



## TRAINING ZONE

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# 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**
- **Balance** – stable in your chair with shooting shoulder in line with the basket
- **Eyes** – look up at the basket
- **Elbow** – in a straight line with the basket and under the basketball
- **Follow through** – flick your wrist to create rotation of the basketball



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# SIMON SAYS

### ► DRILL OVERVIEW

- You can perform this drill in any seated or standing position. Be sure to keep the ball close to your body as you circle around your head, back, and legs, and change up directions. Keep your head and eyes up while performing to maximize hand eye coordination.

### ● BEST PRACTICES

- Keep the basketball close as you pass it around your body.
- When performing the Waterfall drill, keep the ball on your fingertips for more control.
- Perform dribbling and Waterfall drills on both side of your body.
- Practice these drills daily to improve your hand-eye coordination.

### ★ MODIFICATIONS

- You can perform most of these drills in a regular chair or a basketball wheelchair.
- Get a friend to play "Simon Says". By reacting to different instructions, you can simulate game play.