



by Ganon Baker

FIBA

We Are Basketball

# THE LOST ART OF THE JUMP SHOT

Ganon Baker, former assistant coach at Hampton, Belmont Abbey, and Coastal Carolina, and President of the "Shake n'Bake Basketball Services", was also player-coach of a team in Iceland. He teaches one-on-one moves at camps and clinics all over the US, and he was also invited to give clinics in Australia and New Zealand. He produced five videos and DVDs on these moves with Championship Productions.

With the recent third place finish in our Olympic Games and through my travels, it has become evident to me that shooting is a third option on offense. Many players from Jr High to the Pros would rather "Flush"(Dunk) on someone or "break some ankles" (crossover dribble on the defense) than take the mid-range open jump shot. In this article I will teach you how to correct your jumper and/or how to develop one.

## I. THE STANCE BEFORE YOU RECEIVE THE BALL

Be ready to score before you receive the ball

1. Drop hips, back straight.
2. 10 fingers to sky to show passer your palms.
3. Always have "trigger foot" behind you, ready to create energy on the catch (photo 1).

## II. SHOOTING STANCE

1. Feet, hips, shoulders all pointing at rim.
2. Hips dropped, back straight.
3. Ball placement with wrist and forearm is the shape of "L".
4. Ball is placed somewhere between shoulder and hip (I like to place it parallel with my chest). Make sure it is to the shooting side.
5. Ball is tucked where shooting elbow is slightly behind your hips and behind the ball.
6. Eyes on rim (photo 2).

## III. THE RELEASE OF THE JUMPER

1. Keep ball to the shooting side.
2. Make release in one motion.





3. Keep wrist and elbow under ball entire motion.
4. Extend shooting arm through ball (punch ball).
5. Keep guide hand still and elbow slightly flexed.
6. Release point should be above eyes and shooting elbow is lifted up past eyes, not out in front of eyes.
7. Fire feet (jump hard and firm).
8. Hold release until ball hits goal. All five shooting fingers should be pointing down to the ground (photo 3 and 4).

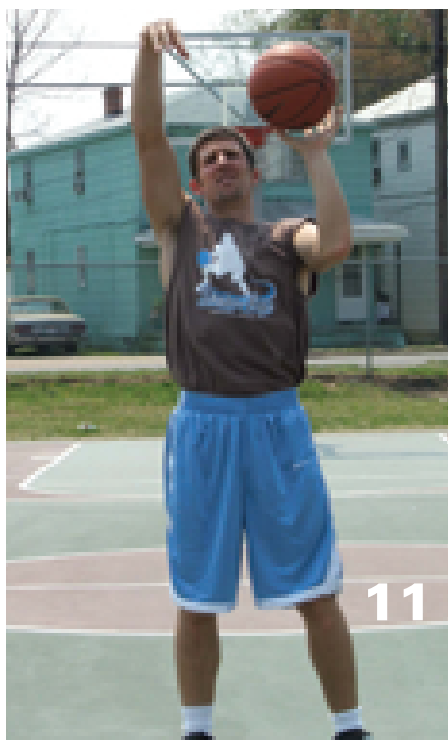
#### IV. DRILLS TO BUILD HABITS

##### 1. Step Drill with and without the Ball

- ▼ Fire feet quick and violent into shooting position (photo 5 and 6).

##### 2. Self Shots

- ▼ Shoot to yourself with and without ball.



- ▼ With ball you stay in same position each rep.
- ▼ Don't move from spot, shoot ball from one shooting side to other side of body, catch with opposite hand (photo 7, 8, 9, 10, and 11).

##### 3. Knee Shots

- ▼ Keep back straight and eyes on rim.
- ▼ This really strengthens your release and helps you shoot in one motion (photo 12, 13, and 14).

##### 4. Chair Shots with and without Jumping

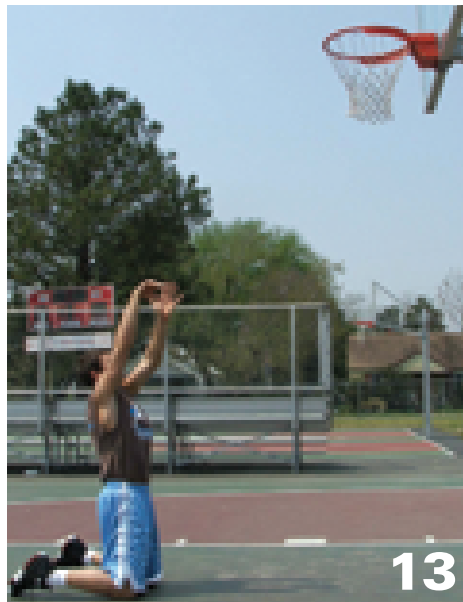
- ▼ Sit on edge of chair.
- ▼ Is just like knee shots.
- ▼ Add jump after form (photo 15, 16, 17, 18, and 19).

##### 5. Form Shots

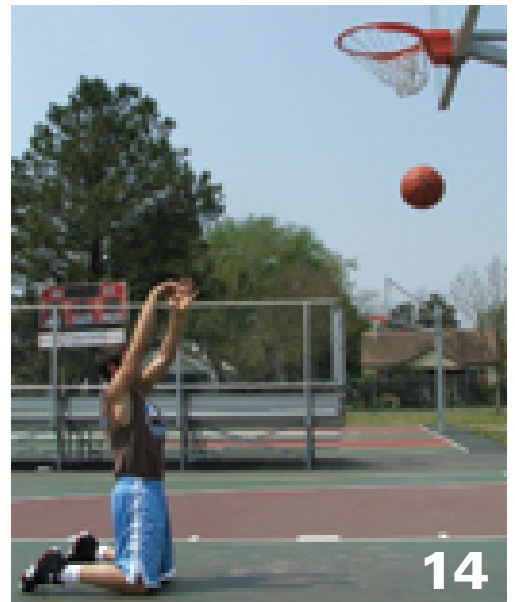
- ▼ Barely jump, work on total stance and



12



13



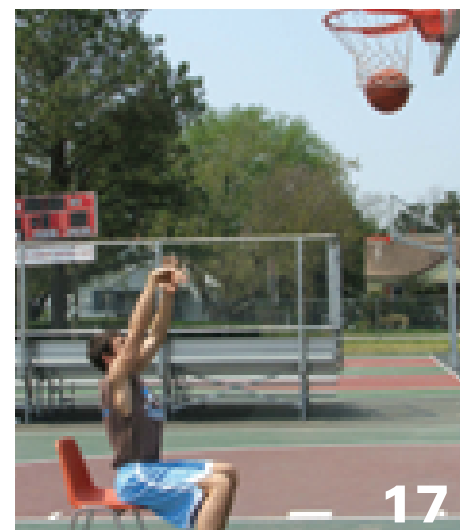
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15



16



17

release. Then do it with a hard or "game" jump.

- ▼ Shots should be 3-5 feet away from basket at the two post spots and top of key.
- ▼ All swishes, all banks, all makes in a row. All are different varieties of drills (photo 20, 21, and 22).

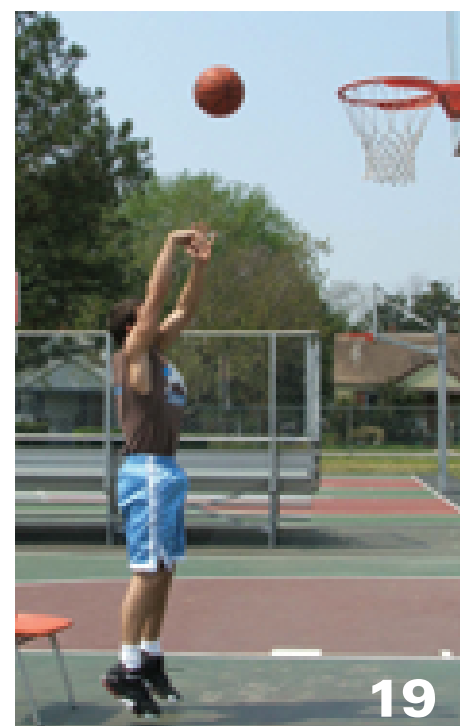
#### 6. Toss and Catch Drill

- ▼ Toss ball out with back spin.
- ▼ Plant a foot, come back to stance in one motion, release a balanced shot in one motion squared to rim.
- ▼ Make 7-8 shots in one minute at game speed (photo 23, 24, 25, and 26).

This give you a foundation for your jumpshot. You must practice everyday with **intensity** and **consistency**. It takes 17,000 repetitions to learn a skill. Get after it!



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