

Why Do Players Miss Shots?

When a player misses a shot he/she needs to learn why and then how to adjust it. Each player is responsible for the success of his/her shot. Here are ten possible reasons for a shot being missed:

1. **VERTICAL ALIGNMENT:** During the shooting motion the elbow may have moved out instead of staying under the ball, the forearm may have angled across the face, or the shooting hand may have turned in or out.
2. **BALANCE:** As the ball is put into the shooting pocket, weight may not have been equal on both feet. Equal weight allows the shooter to elevate straight upward.
3. **SWAYING:** If both feet were not set and square, the body may have been moving sideways as the ball was released.
4. **SQUARED UP:** If the feet do not fully square the body to the basket the ball may be pushed in the direction the feet are pointing.
5. **KNEES BENT:** If the shot is short, the body may not have been flexed at the knees at the start of the shot and not enough power could be generated.
6. **OFF-HAND:** The off-hand does not stay on the ball long enough, pushes the ball instead of supporting it, may have been pulled backward just before the ball was released or drops to the shoulder, or lower, instead of finishing high above the head.
7. **PUSH vs. SHOOT:** The ball may have been pushed at the basket instead of shot up above the rim. This reduces arc and causes the ball to hit the front or back rim.
8. **FEET:** The feet may have been too close together, which will not allow the shooter to jump as high as possible and/or stay square to the basket.
9. **STARTING POINT:** The ball may not have started at the proper height in the shooting pocket.
10. **FINISH:** Most players don't finish their shot perfectly square to the basket, with both arms fully extended above their head and the fingers of the shooting hand pointed toward the basket.

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