

GOOD SHOOTING FORM vs BAD SHOOTING FORM

If you have followed the Napa Valley Premier Crew, as well as our weekly *Notes & Thoughts* newsletter, you know we believe in ONE technique for shooting for your whole basketball life: Index Finger Shooting.

We have witnessed SO many of our athletes improve rapidly and we have ALL seen players with beautiful shooting form and chances are pretty good those individuals are also quality shooters. If you have good form, you will probably be a good shooter.

What about the player with poor shooting form? Is that player doomed to never becoming a quality shooter?

The short answer to the question is “no”. It is absolutely possible to become a quality shooter with poor shooting form. We have seen countless athletes who can “shoot” well (make a good percentage) with poor form because they are dedicated to the sport and spend countless hours performing endless repetitions. It is a true compliment to their willingness to be so diligent.

If you look up gym rat in the dictionary a picture of these athletes would be front and center. They become a quality shooter (even though it was painfully slow) through repetitions ONLY and not through optimal mechanics and form.

There is a belief by many local coaches, trainers, parents and players that the best way to become a quality shooter is through repetitions and shooting mechanics are not important to the process. We agree that with enough repetitions a player MIGHT be able to overcome a lack of shooting form (please notice we said might!!).

In the past few years, we have met many players who would easily qualify as "shooting gym rats". These players are, generally, taught (NOT by the Napa Valley Premier Crew!!) the “traditional” ways to shoot (ten toes to the basket, don't dip, shoot up and down (no sweep and sway) etc). These athletes shoot 100s of shots a day. They are committed, serious and have admirable aspirations in the game of basketball. Unfortunately, when asked to translate their technique to Game-Style Practice (and/or a REAL game) their percentages plummet as their technique is not natural so it requires perfect circumstances to execute. In other words, you watch them in warm-ups and they are hitting everything OR they constantly play “lesser” teams where they can get off their shots. However, you put them on the court with a Varsity athlete (or a player who WILL play Varsity in the future) and not only are they missing everything they, almost always, cannot even get their shot off.

Contrast this with an athlete who utilizes Index Finger Shooting. They Catch, Turn, Dip, Sweep and Sway as well as have their shoulders back when they shoot. Their technique becomes “natural” so it readily translates to Game-Style Practice (and/or a REAL game). They do not need to practice as much shooting because they have the advantage of mechanics. ***Are they in the gym less than the “gym rat”???*** ***Of course not!!*** However, they are spending their time on other aspects of Basketball Development so they become more “well-rounded” players. ANYONE who has been in the gym with the Napa Valley Premier Crew and/or Prolific Prep Crew can spot an Index Finger Shooter in a minute. The shooting drills just seem SO easy to them.

Chris Mullin once said, "A player with poor form needs to practice eight times more than a player with good mechanics." The question is: Do you really think your players have the ample time to become quality shooters by repetitions only? Do you really think they will shoot for hours a day?

We think it is imperative many local coaches, trainers, parents and ESPECIALLY players know, and UNDERSTAND, the difference between repetitions and mechanics.