

Appendix D: Inside Shot Statistics

Inside Shot Statistics

The Inside Shot Statistics can have great implications for both your offense and defense. They give the percentage of shots taken inside compared to the total number of shots. It is not a shooting percentage statistic because all shots, both made and missed, count. However, shooting percentages can be calculated from this data.

How to Use the Statistic

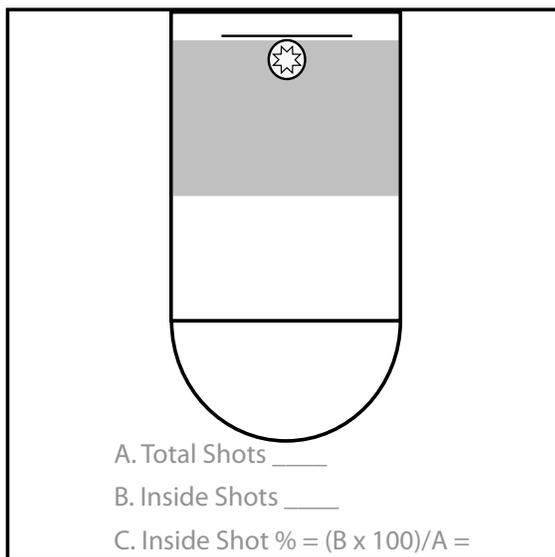
Instruct a manager to write a small x for a missed shot or a small 2 or 3 for a made shot on the diagram at the corresponding spot on the court where the shot was taken. Don't worry about being slightly off. It is more important to record every shot. Switch to the next diagram when the current one is full, or at the next half or quarter. Make sure to show your manager the inside area on the actual court, which is at maximum about 5 feet from the basket. In each diagram the inside area is shaded.

For long shots, outside the area shown in the diagram just add an arrow next to the X or 2, indicating how far outside. You can also write in approximate distances if you like.

Blank Form

(Visit our website for a blank usable form.)

Opponent _____ half or quarter ____



An Example

In the diagram below Overbrook took 10 shots in the first half of the game. Only four shots out of the total, 10, fall within the shaded Inside Area. So, the inside percentage is 40%. Five 2s indicate 5 out of 10 shots were made. The shooting percentage is 50%.

Meaning of Inside Shot Statistic

Use this statistic on a relative scale to compare your team to the opponent, though the inside percentage of your team should be over 50%.

If your inside percentage is low or lower than the other team, it could mean several things:

1. Your team is not looking to work the ball inside. Your players need more work on TLC skills.
2. Your team is not going to the boards on offense. This also indicates a lack of TLC and transition skills.

If the opponent's inside percentage is high or higher than yours, then it could mean that your team is not playing defense well. Work on basic defensive movement as well as overplaying, boxing out, and helping-out.

Example

Opponent **OVERBROOK** half or quarter **1ST**

