

# PUREHOOP

## The B.E.E.F. Book

### ★★ COACH EDITION ★★

THE ART OF JUMP SHOOTING

Start right to finish right!

- You Be The Coach
- B.E.E.F. Principles
- Free-Throw Tips
- Progress Chart
- Errors & Corrections
- 17 Shooting Drills for 1 or 2!
- 40 pages of proven shooting advice and illustrations!



FUNDAMENTALS FIRST

GREAT RESOURCE FOR THE BEGINNERS AND EXPERIENCED!

By  
**Bruce Owens**

HOOPZONE Basketball

ALSO AVAILABLE IN





*I have found that there many basketball shooting DVDs, books, and programs on the market today and most have great information. The problem is sometimes there is too much information in some or this one lacks this or that. What I have done is compiled this Book to give our HOOPZONE campers just enough to get you on the right track to becoming a great shooter. You'll find all the fundamentals in a simplistic format, troubleshooting guide, shooting charts and drills to use. So now it is time to get to work.*

Nothing but net,

**Coach** 

## WHAT KIND OF RESULTS CAN YOU EXPECT FROM THIS?

We **GUARANTEE** that if you follow the steps outlined this book and truly understand the concepts; you **WILL** become a great shooter! You can easily boost your shooting percentage by 10%, 20%, or more.

It's up to you to make it happen! You must be committed or you have **NO** chance. We can tell you how to get there. It's up to you to make it happen!

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## **PROPER B.E.E.F. SHOOTING FORM** (continued)



### **FOLLOW-THROUGH**

- Your shooting hand should be fully extended in a straight line to the rim.
- Allowed the ball to roll off your finger tips and your wrist snaps so that your fingers are pointed down and straight toward the basket.
- The ball should come off the hand with perfect symmetrical backspin.
- As shown in the picture to the left, your guide hand stays to the side and does not influence the flight of the ball.
- Hold your follow through position until the ball hits the rim.

### **Additional Keys**

- Your wrists should be floppy (relaxed).
- Fingers should be pointed at the target (rim).
- Finish high. You should see your fingers at the top square of the back board.

The basics of all jump shots are the same: **B**alance, **E**yes on the Target, **E**lbow In and Under, **F**ollow Through. It is relatively simple; the key is doing it over and over again until it becomes second nature.

Video tape your shot! The best way to improve your basketball shooting fundamentals is to video tape yourself shooting, both in practice and in games. Then you can see if you're doing something like popping your elbow out or leaning, etc. You can also talk to your coach, teammates, or parents to see if they notice anything about your shot.

It takes good basic form and hours of practice to be an outstanding shooter! The B.E.E.F. method is simple for learning how to shoot a basketball and makes learning to play basketball more fun.



## DAILY SHOOTING PROGRESS CHART

As mentioned earlier this is where becoming a great shooter really takes off. Practice, practice, practice! We have provided you with this weekly shot chart below to document your shooting progress, save these for referring back to. You must do this numerous times every week and not just once in a while. Prior to beginning each shooting session think about the PUREHOOP fundamentals and write in the chart the made shots. Doing this over time will show you that this system really works as you will see in a steady increase in shooting percentages. This shooting progress outline will take approximately 45 minutes. Shooting distances and basket height may need to change for younger shooters.

### PUREHOOP SHOOTING

#### Weekly Shooting Chart

Name \_\_\_\_\_ Week ending \_\_\_\_\_

| Drill / Day of Week                            | M | T | W | TH | F | SA | Total Made |
|--|---|---|---|----|---|----|------------|
| 1. On Your Back Shot<br>(30 attempts total)    |   |   |   |    |   |    |            |
| 2. Front of Board<br>(20 attempts total)       |   |   |   |    |   |    |            |
| 3. Side of Board<br>(20 attempts total)        |   |   |   |    |   |    |            |
| 4. Strong Hand Warm-up<br>(30 attempts total)  |   |   |   |    |   |    |            |
| 5. Weak Hand Warm-up<br>(30 attempts total)    |   |   |   |    |   |    |            |
| 6. Jump Shot Warm-up<br>(30 attempts total)    |   |   |   |    |   |    |            |
| 7. Toss to Left Elbow<br>(10 attempts total)   |   |   |   |    |   |    |            |
| 8. Toss to Right Elbow<br>(10 attempts total)  |   |   |   |    |   |    |            |
| 9. Bank Jump Shot Right<br>(20 attempts total) |   |   |   |    |   |    |            |
| 10. Free Throw<br>(20 attempts total)          |   |   |   |    |   |    |            |
|  |   |   |   |    |   |    |            |
|  |   |   |   |    |   |    |            |

This chart follows our eBook Shooting Drills outline, refer to outline for direction on each drill.

Spend time weekly practicing these shooting drills and add your own at the bottom!

Every day record in this chart the total number of makes out of attempts



## **SHOOTING DRILLS BY YOURSELF** (continued)

### **Shooting Drill 5. Weak-Hand Warm-Up**

Perform the drill in the same way as drill #1, the "Strong Hand Warm-up", but use your weak hand. When using your weak hand, you may have a tendency to shove the ball and miss toward the opposite side of the rim. Emphasize the down-and-up movement of your legs, which will help your range and ability to lift the ball straight to the basket. ***Record the number of strong-hand shots made out of 30 total attempts. Start from 4 feet out with 10 attempts, then 6 feet out 10 times and finally from 8 feet out 10 times for 30 total shots.***

### **Shooting Drill 6. Jump Shot Warm-Up**

The objectives of this drill are to develop confidence, form, rhythm, and range for making jump shots. Start in a balanced stance about six feet in front of the basket. Perform jump shots from that distance, using correct form for each shot. For a jump shot, the ball is held higher than for a one-hand set shot. The height of your jump depends on the range. When close to the basket, you should release the ball at the top of your jump, with your arm, wrist, and fingers providing most of the force. On long-range outside jump shots, you don't need to jump as high, allowing you to use more force from your legs for the shot. Strive for a balanced jump so you can follow through until the ball hits the floor. ***Record the number of jump shots made out of 30 total attempts. Start from 6 feet out with 10 attempts, then 9 feet out 10 times and finally from 12 feet out 10 times for 30 total shots.***

### **Shooting Drill 7. Toss to Left Elbow Jump Shot**

One objective of this drill is to develop your ability to catch and shoot in one motion with a quick release. Another objective is to develop your ability to start a jump shot in a balanced stance while facing the basket and land in balance after the shot.

Start with the ball at the left box outside the lane, your back to the basket. Pass to your self by tossing the ball high so it bounces high at the left elbow of the court. Run outside the lane to the left elbow and quickly jump behind the ball, turning your body in to face the basket. Land in balance with a jump stop. Have your hands and feet ready with your hands above your shoulders and your knees slightly flexed. Catch the ball with your shooting hand high and facing the front of the rim. Catch and shoot in one motion. Your knees should lower just before the catch and extend upward on the catch in a quick rhythmical down-and-up motion. ***Record how many shots you made out of 10 total.***

### **Shooting Drill 8. Toss to Right Elbow Jump Shot**

Perform the same drill starting at the right box and tossing the ball to the right elbow. Shoot 10 shots from the right elbow. ***Record how many shots you made out of 10 total.***

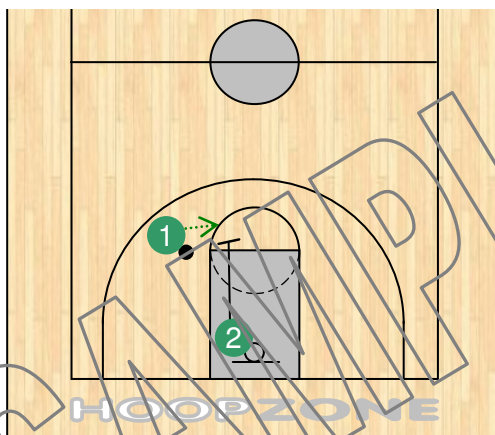
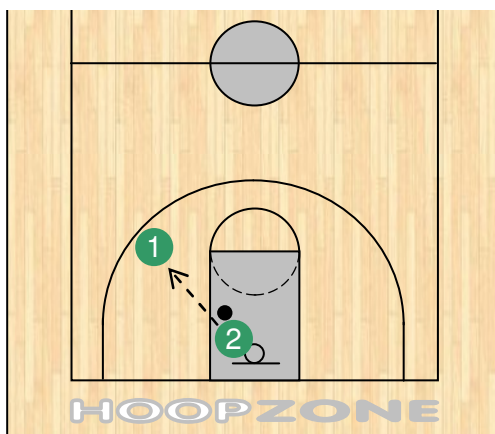


## SHOOTING DRILLS WITH 2 PEOPLE (continued)

Drill Number: S4

Skill set: Shooting & Boxing out

### Diagram:



### Description:

**“Close Out”** Players work in pairs. #1 is on perimeter in shooting range, #2 is under basket with ball.

#2 passes to #1 and #1 takes one strong dribble left or right into a shot. #2 as soon as they pass the ball is closing out, trying to pressure the shot and boxing out once the shot is made.

Both players go for the rebound. If offense gets the rebound they should try and score. The player that gets the rebound is offense on next repetition.

### Emphasize:

1. Proper shooting form under pressure
2. Close out properly
3. Make contact on the box out
4. Compete for the rebound

### Variations:

- Use different locations on the floor.

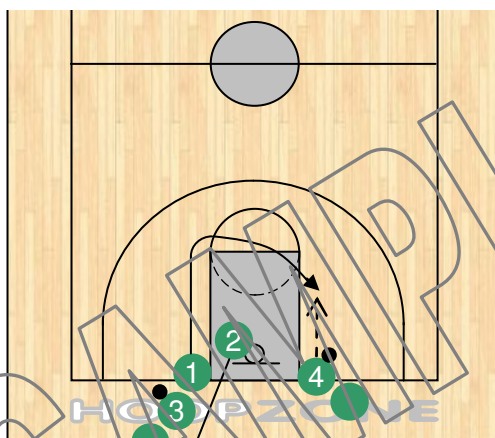
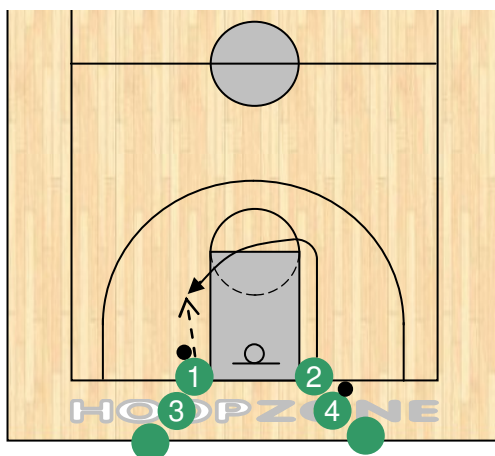


## SHOOTING DRILLS WITH TEAM

Drill Number: S8

Skill set: Shooting, Passing and Cutting

### Diagram:



### Description:

**“2 Line Base”** Players form two lines on baseline at either side of the key. The first player (#1) in one line has a ball, the second player (#4) in the other line has a ball. #2 (front of line without ball) makes a v-cut around the elbow straight out from them, calling for the ball from #1. #1 passes the ball to #2 who shoots the basket and rebounds their own ball. After taking the rebound players pass to the front player in the opposite line (opposite to where they came from). They then join the end of this line. After passing the ball, #1 cuts around the elbow straight out from them as described above and the drill continues back and forth between lines.

### Emphasize:

1. Good pivots into shot
2. Hard cuts off elbow and to ball
3. Calling for the ball

### Variations:

- Take a dribble after receiving the ball and shoot off the dribble
- Make a hard drive to the basket rather than the shot
- Add a shot fake before the shot

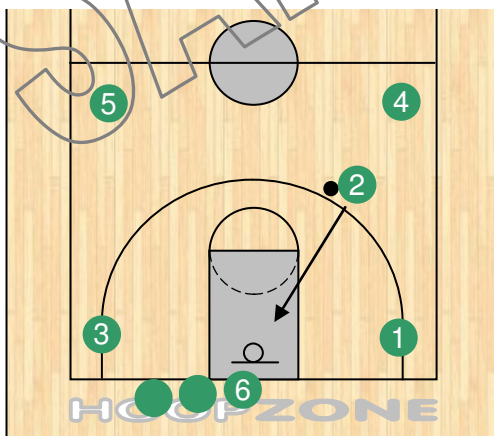
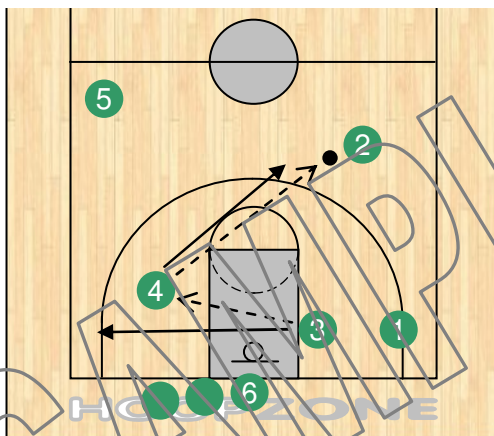
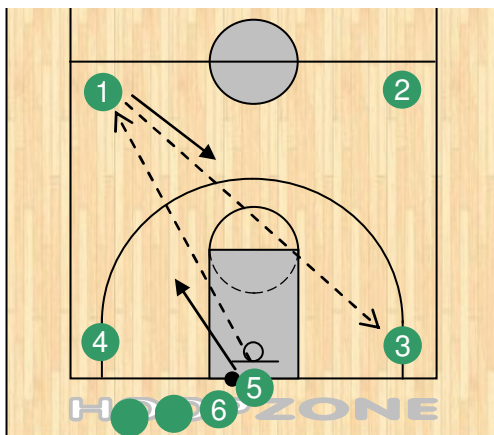


## SHOOTING DRILLS WITH TEAM (continued)

Drill Number: S17

Skill set: Shooting & Ball Movement

### Diagram:



### Description:

**“4 Corners”** This is also a good pre-game drill. It gets the players running, passing and shooting lay-ups or pull-up jumpers.

One player is in each of the four corners. The rest line up under the basket. The drill starts when the ball is passed to a half court corner. This play can go either direction. Run it so that each player has a few left handed shots and a few right handed shots. The only rule to remember is to take the place of the person you pass to #5 passes to #1 and takes #1's place. #1 passes to #3 and takes that corner spot.

Players should anticipate the pass. #4 has left the corner a little early to get the pass from #3.

When #4 passes to #2, #2 should be on the move to the basket.

#2 continues in for the shot.

### Emphasize:

1. Proper shooting form
2. Passes must be quick and accurate

### Variations:

- Add a second ball for more action



Shooting the basketball is definitely the most important part of the game and it is the way a team scores 90% of the time, with the other 10% being the more popular steals and lay-ups. All basketball players love to shoot the ball! It is obvious when you just sit back and watch kids fill a gym that is the first thing they do, shooting. Coaches spend a good deal of their practice time on shooting drills to improve their players' skill level.

Any shooting drill or practice exercise can be made into a fun little game. Team scrimmages are another fun way to practice shooting drills. My team closed practice with the team split into two equal groups and then every player for each side shoots a free-throw. Both groups total their free-throws and each group has to run as many laps as the other groups' number of made free-throws. The most important thing to remember is that the fundamentals are not that difficult to use and they have a major impact on the quality of a player's offensive game. Moreover, practicing can be just as much fun as the real thing.

Everyone can improve his or her shooting. One of the teaching points we emphasize at camp is to practice close to the basket. I like the players to shoot off the glass. I believe this kind of discipline - shooting from close in - is very helpful in breaking old habits and developing the proper new ones. Whether a player is shooting a jump shot, lay-up, or free throw - there are certain techniques they must use to be successful as we have outlined in this book.

### **Looking for more basketball shooting tips and advice?**

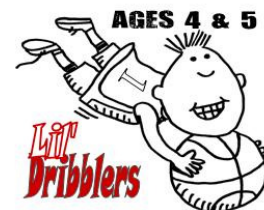
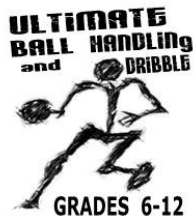
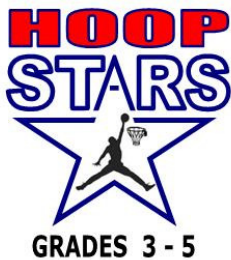
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