

HOOPERS'SHOT

Great read for
little shooters!



Easy to read book for young kids to learn the art of shooting. A must read for all little shooters!

By
Bruce Owens

HOOPZONE Basketball

ALSO AVAILABLE IN





A great reading book for grades 1 and 2 on how to shoot a basketball.

Shoot it right,

Coach 

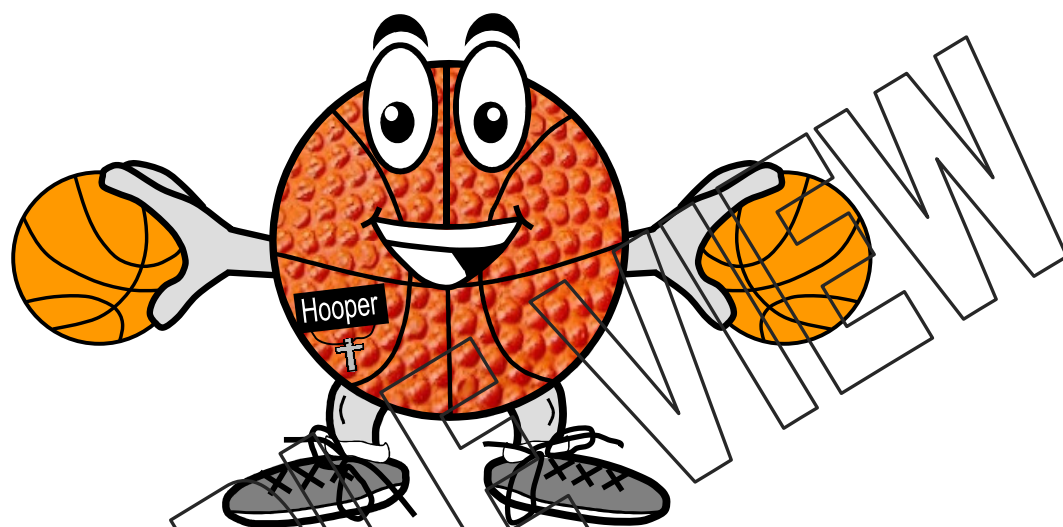
HOOPER'S SHOT 2012-00

2012 HOOPZONE Basketball. All rights reserved. Printed in the United States.

No part of this book may be reproduced or transmitted, in any form or by any means, electronic, photocopying, or otherwise without the prior permission of HOOPZONE Basketball.

HOOPER'S SHOT

I sure **love** to play **basketball**. I like to **dribble**, **pass** and **shoot**. It is my best sport and I think I'm good at it.



My friends also like to play. We get together at HOOPZONE camps and Coach Q teaches us how to play.

HOOPZONE

Step number 2

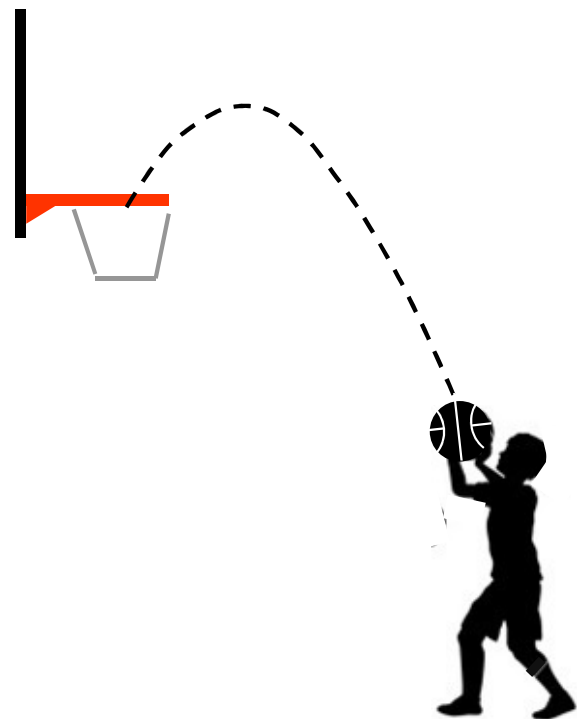
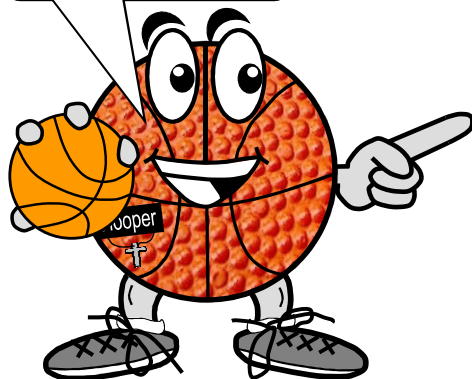
Make sure you are not shooting at a basket too high. Sometimes it looks high.

I may need to ask my mom or dad to help me find a basket that is shorter.

If you are in grades 1 and 2 shoot at a basket that is 7 to 8 feet high.

Older kids in grades 3 and 4 can use a basket 9 to 10 feet high.

Make it right



The **B.E.E.F.** way

The B.E.E.F. way to shoot is an easy way to remember what helps you shoot better. The 4 letters of **B.E.E.F.** remind you of what you should be doing.

B.E.E.F. stands for:

B is for **B**alance

E is for **E**yes on the basket

E is for **E**lbow in and under the ball

F is for **F**ollow through

Make sure you shoot the right way.

Alysha is a good shooter so she will show you how on the next few pages.

The "E"



shooting hand

guide hand

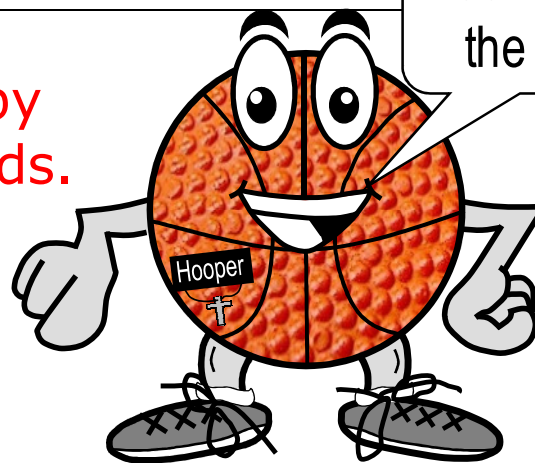
Elbow under ball

- The elbow goes under the ball.
- When the elbow is under the ball it will sit on top of the shooting hand.
- Your guide hand should not help in shooting the ball.
- Rotate your shooting wrist so your pointing finger is pointing at your face.
- The ball should start upwards from the shot pocket .

SAMPLE

Do not shoot the ball by pushing with both hands.

Shooting hand under the ball and guide hand beside the ball.



Will you practice?

Will you practice the **B.E.E.F. way?**

Good shooters do it right.

