

SELF-CHECK for SHOOTERS

(Square up – Set the ball – Lift the ball – Finish High)

- 1) Did I start squared to the basket with my feet balanced? Did I finish squared and balanced?
- 2) Did I start my shot with the basketball set in my pocket with my forearm straight, my elbow pointing to the basket and my fingertips on the ball?
- 3) Did I lift the basketball to the basket or did I push it?
- 4) Did I finish my shot with my hands and arms both above my head?
- 5) Did I “break” my wrist on my shooting hand so that my fingers finish facing the rim on a swish shot and the square on a bank shot?

For more information on **MDB**  Programs please call... 952/346-8866

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