

## **The Do's and Don'ts of Developing into a Great Shooter**

1. **Do** square up to the basket with your feet at least shoulder width apart and your dominant foot slightly in front. **Don't** stand with your feet 6-12 inches apart and your dominant foot visibly in front.
2. **Do** jump, as high as possible, by bending your knees and elevating into the air. **Don't** shoot a set shot with your feet barely leaving the floor.
3. **Do** keep your elbow of the shooting hand directly under the basketball. **Don't** shoot the basketball with your elbow pointing out to the side.
4. **Do** keep your eyes on the target; the front of the rim for a swish shot and on the backboard for a bank shot. **Don't** just fire up the basketball without knowing where the basket is.
5. **Do** go straight up and down on the shot. **Don't** sway sideways or fall backwards.
6. **Do** finish the shot with your hands up above your head. **Don't** allow your hands to drop down to your waist, out to the side or cross.
7. **Do** allow the wrist on your shooting hand to "break" and finish with the fingers spread out and pointing to the basket. **Don't** allow your shooting hand to finish closed, cupped, turned out or with the fingers pointing straight up.
8. **Do** finish the shot with your body in a squared up position. **Don't** finish with your feet and body facing away from the basket.

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