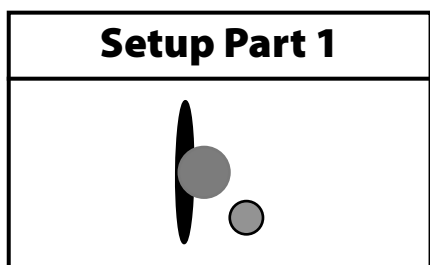


27 Extension

Player's Corner			
Parts	1	2	3
Type	CORE	CORE	CORE
Players	1	1	1
Assist	NO	NO	YES
Ball	○	○	○
Court	X	X	🏀
Effort	1	2	1
Time	3-5	3-5	3-5



Briefs

In Part 1, use the legs, not the arms, to flick the ball higher.

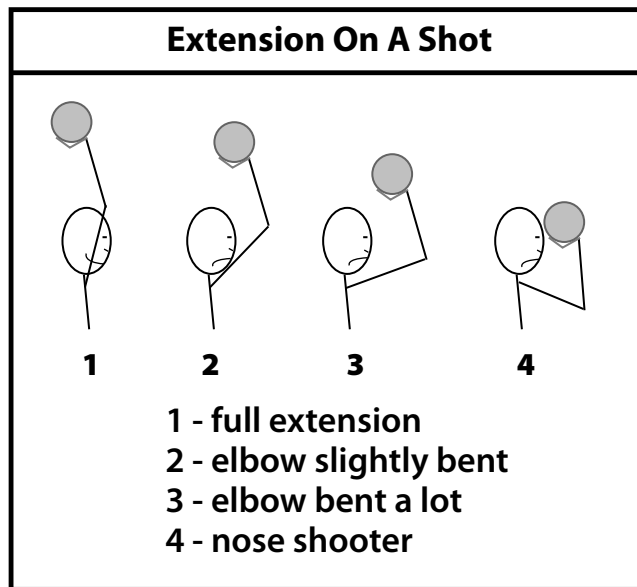
In Part 2, shoot upward next to any gym wall.

In Part 3, shoot standing right under the basket rim.

Why Do This

Fourth-grade to pro-level players often release the shot from 1-3 feet lower than they need to. *See the diagram Extension On A Shot.* With full extension, #1 in the diagram, a player is able to shoot over a closely guarding defender and shoot more easily in traffic. As the shooting-arm elbow bends more, the ball is released from a lower and lower height, #s 2 to 4 in the diagram. Nose shooters, #4 in the diagram, cannot shoot over a closely guarding defender nor in traffic. Nose shooters even have difficult shooting short shots, 1-3 feet from the basket, since their shooting motion is forward with the arms instead of up.

These lessons force you to extend the arms to the maximum on the shot. Nose shooters will benefit the most from these lessons. Most started shooting this way before they had the strength to shoot using only wrist motion. The bad habit, like most without correction, just stayed with them.



The more players practice extension, the more they naturally extend on the shot without any negative effect on shooting technique. Unfortunately, nose shooting usually returns when players shoot far from the basket. So, nose shooters need to practice close to the basket in all shooting lessons. Extending shooting range while maintaining technique is covered in Lessons 36-38.

Part 1 Shoot Up

Directions

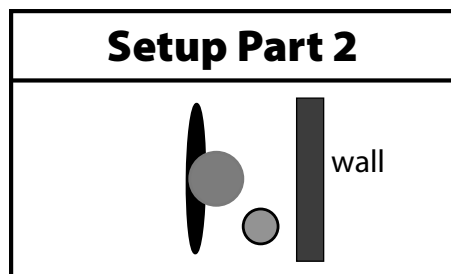
1. Setup in the same position as the previous lesson ready to flick the ball.
2. Flick the ball as high as you can using the wrists and the legs, no arms.

Key Points

1. No arms.
2. Shoot with the arms extended to the maximum.

How To Practice

This only needs to be practiced once or twice.



Part 2 Wall Shot

Directions

1. Start with the ball at waist height rather than overhead.
2. Stay as close to the wall as possible with the ball in front. *See the diagram Setup Part 2.* The ball should almost hit the wall and body as it is brought up. Besides forcing you

to extend on the shot, this part forces you to bring the ball up close to your body.

3. Shoot the ball straight up as high as possible. The key word here is straight up, not to the side or behind. Repeat for a few minutes.

4. A more advanced lesson involves starting so close to the wall that you must bring the ball up from either the left or right side. Bring the ball up 5 times from the left, then 5 from the right. Repeat 3-5 times. Make sure your head is up during this lesson.

Key Points

1. Stay close to the wall.
2. Shoot the ball straight up.

How To Practice

Repeat this lesson 1-3 times.

Part 3 1-Inch Shot

Directions

1. Set up right under the rim with the ball overhead. The forehead should be under the rim. *See the diagrams 1-Inch Shot 1 & 2.* It best to mark the spot for placement of the heels. Otherwise you will back up, making the lesson less worthwhile. An assistant needs to make sure you are directly under the rim.

2. Square-up to the basket, then attempt to shoot the ball over the rim into the basket. No backboard shots allowed.

3. Since the ball starts overhead, just flick the shot.

4. It is important that the forehead starts directly under the rim.

5. It's okay if the ball just hits the underside of the rim. You are only interested in extension, not making the shot. You succeed if you extend to the maximum, not if you make the shot.

Key Points

1. Line up directly under the rim.
2. Don't cheat by moving backwards.
3. Success involves extending, not making the shot.

How To Practice

Practice this part only once because it is mostly a diagnostic tool indicating how much you extend on the shot.

