

PUREHOOP

The B.E.E.F. Book

★★ TEAM EDITION ★★

THE ART OF JUMP SHOOTING

Start right to finish right!

**TEAM
EDITION**

**GREAT HANDOUT RESOURCE
FOR EVERYONE ON THE TEAM!**

- The B.E.E.F. Principles
- Proper Shooting Form
- The 3 Dreaded Mistakes of Shooting and THE FIX
- Progress Chart

Check out our 2 expanded PUREHOOP books for Players and Coaches at www.hoopzonebasketball.com/store!

FUNDAMENTALS FIRST

GREAT RESOURCE FOR THE BEGINNERS AND EXPERIENCED!

By
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HOOPZONE Basketball

ONLY AVAILABLE IN



This eBook (only available in .pdf form) is a condensed version of our Player Edition and is meant to be given to all players on your team as a guide and reference tool. What I have done is compiled this eBook to give players exactly what you need to get your shot on the right track and become a great shooter. You'll find all the fundamentals in a simplistic format as well as a progress chart to monitor your progress. So now it is time to get to work.

Nothing but net,

Coach 

*** PUREHOOP Shooting Guide – B.E.E.F. is also available in a full Player and Coach Edition online in our bookstore. View at www.hoopzonebasketball.com.**

WHAT KIND OF RESULTS CAN YOU EXPECT FROM THIS?

We **GUARANTEE** that if you follow the steps outlined in 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)



EYES ON TARGET

- Knowing where you intend to place the ball begins with your eyes focused on the basket
- To improve accuracy, locate the target (rim) as early as possible.
- Before shooting, see the whole floor, but when shooting, narrow your focus to the front of rim.
- Keep your eyes on the target and do not follow the flight of the ball.
- Keeping your target focus is very important!

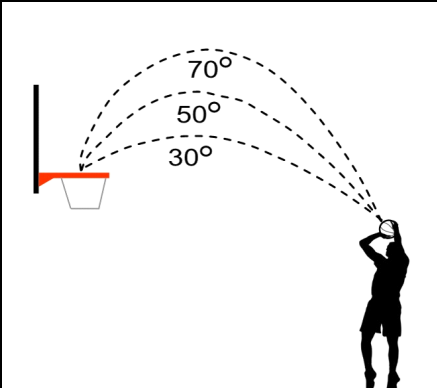


ELBOW UNDER BALL

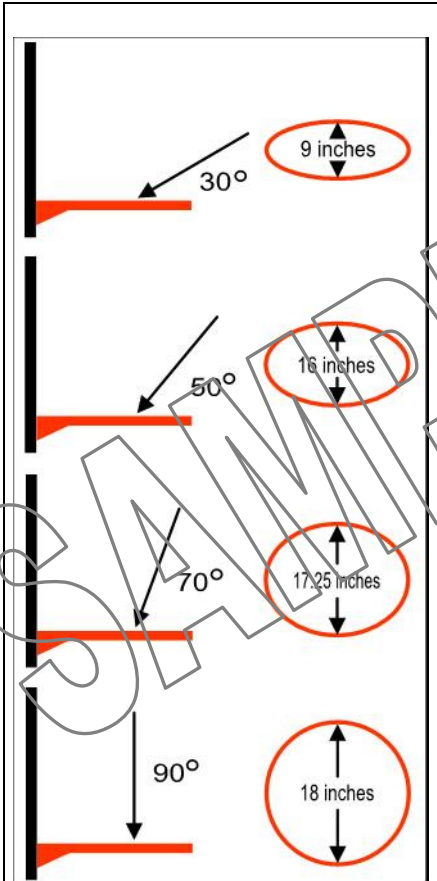
- This is the most important step. The elbow is directly under the ball in line with the basket. Not too close or too far from the body. I place my elbow under the ball, the elbow will keep the ball straight to the basket. Do not allow your shooting arm to stick out to the side or be on an angle.
- When the elbow is straight, the ball will rest in one hand easily and can still be released straight to the target.
- Your balance hand should not add force or spin to the shot.
- The ball should start motion directly upwards from the shot pocket (no dipping of the ball).
- Your elbow should be positioned comfortably under the ball.

"You can't get much done in life if you only work on the days when you feel good."
--Jerry West

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




- Proper arc in a shot makes the ball come in more of a downward motion at the rim, thus a better chance of going in. All the mechanics of the shot may be correct, but if the arc is low, the percentage of going in will be low.
- Increased shooting arc can be achieved by making sure that the shooting forearm goes up instead of out towards the basket, and holding the shooting arm up as a follow through. Use your wrist to guide the ball towards the basket not so much your arm.



Proper arc at the rim

- Look at left to see how small the rim gets when the ball comes in flat, or low arc. 60 to 70 percent is a great angle for the ball to come through the basket.
- Then rim, or basket, is huge providing you shoot with the proper arc. The basket is so big that two women's size balls can fit through the rim side by side at once as shown below.



The inside diameter of a basketball rim is 18". Men's balls are size #7, 29.5" in circumference and 9.37" in diameter. Women's balls are size #6, 28.5" in circumference and 9" in diameter.

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 (30 attempts total)							
2. Front of Board (20 attempts total)							
3. Side of Board (20 attempts total)							
4. Strong Hand Warm-up (30 attempts total)							
5. Weak Hand Warm-up (30 attempts total)							
6. Jump Shot Warm-up (30 attempts total)							
7. Toss to Left Elbow (10 attempts total)							
8. Toss to Right Elbow (10 attempts total)							
9. Bank Jump Shot Right (20 attempts total)							
10. Free Throw (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