



## TRAINING ZONE

PRESENTED BY



# FORM SHOOTING

### ► DRILL OVERVIEW

- Proper shooting fundamentals are key to the sport of basketball. You want to practice your form so that it becomes muscle memory, using the acronym BEEF: Balance, Elbows, Eyes, and Follow Through.

### ● BEST PRACTICES

- **Remember B-E-E-F**
- **B**alance – stable in your chair with shooting shoulder in line with the basket
- **E**yes – look up at the basket
- **E**lbow – in a straight line with the basket and under the basketball
- **F**ollow through – flick your wrist to create rotation of the basketball