

**Pete Lonergan**  
**Teaching the Jumpshot**

<https://www.youtube.com/watch?v=1vDMLDjGgWQ>

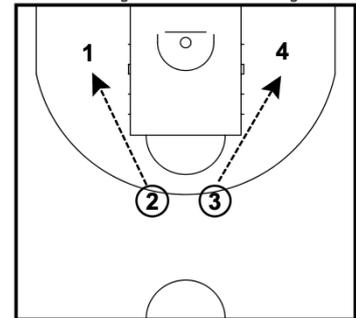
- Shooting should be a passion for every coach. Single most important skill in basketball.
- In the past, players should play significant roles without shooting. Now that doesn't happen as those players just aren't defended. Have to give players the tools to shoot consistently and be their own coach and self-review.
- Peter believes in three phrases; form shooting volume shooting then situational.
- However, form shooting doesn't have to be your standard standing still, boring routine etc.
- "Lift, Lock, Leave"
- He believes 20% of practice time should be practice. 30-40% for U14.
- Good idea to stat how many shots your players get in shooting drills to monitor time and task.
- Lono is big on teaching shot fakes, as the best players have the best shot fakes. This is because they want to have windows to get their shot off e.g. JJ Redick.

**'Kazan' Series (players have a ball each, random spots):**

- **Variation 1** = Self toss and catch, no bounce.
- **Variation 2** = Pivot and lift (shot fake) twice. Use non-shooting foot (anchor foot) as pivot foot. Make sure with the feet it's a small movement not a gross-movement. Get more power from a shorter pivot back than a long-step in because of the base. Also means you won't step out of bounds.
- **Variation 3** = Pound, pound, gather lift. Both weak-hand then strong-hand.
- **Variation 4** = Start heels on 3. Self-toss and shot fake. Self-toss back out to 3PT line and square-up, then self-toss and shoot or one dribble pull-up.
- **Variation 5** = spin-out but ball can't bounce. Then make harder by increasing distance.
- **Variation 6** = toss over left or right shoulder, catch before bounce and shoot. 'Test yourself' to get players out of comfort zone. Load = do it at an angle.
- Can be 1 min for each of the above. Collect makes and takes and can chart it. This helps them put a value on shooting and will be more motivated to practice.
- Must incorporate dribbling into form shooting. A third of shots in youth basketball come off the dribble.
- KPI = spin out not up so that players can arrive at the ball.
- Load in first to three points sometimes to add variables, make them count and pressure.

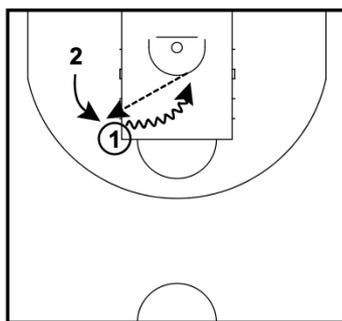
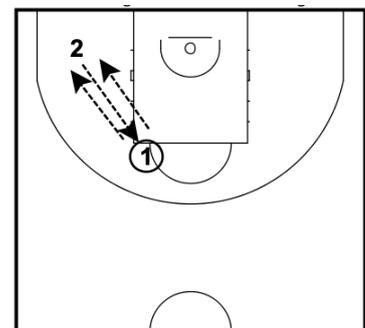
**Volume Shooting:**

- **Variation 1** = Player in elevated short corner, passer at top. Short corner players stands with open hips to ball, show hungry hands when ready to receive. Step through the catch (forward pivot) keeping opposite foot as anchor and shoot. Passer in stance, engaging their core, making sure shooter receives ball perfectly and doesn't have to think about the catch. Ensure it's a small and not a gross movement on the forward pivot (can't be out of bounds). Shooter rebounds and joins opposite side.



- **Variation 2** = Same thing but from elbows. If there is an extra coach can play guided on passers.
- Lono did this teaching dominant pivot foot for shooters (e.g. right handed shooter has left pivot foot). Therefore on the right side, didn't do a forward pivot as that would mean lifting the non-shooting pivot foot. It was a 'torso twist' catch into a shot, shooting foot can move slightly if needed. Good to practice all variations. For lefties, will obviously be vice-versa.
- If we want to teach dominant pivot foot for a right handed shooter, it means only teaching left foot pivots. Still have to teach a spike dribble though for situations where players won't be able to lift their right foot first as it's their anchor.
- To be an elite player, players have to know this terminology. E.g torso twist.

- **Variation 3 (3 Pass Rupp)** = Players in short corner and elbow. 3 passes without stepping with feet (have to be able to pass with upper body) then a shot. Can load in shot fakes after the passes.



- **Variation 4 (4 Pass Rupp)** = On fourth pass, player drives middle. Jump-stop and pass to short corner player who has lifted to elbow. Idea to add BDT could be to drive whenever coach puts signal so it's less expected.

**Situational Shooting:**

- **Three Spot 1v1** = cones at nail and one foot outside blocks. Offense under the basket, defense a step behind. 1v1 curling or flaring round each cone. Offense is allowed one dribble if needed. As soon as first shot is taken, sprint to second spot. This means angle players approach cone could be different - that's fine.

