

Pete Lonergan Shooting

- Coaches need to embark on and stay on a journey of discovery to teach, develop and improve shooting.
- Watch great shooters to learn what to teach.
- Invest learning time in shooting before the system.

Four Phrases in Developing Shooting:

- Kinetics: how we move and create the shooting motion. Last FIBA WC, 53% of threes taken were in motion with players moving more than 2m before the shot.
- Form: technique which is repeatable. Self-coaching is essential.
- Repetition: see the ball go through the net.
- Situational: basketball specific function. E.g. coming off cuts, screens, transition etc.

Kinetics:

- The shooting action should be a fluid motion.
- Important for young players to understand the energy systems involved. Teach the whole instead of isolating in parts.
- Teaching foot pattern, flexibility through the hips.
- Incorporating shooting functional movement in the warm-up.
- Talk to your strength staff about shooting specific athletic development. E.g. movement off a flare/ pin away etc.

Form (aka Rhythm Shooting):

- Link the form to the shooting action, vs isolating it from the whole movement.
- Teach the parts, don't separate the parts.
- Incorporate rhythm into form shooting: often too "mechanical" and shooting is not a mechanical action.
- Be creative: challenge through variation to keep this part of teaching fun for players
- Incorporate balance
- Form doesn't have to mean one metre from the basket. Just have to re-define what form means.
- Ball out of palm. Fingers spread, fingers down.

Repetition:

- Can we get repetition without repetition? Be more than just getting makes.
- Balance technique and correction with volume.
- Define natural foot pattern: what would you do with your feet in this situation?
- Limit time on shooting machines: shooting is about movement and relationship with the pass or dribble.
- Chart scores but don't get married to the data. Volume scores don't always correlate.

Situational:

- Link shooting to what actually happens in the game.
- "Adaptive" shooting with defenders: e.g. contested/ with an advantage
- Decision-making crucial: we preach shot selection but do we tech it?
- Foot pattern and prep specific to areas of the floor, e.g. corner 3's
- Ability to make shots on the move.
- Adaptive foot patterns. E.g. curl, flare, fade, turn-out, trans at speed.