

INDEX FINGER SHOOTING (DIY SUPPLEMENT)

Most athletes learn very quickly the vast majority of the components of Index Finger Shooting.

The single aspect that is sometimes confounding is the release.

This supplement presents a couple of little tricks utilized to optimize the release. These thoughts/drills are GREAT to add to your "repertoire" to correct release issues and work on perfect form. It is especially important as they may be performed outside of the time spent in Basketball Development.



Drill 1:

While shooting anytime (one handed AND/OR "shooting around"), concentrate on "pushing" the index finger *HARD* into the ball just before release (imagine pushing the index finger straight through the ball)

Drill 2:

While doing one handed form shooting (close to the basket, starting the ball at the release point), literally remove the middle and ring fingers off the ball so that the ball is only being gripped by index, pinky and thumb. This forces them to index finger follow through.

These drills WORKS GREAT and most players are surprised at how fast their release improves.