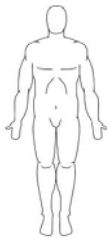


## Basketball - Fundamental Shooting

### Phase 1 – Start Position

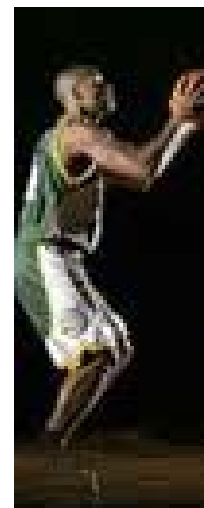
- Arms – Holding onto the basketball with both hands. Hands are out in front or on the anterior side. One hand will pronate and be placed on top of the ball (most of the time this hand is the dominant hand), while the opposite hand will be in between supination and pronation (going from supination, in anatomical position, to halfway to pronation) holding the side of the ball. By doing this your arms will move from anatomical position to become more adducted to your body. Flexion will also occur between your elbows while holding onto the ball in the start position.



- Legs – Legs are in anatomical position, standing straight up facing the basket. The hand that is pronated on top of the ball, take that side leg and place the foot slightly more in front than the other, while still maintaining anatomical position with your legs.
- Miscellaneous – Your head and torso should stay in anatomical position and face the basket.

Phase 2 – Ready Position

- Arms – To get to the ready position the arms will abduct and extend slightly away from your body. (To get to this position without holding the ball you would go from Anatomical position to abduct your arms so they are parallel with the horizontal plane. Next you would horizontally adduct both arms with slight flexion in the elbow.) Elbow should be flexed at about 90 degrees.
- Legs – The shooters legs will have slight flexion at the knees and ankles. The shooter should look like they are about to sit on a stool or chair and are ready to explode upward.
- Miscellaneous – Their will be slight flexion at the hips between the torso and legs. The shooters feet should be underneath their knees and knees should be underneath the head.



### Phase 3 – Shooting Position

- Arms – The arms will abduct from the body. Extension will also occur once the arm has almost reached the maximum abduction that it can go. The wrist will move from hyperextension to flexion (flicking the wrist at the top of the shot)
- Legs – The shooter's legs will extend as they are jumping into the air. The feet will dorsiflex as they are pushing the body upward. By doing this the lower half nearly returns to anatomical position.

