

JUMP SHOTS

Jump Shot

1. Square the body toward the basket.
2. Right-handed shooters place the left hand on the side of the ball for balance and the right hand behind the ball and jump upward. Reverse if left-handed.
3. Bring ball slightly above and in front of head.
4. Cock wrist and point the elbow toward the basket.
5. Shoot at the top of the jump while focusing on the basket.
6. Follow through in the direction of the basket and snap wrist downward in the follow-through to develop backspin on the ball.

ACTIVITIES

1. Present the six skill cues for the jump shot. Demonstrate the jump shot without shooting at a basket. (2-4 minutes)
2. Get a partner, have one pass to the other, who shoots from designated spots on the floor. The passer retrieves the ball. After five attempts have them switch roles. Then have the shooter shoot off the dribble from the designated spots while the partner rebounds. Next have one partner play a passive defender while the other shoots from the designated areas. (6-8 minutes)
3. Play Twenty-One. Divide the class into teams of three and assign teams to each basket. Mark two designated spots on the floor approximately 15 feet from the basket. Each member of the team shoots two shots at the basket, one from a 15-foot spot of the player's choice and one lay-up. Score 2 points for making the long shot and 1 point for making the lay-up. Each player shoots the long shot first, retrieves the ball, shoots the lay-up, and returns the ball to the next player. Each team should play until it scores exactly 21 points. If time allows teams should start over. (7-8 minutes)

