting from the field requires different skills compared to shooting free throws. It involves making shots under various conditions, such as defenders, different shooting positions, and time constraints. To improve your field goal percentage, consider the following steps:

1. **Shot Selection:** Develop a good shot selection by recognizing when to shoot and when to pass. Taking high-percentage shots maximizes your chances of scoring.
2. **Footwork:** Mastering footwork can greatly enhance your shooting accuracy. Learn different moves like pivoting, step backs, and fadeaways to create open shooting opportunities.
3. **Game Simulation Drills:** Incorporate game-like scenarios into your practice sessions. Practice shooting while being guarded to simulate real game situations.
4. **Shot Fake:** Perfect the art of using shot fakes to deceive defenders. This creates open shooting opportunities or easy drives to the basket.
5. **Visualize Success:** Mental preparation is key. Visualize yourself making successful shots during practice and games, enhancing your confidence and muscle memory.

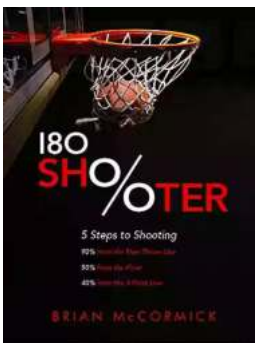
Aiming for 40% From Beyond the Arc

As the game of basketball evolves, shooting accuracy from beyond the arc has become increasingly crucial. To improve your three-point shooting skills, consider the following steps:

1. **Nail Down the Basics:** Build a solid foundation by mastering the fundamentals of shooting - grip, stance, and release. These principles apply to shooting from any range.
2. **Strength and Conditioning:** Develop the strength and flexibility required for long-range shooting. Working on your core, arms, and legs will improve your shooting power and stability.

3. **Range Extension:** Gradually extend your shooting range during practice sessions. Start closer to the basket and slowly move further away as your confidence and accuracy improve.
4. **Shot Mechanics:** Analyze your shooting technique and make necessary adjustments. Seek guidance for any technical flaws that may hinder your long-distance shooting.
5. **Focus on Arc:** Aim for a high shooting arc to give your shot a better chance of going in. Practicing shooting with a high arc will help you find the sweet spot for long-range shots.

, becoming an accurate shooter in basketball requires dedication, consistent practice, and proper technique. By following these steps and incorporating them into your training routine, you can significantly improve your shooting percentages. Remember, shooting is a skill that can always be refined. So, keep practicing and honing your abilities, and watch yourself become a reliable scoring threat in no time!



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180 Shooter is a complete guide to successful shooting unlike any other because it uses learning progressions, not just drills. Whether novice or advanced, 180 Shooter offers instructions and drills to elevate your shooting percentages or enhance your shooting instruction. 180 Shooter includes over 60 drills and 20 pictures to assist with your learning. If you put forth the effort, 180 Shooter will help you develop into a 180 Shooter.

"I went from averaging 8 points per game as a senior in high school to averaging 22 points per game my sophomore year of college. Coach McCormick's workouts and drills played a key role in my vast improvement." — Matt Glynn, 2004 NCAA DIII All-American

"Coach McCormick has put together the most complete book about shooting that I have ever seen. His breakdown of shooting methods and techniques are essential for athletes who want to improve their form and accuracy." — Hernando Planells, Assistant Coach, Duke University Women's Basketball

"Brian McCormick is an outstanding coach, instructor, and writer. His newest book, 180 Shooter, covers in great detail how to become a better shooter from the ground up. Brian worked for my program (Hoop Masters) as a coach and his attention to detail and ability to teach young eager players is a special gift. I would recommend 180 Shooter to any player, coach, or parent that really wants to understand all aspects of improving your shooting percentages and overall shooting skills. In this day and age of quick fixes and short cuts, it's refreshing to have someone take the time to really explain how to become a better shooter. If you follow the drills and practice habits outlined in this book, and really believe that can become a better shooter, you will. There are no short cuts to improvement." — Jerome Green, Hoop Masters (Los Angeles) AAU Program



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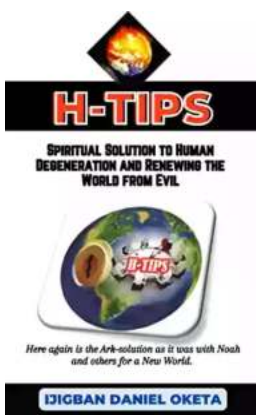
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