

SHOOTING - B.E.E.F.

Here are the basic B.E.E.F. fundamentals:

B – Balance, E – Eyes on target, E – Elbow in and under ball, F – Follow through

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.

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.

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: Balance, Eyes on the Target, Elbow In and Under, Follow Through. It is relatively simple; the key is doing it over and over again until it becomes second nature.

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