

## HOW MUCH ARC IS IN YOUR SHOT?

As I've watch players shoot over the years the number one issue with poor shooting is the lack of proper arch in the shot. I think the biggest reason shooters struggle with this is the angle they have to the rim from behind the ball. It is real obvious when watching someone shoot from the side that their shot is "flat" as I call it. Low arc,

Here is a great example I use in camps, get a drinking glass and hold it at your waste and look straight down. You see a perfectly round hole in the top of it. Now bring it straight up to your shoulder height. Is the hole still round? Now bring up to your chin height, how does it look now? Lastly bring it to your nose height and you'll not see much of anything that resembles a round hole.

A simple glass looking at the top of it at various angles. Same hole, just changing the viewing angle.

OK hang with me here; next imagine your eyes are the ball when you are shooting. Which view/angle gives you the best chance to score the ball in the basket? I think we'd all agree it is the one where we see the most hole, the roundest.



In the diagram shown at right it is true that 2 basketballs can go through a rim together, straight down. Now shouldn't it be easy to get one ball to go though the rim if 2 will fit?

	<p>When a player is shooting a "flat" shot (low arc) the ball must be perfectly placed to go through the egg shaped hole. With more arc on the shot the rim becomes more round and thus more room for error in getting your shot to go through.</p> <p>&lt; Look at left to see how small the rim gets when the ball comes in flat, or low arc. 60 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.</p>
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Now we all know we can't shoot straight down at the rim, that would be a huge arc and the rafters in your gym might not be that tall ☺ . So experiment with finding your optimum arc in your shot and focus on developing good arc. Have someone help you in establishing your optimum arc and begin shooting better.

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