

BASIC BASKETBALL SKILLS- SHOOTING



Overview

- **Basic skills of basketball**
 - Shooting-passing-dribbling (S-P-D)
- **Set shot**
 - Basic position
 - Movement
- **Jump shot**
 - Basic position
 - Movement
- **Lay-Up**
 - Movement
- **Videos**
 - Set shot (1)
 - Jump shot (2)
 - Lay-up (3)
- **List of references**

Basic skills of basketball

Shooting-passing-dribbling (S-P-D)

The basic skills of basketball are shooting, passing and dribbling. Learning these techniques is a requirement for a rule-consistent basketball game.

In basketball there is a basic position, the so called 'SPD position' or 'ready-position'. This basic position allows the player to shoot, pass and dribble.



Illus. 1: Ready-position frontally

Characteristics of the "ready-position"

- Feet are shoulder-width apart, toes are pointing forward
- Knees are slightly bent
- The upper body is bent slightly forward
- The body weight is equally distributed over both legs
- The ball is held with both hands in front of the body or slightly to one side
- The elbows are bent, eyes are looking ahead

Set shot

Shooting is the act of attempting to score points by throwing the ball through the basket with one or two hands.



Illus. 2: Set shot laterally

Basic position

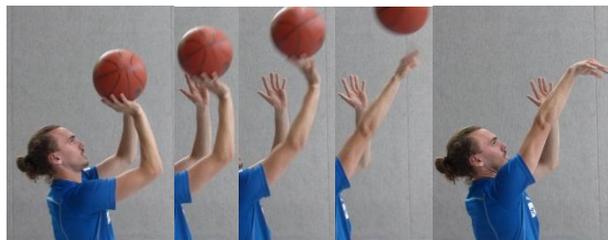
- Stand upright, feet shoulder-width apart
- Feet are pointing toward the basket
- The foot of the shooting hand is placed slightly ahead of the other foot
- Knees are slightly bent
- The ball is held in front of the body with both hands

Movement

- Raise the ball over the head
- Start small with legs bent and end tall with your body straight and hands up high
- As your arm reaches its highest point, it should fully extend
- Bend down your wrist
- After the ball has left the hand your body is fully straightened (tiptoeing)
- The shooting arm points upward-forward
- The fingers of the shooting arm point forward and the thumbs downward
- Return to the basic position afterwards ▶  1



Illus. 3: Set shot frontally



Illus. 4: Wrist motion

Jump shot

The jump shot itself resembles the set shot but it is performed while jumping.



Illus. 5: Jump Shot

Basic position

- Stable position, feet hip-width apart
- Feet are pointing toward the basket
- Knees are slightly bent
- The ball is held in front of the body with both hands

Movement

- Strong, two-footed jump from the basic position
- After jumping the ball is raised slightly over the head
- The elbow of the shooting arm points toward the basket
- At the highest point of the jump and after a short delay the ball is shot toward the basket (compare technique of the set shot)
- The landing should be stable and as close as possible to the point of jump off
- The body weight is equally distributed over both legs
- After the landing, the player should be able to start moving in all directions to get a possible rebound ▶  2

Lay-Up

The lay-up is a variation of the shooting technique in basketball. It is a two-point shot attempt on the run. The player is leaping from below, laying the ball near the basket, and using one hand to bounce it off the backboard and into the basket. Its motion and one-handed reach distinguish it from a jump shot.



Illus. 6: Lay-Up

Movement

- When performing a right-handed lay-up start from the right side of the basket
- Dribble close to the basket with your right hand
- Take a step with your right foot toward the basket when you are just a few meters away from it
- Use this step to close distance and position yourself within easy shooting range (long step with right foot)
- Take a short step with your left foot
- As soon as your left foot lands, use it to jump toward the basket
- Your upper body is slightly bent backwards
- The takeoff with the left leg is supported by the active lifting of the right, bent swinging leg
- During the upward movement the ball is raised with two hands above the head
- The shooting hand is placed under the ball
- Steady the ball with your left hand
- Before reaching the highest point, your right arm moves up by extending the elbow to shoot the ball
- Leave your left hand off the ball
- At the end your fingers are stretched, and your hand is bent down
- After shooting, land on both feet



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