



Coaching Youth Basketball

CHAPTER 4 – SHOOTING BASICS PART 1

JACK LUTZEIER: Now that we have gone over the basics of passing and ball handling the next step is we need to fill our offensive requirements by shooting. Follow the BEEF principles and all of your shooters will be able to shoot the ball well by the time your first game comes around.

BEEF Shooting

- Balance
- Elbows
- Extension
- Follow-Through

First, you need to get a player in the set position. The set position is a down position with his right hand ready to shoot the ball. His feet are balanced, equal distance apart and underneath his shoulder blades. His elbow is out away from his body over his toe and his knee is in a straight line ready to shoot the ball. Next step is his eyes are straight forward looking at the rim. In the shot position he is extended both at the knees and ankles all the way through to the top of his shot. His elbows remain extended with his hand in the s-position into the rim. You want to make sure that your players hold the shot position with their hand in the rim for at least two seconds. Once they have the BEEF shooting technique down you can have them pick up a basketball and do the same drill without them actually shooting yet but releasing the ball up in the air so that it bounces once right in front of them.

