

**HARD WORK
+
SELF-CONFIDENCE
=
SUCCESS**

SHOOTERS CHECKLIST

Good Footwork is the Key to a Good Shooter

- 1) Keep feet shoulder width apart and balanced = Do not allow one foot to get too far in front of the other
- 2) Stay square to the basket = Always have both feet facing the basket
- 3) Keep proper hand position on the ball = Shooting hand, guide hand and elbow
- 4) Keep eyes on the front of the rim = See the rim or backboard as big targets
- 5) Think soft, shoot soft, stay relaxed = Lift the ball don't guide the ball
- 6) Don't lean, sway or fall backwards while shooting = Control your body and go straight up and down
- 7) Bend your knees to shoot = Use your legs to get arc
- 8) Extend both arms above your head to finish your shot = Follow through with both hands straight above your head - - finish high
- 9) Shoot the basketball with arc = Think swish
- 10) Always finish your shot with your body square to the basket = Follow your shot

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

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