

PUREHOOP

The B.E.E.F. Book

★★ **PLAYER EDITION** ★★

THE ART OF JUMP SHOOTING

Start right to finish right!

**FREE MINI
VERSION**



-  The B.E.E.F. Principles
-  Proper Shooting Form
-  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
Bruce Owens

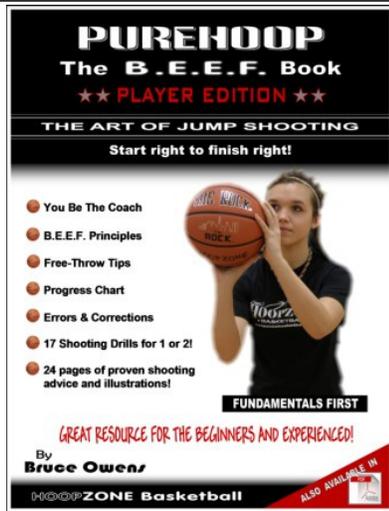
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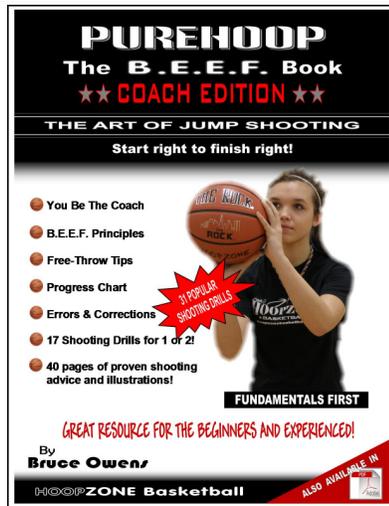
PUREHOOP, The B.E.E.F. Book Player Edition

Learning the art of jump shooting is not an easy task! This Book is just what every shooter needs. Instruction and 17 great shooting drills designed for one person or two to help you improve your shot!

-You Be the Coach, -B.E.E.F. Principles, -Free-Throw Tips, -Progress Chart, -17 Shooting Drills, -Errors & Corrections, -Proven shooting instruction and helpful illustrations. 25 pages by Coach Owens

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PUREHOOP, The B.E.E.F. Book Coach Edition

Learning the art of jump shooting is not an easy task! This Book is just what every shooter needs. Instruction and 17 great shooting drills designed for one person or two PLUS dozens of team shooting drills to help your team improve their shot!

-You Be the Coach, -B.E.E.F. Principles, -Free-Throw Tips, -Progress Chart, -17 Shooting Drills, -Team shooting drills, -Errors & Corrections, -Proven shooting instruction and helpful illustrations. 40 pages by Coach Owens

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MOTIVATIONAL POSTER SPORTART

HOOPZONE is dedicated to bringing our customers a great selection of unique contemporary basketball motivational posters. These are the perfect gift for any home, apartment, or office.

Choose from over a 50 unique basketball prints in a variety of color print sizes, postcards, and team award certificates

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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 

*** 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 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

If you want to become an excellent shooter, you **MUST HAVE** very good basketball shooting form and technique. This form only comes from learning the fundamentals then using them over and over again. Great shooters are the ones who spend countless hours in their own driveways refining their shot.

It's very common for players to have fatal flaws in their approach, and frankly they have no chance of becoming consistent shooters.

Stationary Jump Shooting Form and Technique

In this section, we'll give you the form and mechanics of stationary jump shooting. In other words, this section does **NOT** address the fundamentals of shooting on the move and more advanced footwork you'll need for game situations, only the form. Pay special attention to these fundamentals and come back often when you think your shot is in need of a tune up.

Easily remembered and coached is the B.E.E.F. principles. Beef is simply an acronym that is used to remind basketball players of the fundamentals of shooting a basketball. By working on the points of B-E-E-F you put yourself in a better position to score.

Make sure you understand that becoming a great basketball shooter (whether it's making free throws, lay-ups, 3-pointers, etc.) means putting in hours of practice and understanding what all the mechanics are. In this article we'll cover the simple way of learning and remembering the main mechanics of jump shooting.

Here are the B.E.E.F. fundamentals that we'll be covering:

- B - BALANCE**
- E - EYES ON TARGET**
- E - ELBOW IN AND UNDER BALL**
- F - FOLLOW THROUGH**



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



BALANCE

- Feet are shoulder width apart for good balance.
- Feet should be in a slightly staggered stance that is consistent and comfortable for you. Your shooting foot is slightly ahead of the non-shooting foot in a comfortable position.
- Point your feet in the general direction of the basket, but not necessarily directly at it. We prefer an open stance, but you can also use the closed (squared) stance if that's more comfortable for you. With an open stance, your feet point towards one side of the basket. For example, a right handed shooter will point his or her feet just to the left of the rim for a more natural position and shooting motion.
- Once you develop a comfortable stance, line up your feet the exact same way on every shot. Whatever stance you use, consistency is critical.
- Flex/bend your knees on every shot.

Additional Keys

- As you catch the ball, move it quickly into the “shot pocket” position.
- Line everything up so the ball and your shooting eye form a straight line to the basket. This is VERY important.
- Position the ball several inches above your waist.
- Grip the ball properly and be ready to shoot.
- Position the ball in your shot pocket the SAME way every time you catch it.

*** 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.**

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)



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

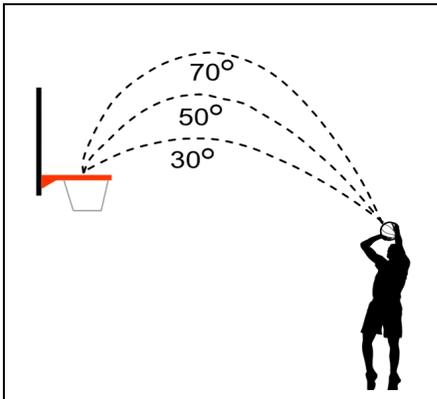
- Your wrists should be floppy (relaxed).
- Fingers should be pointed at the target (rim).
- Finish high. You should see your fingers at the top square of the back board.

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.

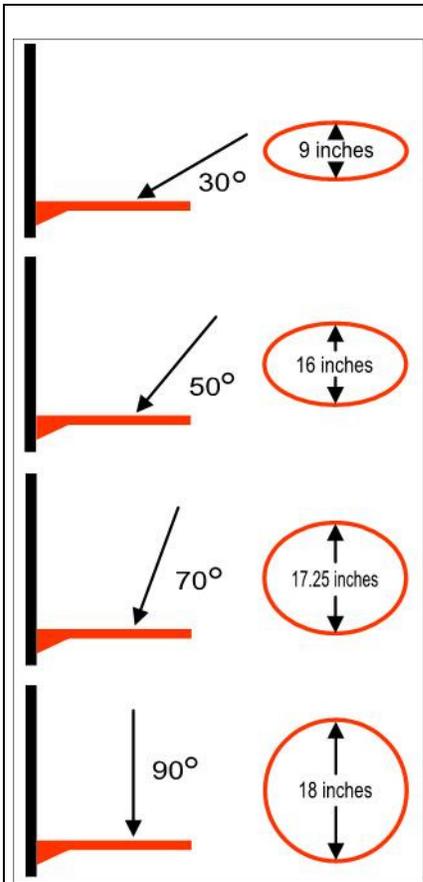
Video tape your shot! The best way to improve your basketball shooting fundamentals is to video tape yourself shooting, both in practice and in games. Then you can see if you're doing something like popping your elbow out or leaning, etc. You can also talk to your coach, teammates, or parents to see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

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

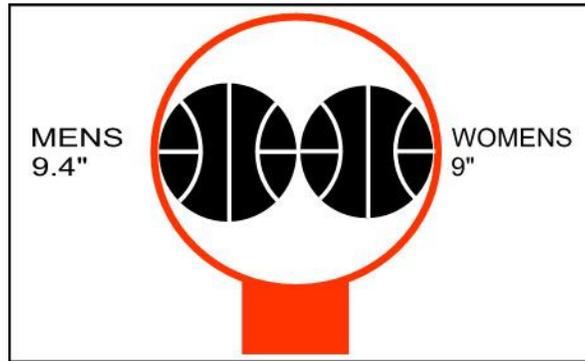


- Proper arc in a shot makes the ball come in more of a downward motion at the rim, thus a better chance of going in. All the mechanics of the shot may be correct, but if the arc is low, the percentage of going in will be low.
- Increased shooting arc can be achieved by making sure that the shooting 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

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 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?

Visit us today at www.hoopzonebasketball.com, a site dedicated to offering players, parents and coaches the most information, articles and advice about the game of basketball.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over again in my life, and that is why ... I succeed."

- Michael Jordan

Elevate your shooting and game at HOOPZONE Basketball

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