

A background image of Stephen Curry in a blue and yellow Golden State Warriors jersey, number 30, holding a basketball. The image is darkened and framed by a large black semi-circle. There are orange vertical bars on the left and right edges of the slide.

Unified PE

Basketball: Shooting

Agenda

What are we doing today?

- Learning Goals
- Skill: Shooting
- Warm-up: Darebee Sparks Will Fly
- Activity: Shooting Form
- Cool Down: Darebee Limitless

What's Due?

- Basketball Skills Exit Ticket now available

Learning Goals

- I can work hard at home and in school to improve my physical fitness
- I can name the cues of proper shooting form
- I can shoot the ball with correct form



Skill: Shooting

- B – Balance (feet shoulder width apart)
- E – Eyes (focused on the target)
- E – Elbows (in line)
- F – Follow-through (through the fingertips & elbows)
- **Correct stance:**
 - Feet & head locked into shot
 - 10 toes pointing at rim
 - Dominant foot slightly forward
 - Knees flexed & shoulder width apart
 - Slight bend at hip
 - Head over feet
 - Back straight





Diagram C demonstrating correct hand position

- Ball centred in middle of hand
- Index finger pointing at the valve and basket
- Line from thumb to pinkie finger shown
- Triangle towards the target established
- Fingers spread as



Diagram D demonstrating correct hand position

- Ball centred in middle of hand
- Line from thumb to pinkie finger shown
- Triangle towards the target established
- Fingers spread as wide as possible
- Ball sitting on upper part of palm and pads of fingers



Diagram E demonstrating correct elbow and hand position

- Elbow L-Shape
- Wrist with wrinkle appearing
- Ball sitting on upper part of palm and pads of fingers
- Index finger pointing straight at the target

Set Shot



Skill Context

The set shot is a shot that is taken without jumping. It is more commonly used when making free throw attempts.

Main Cues

Feet hip width apart
Elbow bent 90 deg

Push with your legs
Flick wrist

Eyes on target
Finish tall

Skill Breakdown

Learn how to perform this skill with this detailed breakdown.



Triple Threat
Knees bent
Back straight
Protect ball near hip



Ready Position
Knees bent, feet hip width apart, shooting side foot in line with target
Elbow bent at 90 and in line with target

Shooting side wrist cocked back, ball resting on fingertips
Non shooting hand supporting ball



Extension
Push with your legs
As legs extend, extend shooting arm
Non-shooting hand follows ball but does not push

Once body is fully extended, flick shooting wrist to propel ball forward
Eyes on target throughout shot



Follow Through
Finish tall (body is fully extended)
Shooting hand wrist snapped forward, knuckles facing target



Video Demonstration
Scan the code above with your mobile device's QR code scanning app to watch a video demonstration of this skill being performed.

Activities For Deliberate Practice

Choose your skill level, refer back to this poster, and start mastering this skill.

Level One
Novice



Level Two
Intermediate



Level Three
Expert



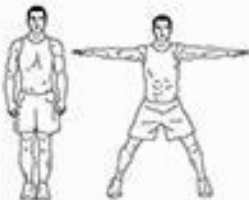
SPARKS WILL FLY

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 jumping Ts



10 seal jacks



10 split jacks



10 butt kicks



10 high knees

Warm-up: Darebee Sparks Will Fly

- Repeat the following exercises 2x:
 - 10 Jumping Jacks
 - 10 Jumping T's
 - 10 Seal Jacks
 - 10 Split Jacks
 - 10 Butt Kicks
 - 10 High Knees



As you keep shooting the ball, you
become a better basketball player.

Activity: Shooting Form Practice

- In-Home Shooting Practice with No Hoop
 - [How To Become A Better Shooter At Home \(without a hoop!\)](#)
 - [How To Become A Better Shooter ... Without A Hoop?](#)
- With a hoop
 - [5 Basketball Shooting Drills for Kids](#)

Raekwon

quote fancy

LIMITLESS

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.



Cool Down: Darebee Limitless

- Hold each stretch for 20-30 seconds