

Basketball Shooting

Understanding Your Shot and Becoming Your Own Best Coach

By Dr. Hal Wissel

1. Have confidence in yourself. Always start with what you are doing well.
2. Ask yourself, "When I am shooting well, what am I doing? There is no wrong answer to this question. It simply gives an indication of your confidence level and what you know about your own shot. If you respond with the answer, "I just shoot!" It may indicate that you have confidence, and that you are not over thinking when you shoot. When you answer, "When I'm shooting well, my hand is going straight toward the basket." Then you have an idea of what you want to do when shooting.
3. Tell yourself, "I want to shoot with confidence and rhythm. I want to focus on the one mechanic that helps my shot the most. I want to learn to coach myself." Select two or three one-syllable key words that you associate with what you want to do.
4. Keep it simple. Too much thinking causes paralysis by analysis. Shooting should be smooth, free flowing and rhythmical. Your key words are short, concise and positive thoughts. Say your words with confidence and rhythm from the start of your shot to release of the ball.
5. Be positive. Eliminate thinking about the shot or shots you missed. Negative thinking distracts you. It makes you tense. It causes you to lose your confidence. When you miss a shot, immediately correct it with a positive key word that you associate with making the shot. Visualize a good shot and always act like you made it. Act like a shooter!
6. Strive to keep your confidence level high. Be positive and keep encouraging yourself to know you can and will achieve your goals. Motivate yourself to consistently do what it takes to reach your goals and never think for one moment that you will have anything less than success. Constantly tell yourself, "I am a shooter!"
7. Continue to practice correctly. Be positive, enthusiastic, energized and tenacious to inspire yourself to reach new heights. This will also inspire your team. Above all, make it enjoyable! You become a better player when you have high spirits, a bright smile and a sense of humor.

Edited from:

Wissel, Hal. (2005). Basketball Shooting: Confidence, Rhythm and Mechanics. Basketball World, Suffield, CT.

Wissel, Hal. (2005). Basketball Shooting: Off the Pass, Off the Dribble and In the Post. Basketball World, Suffield, CT.

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