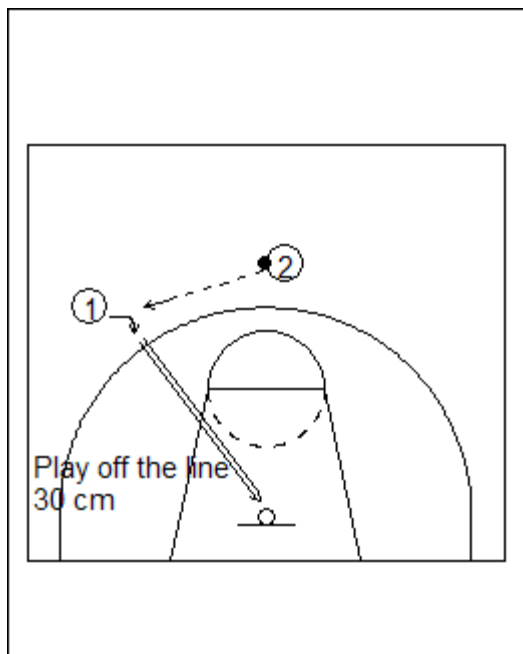




## Mario DeSisti: Shooting



1

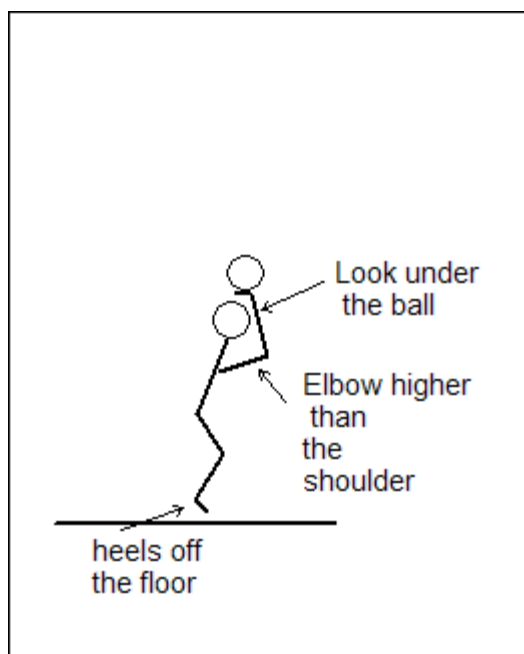
### Shooting

Changed the way he thinks about shooting. Ten years ago taught a 1-2 stop. Now emphasize a two foot hop on your toes into the shot. The reason is pressure defense. You need to be able to get your shot off quicker.

Yugoslavian players taught him this concept. They like to play back off the 3 point line and hop into the shot.

Off the dribble or running away from the basket a 1, 2 stop is sometimes needed.

Shooters are born. Everyone can increase their percentage, but some players will always be better than others. Find out who are those born shooters.

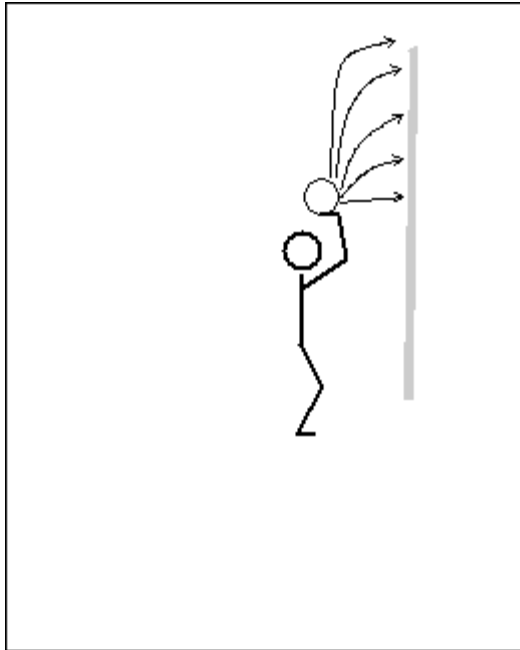


2

### High shot pocket

Player must work to get under the ball so that the power comes from the legs.

If young players are encouraged to shoot this way they will develop an effective shot at a latter age. If they are allowed to use a low shot pocket it becomes very difficult to change later on.

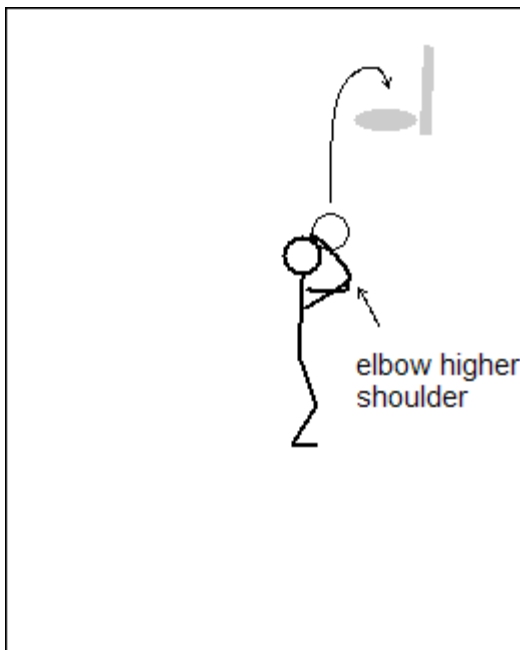


3

### Increasing arch / Wrist flick

Go to the wall and dribble the ball on the wall. This improves the ability to flick the wrist.

To increase shoulder strength keep pushing the ball higher and higher. Perform at a fast pace. Push it as high as you can. This is very important for young player and players who lack strength.



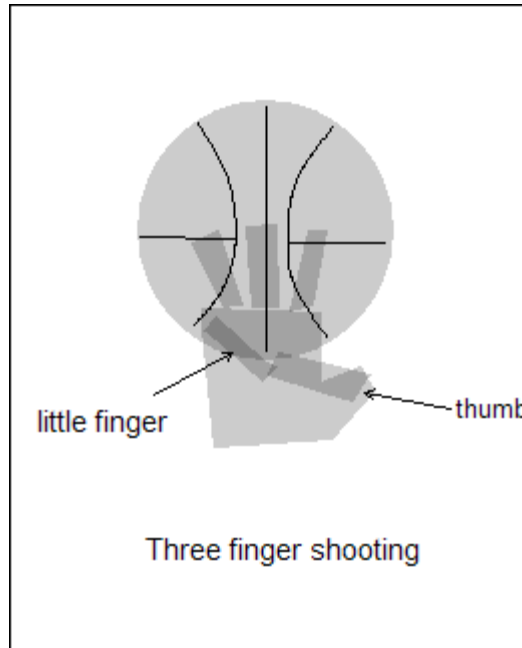
4

### Form shooting

Start close to the basket. The elbow must be above the shoulder. Shoot with one arm. Use your left arm to lift the elbow.

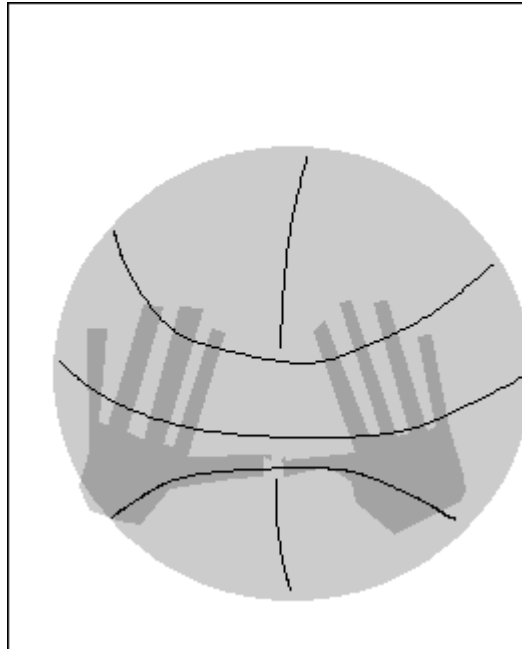
Hold your follow through for 3 seconds. Count 1, 2, 3.

### Three fingers shooting



For players who have a tendency to twist the hand at the end of the shot it is recommended to shoot with only three fingers. Fold in the thumb and little finger to form a platform for the ball. Put the middle finger in the middle of the ball. When shooting have the high release and point the middle finger at the basket. Hold the 3 sec follow through to check the fingers. Do the same form shooting drill as before. It forces the player to balance the ball perfectly.

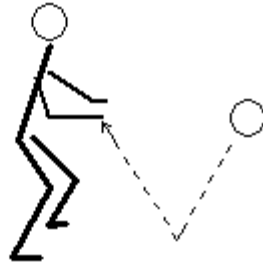
### Ten finger pick up



When picking up or catching the ball all ten fingers should be involved. This gives excellent support for the ball.

### Bounce pass

A good way to practice the hand placement is to start with the hands ready (as if you were preparing to type). The coach bounces the ball into the hands of the player.



Bounce pass to receive the ball with ten fingers

### Floor pick up

Another good way to begin shooting is to pick the ball up off the floor. Squat (Bend at the waist and knees so that you can still see your toes.) to pick up the ball. Place your ten fingers on the ball as shown before.

Proper squat to bend

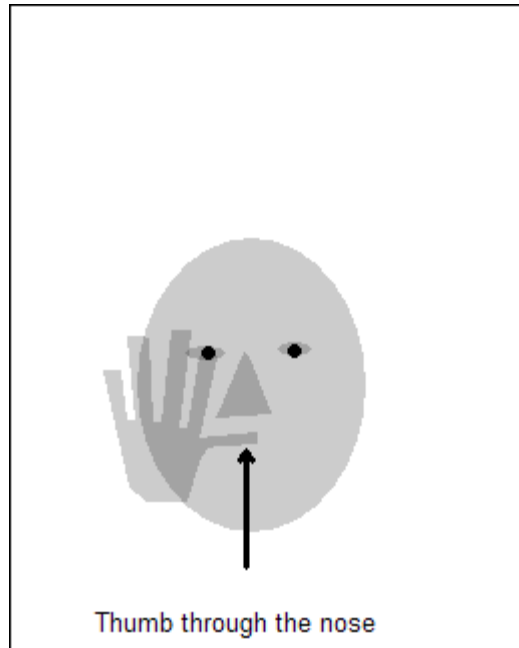


Pick up from the floor

### Thumb through the nose

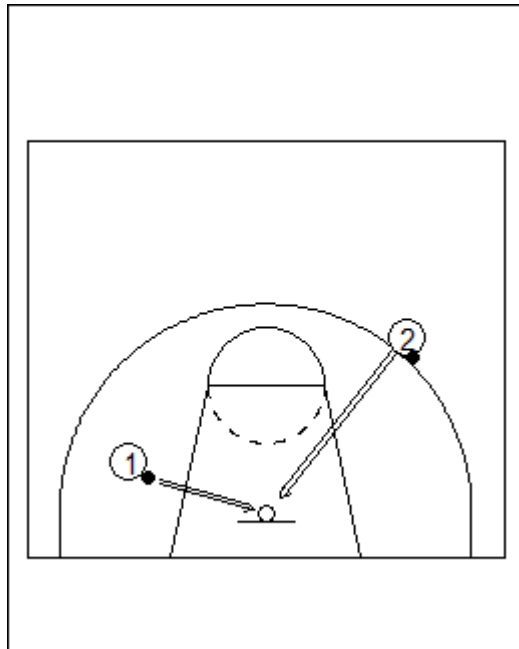
As the ball is being lifted the thumb of the shooting hand should brush the nose (not in the actual shot). This is to keep the elbow under the ball.

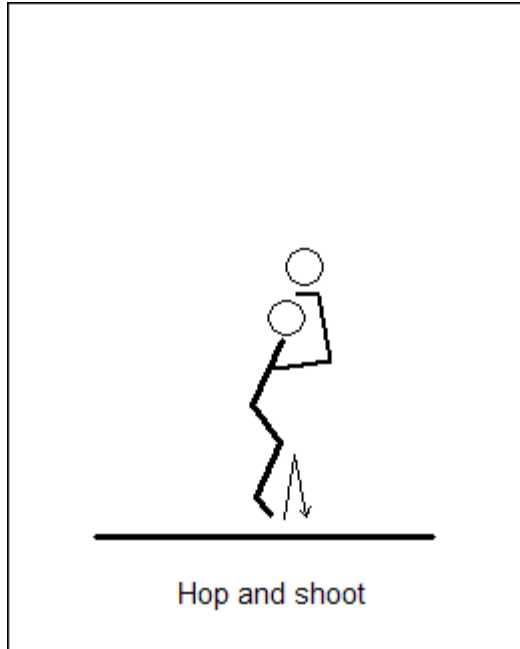
At the top just before release the wrist should be flexed and the player should be looking under the ball.



### Floor shooting

Players start by picking the ball up off the floor to shoot. Younger players start in close. More advance players want to work into 3 point shots.

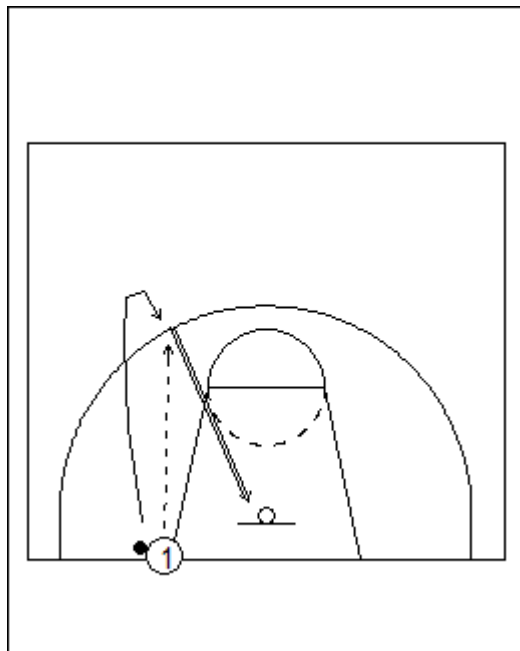




11

### Floor pick up with a hop

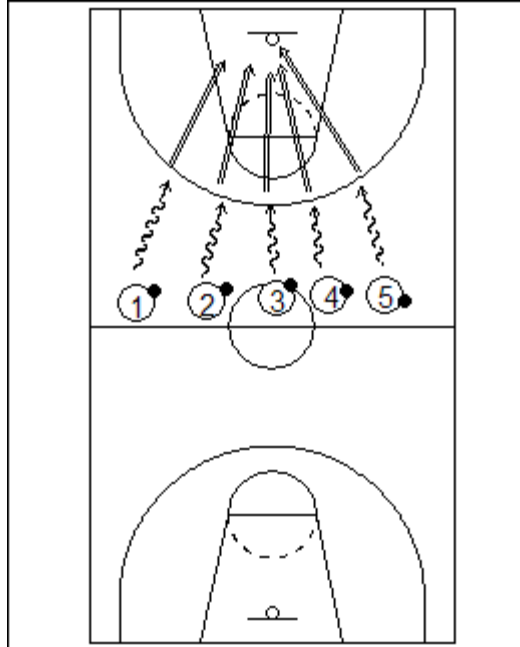
Now the players pick the ball up off the floor and put the ball into the high shot pocket. Hop three times on the toes and then shoot. This helps players activate the muscles of the legs.



12

### Roll and shoot

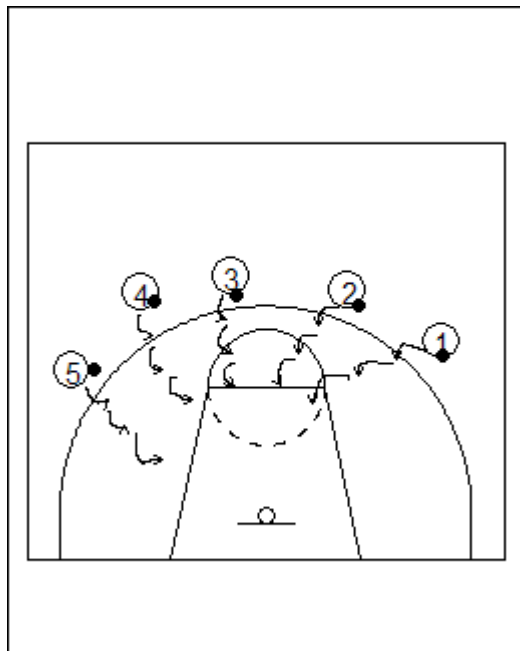
The player rolls the ball to a spot. Run out and hop to get behind the ball. Pick it up with ten fingers and shoot. You can add hops before the shot if the player is not using his/her legs.



13

**Two dribbles from centre**

Take two strong dribbles ankle jump stop into shot. Hold the ball high. Look under it.



14

**Hop into shot.**

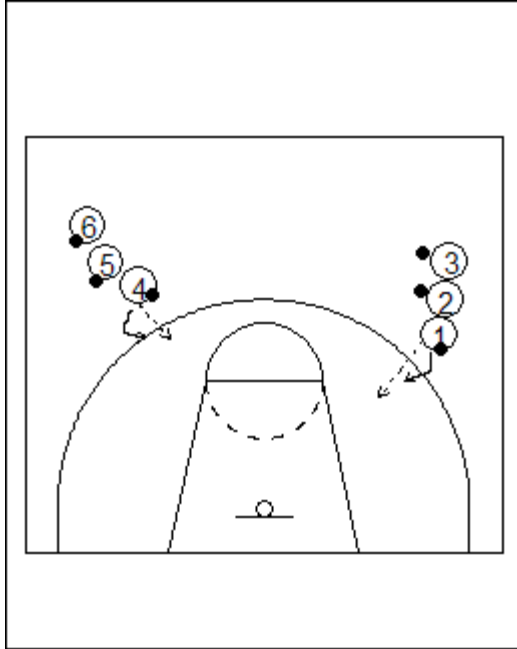
With the ball in the mid shoulder pocket the player hops on two feet. At the same time lift the ball to the high shooting pocket.

Keep hopping until reaching the key. Then take a shot. Take the shot hold a 3 sec follow through.

**Toss hop shot**

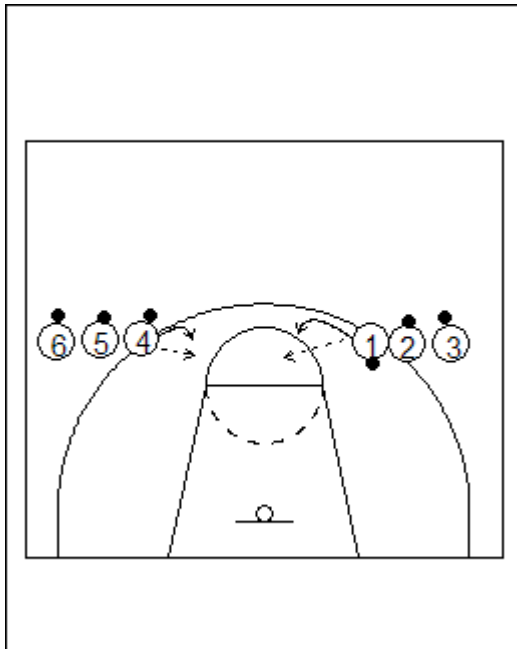
Two lines toss the ball and hop into the shot.

It is always on the toes, more elastic. If you hop to heels you are braking. Hold a 3 sec follow through.

**Toss hop shot across the top**

Work different angles.

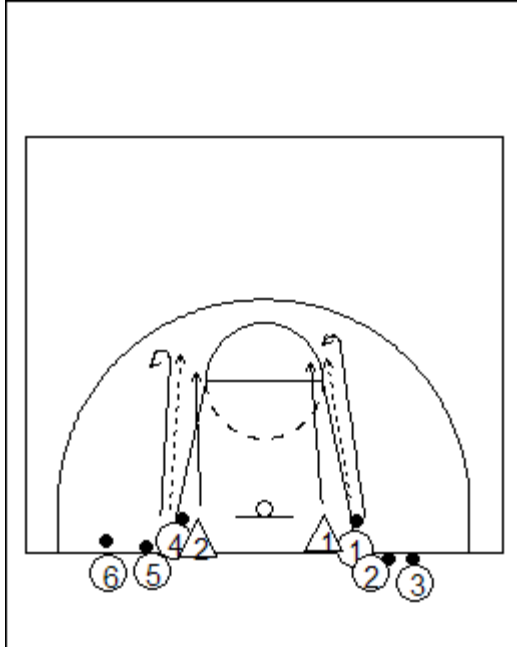
Jump into the shot with two feet.





**Roll the ball vs. guided pressure**

The defense give a read. Turn away for shot.

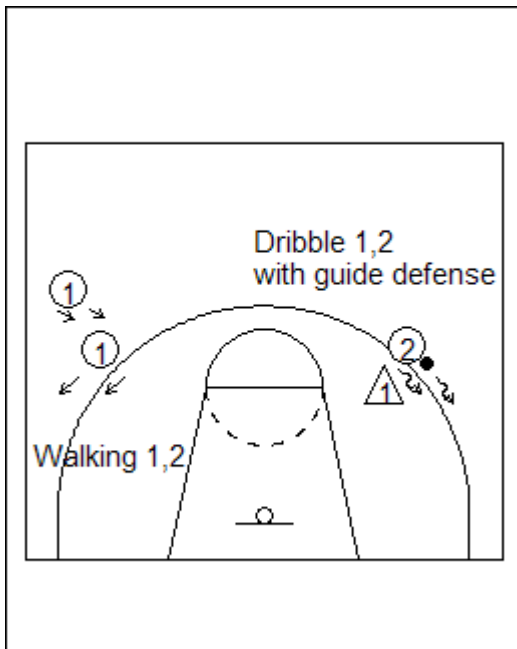
**Shooting off the dribble**

Players need to work on the quick 1, 2 pick up into the shot. Start by having the players use a cross over step into a quick 1, 2. (No ball to begin with). The second step is very quick. You should hear the sound.

Next progress to a 1, 2 walking with a ball. Work different angles and positions. Be sure to use both hands and feet. Encourage a jump shot.

Then add a defender.

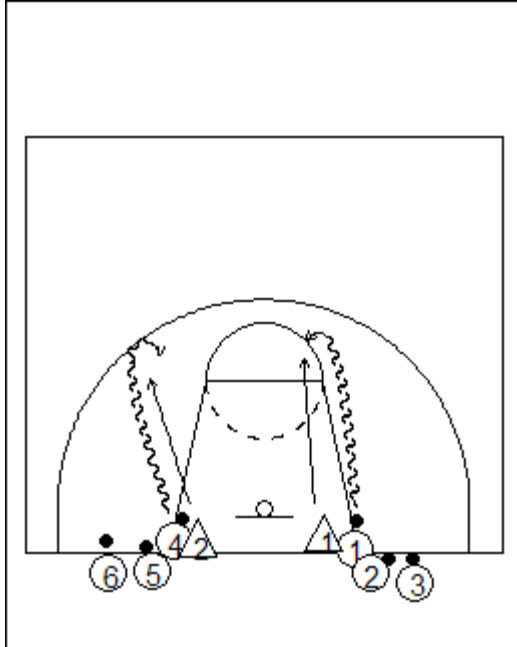
Once this is mastered you can improve the speed.



### Dribble to shot with guided defense

Players dribble to a spot and have a guided defender pressure the shot.

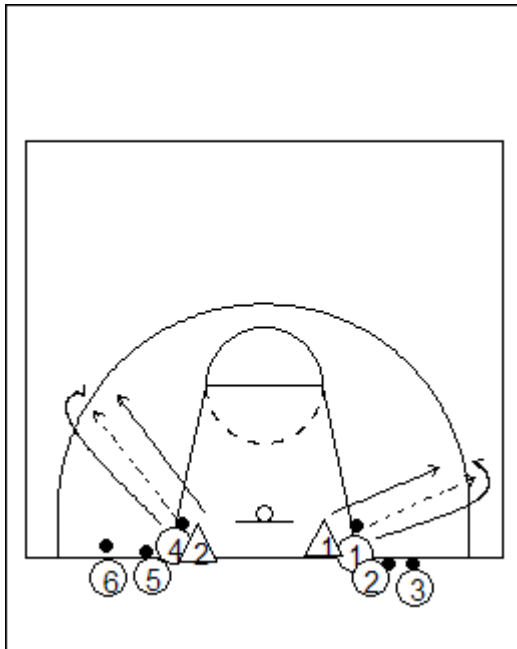
You can use different angles on the floor. Defense must play with their hands down until the pick up.



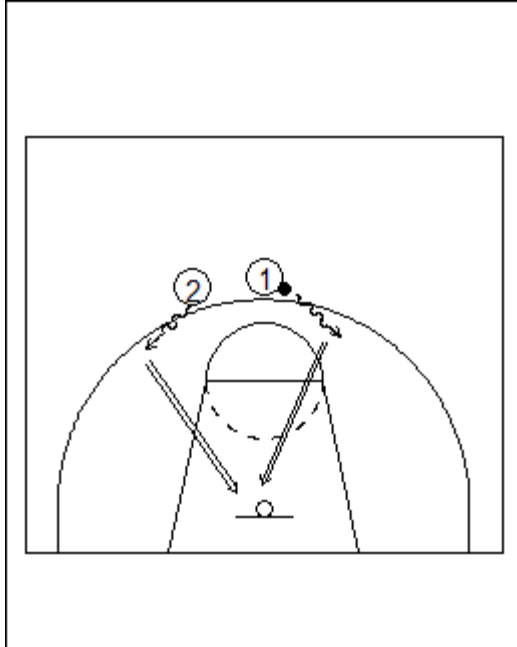
### Toss to shot with guided defense

The offensive player works to get behind the ball. Use a one piece pick up. Coaches should watch for any unnecessary downward or back ward movement of the ball. The defender keeps their hands below the ball until the first movement by the offense, then contest. This will force a quicker release by the offense.

Work from different spots and angles into the shot.



### Right handed shooter going left vs. pressure (shooting off the dribble)



Start with cross over move  
2 foot jump stop  
Pick the ball to your high left  
shooting pocket

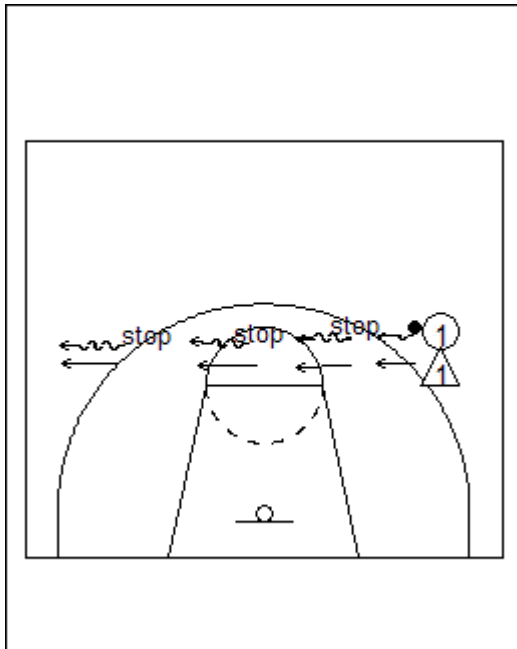
Right handed shooter going right  
vs. pressure

Quick 1, 2 stop with feet. (left, right)

Drill

- a) slow 1,2 stop no defense
  - b) run 1,2 stop no defense
  - c) vs. controlled pressure defense
- 1 dribble

### 1, 2 stop vs. pressure (dribbling)



#1 dribbles and practice a  
protected pick up as X1 applies  
pressure.

Contact is with the forearm by the  
defense

Protect the ball against the low  
hand block. Defense takes a  
horizontal swipe (YUGO)

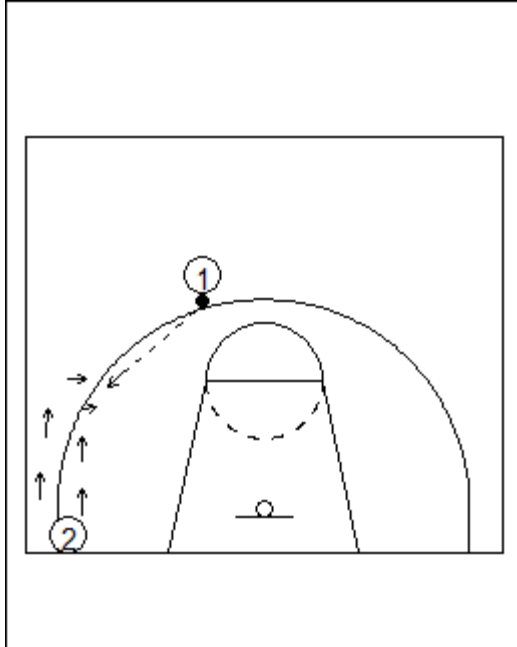
Do the same drill going to your left.

The ball pick up is key. Cannot be  
lazy with the ball out in front.

### Receiving a shot off a pass.

#### Duck walk

Have the player's duck walk into the shot to exaggerate the low position to prepare for the shot. Have the hands up and ready to receive the ball.



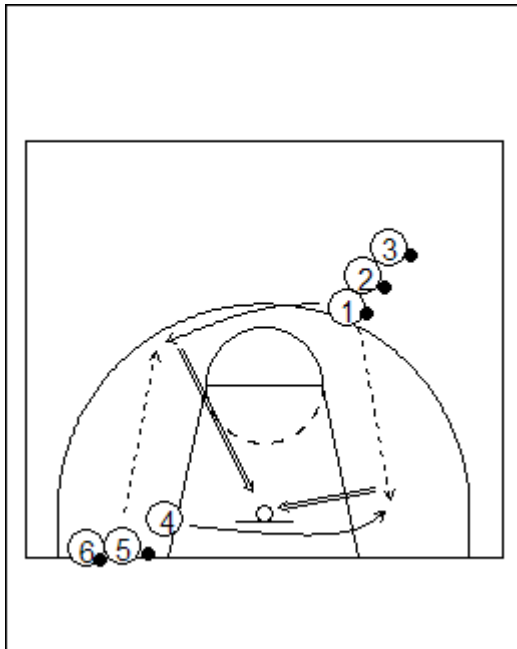
### Canada Shooting

#### Footwork

Players can use inside pivot on the baseline or a jump stop. At the top use a jump stop.

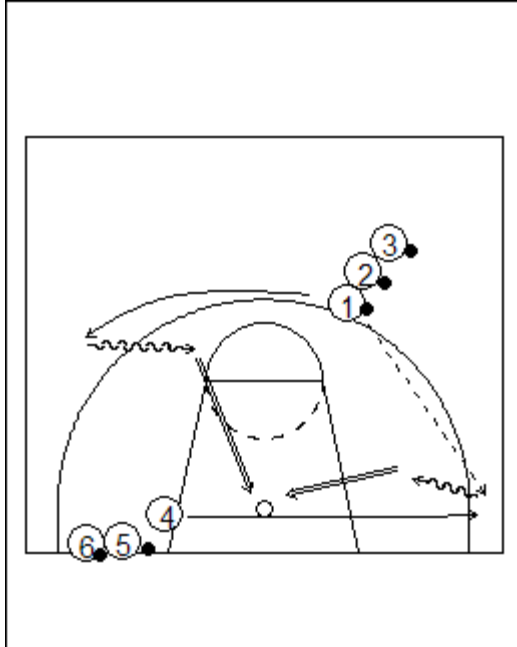
#### Key

Hard quick passes. Have your hands up ready to receive the pass. Be an active passer, this means faking pivoting with the ball. Do not stare down your pass. Use the type of pass you would use in a game. **NO CHEST PASSES.** This is where coaches have to improve the imagination of his/her players. Help them visualize what the defense will look like. You can add guided defenders in front of each line.



Work the proper timing of the cuts. Make eye contact. Work for a quick release shot.

### Canada Shooting dribble jump shot

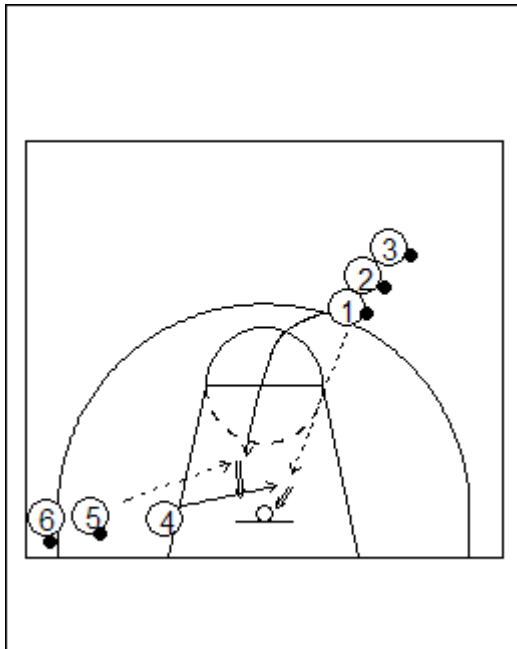


Players add an up fake dribble jump shot.

Mix up the directions.

Be sure to cover some distance on your dribble. A guided defender give as target as to where the first dribble should take him/her. Use a quick release jump shot. Eliminate all the extra movements.

### Canada Inside shooting

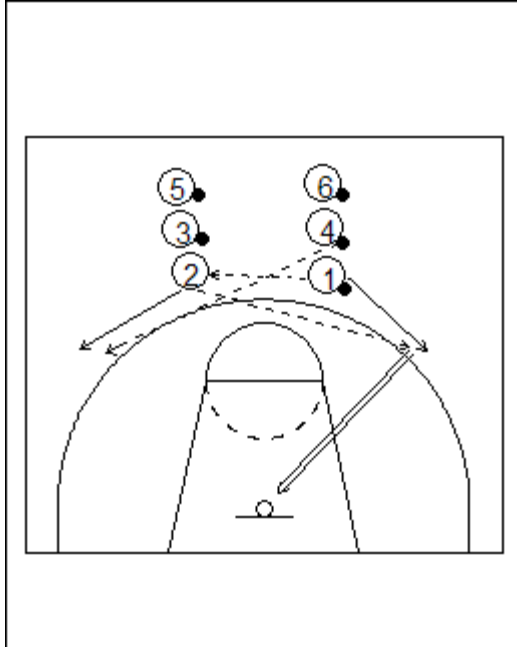


Players are now working on strong power moves.

You can add a coach to give a read.

Could also add an up fake. If the coach takes away one direction reverse and go to the other side.

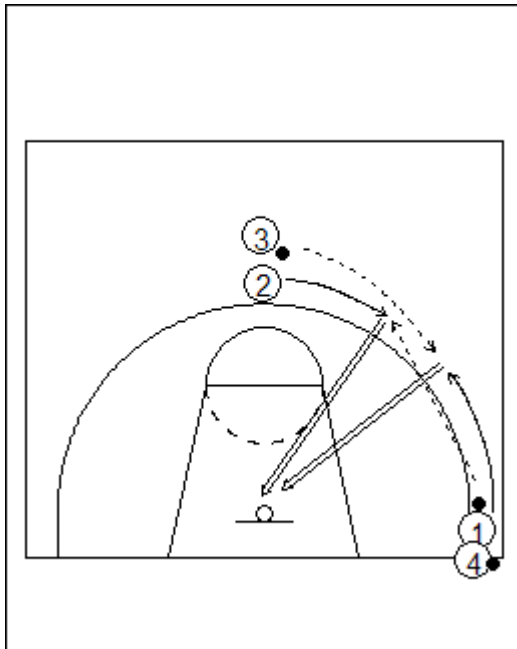
### Canada Shooting pass fade skip shot



Player now work on fading and shooting off the skip pass.

Active passers.  
Run to the spot do not slide.  
Can also add up fake dribble jump shots.

### Canada Shooting 3 pt shots



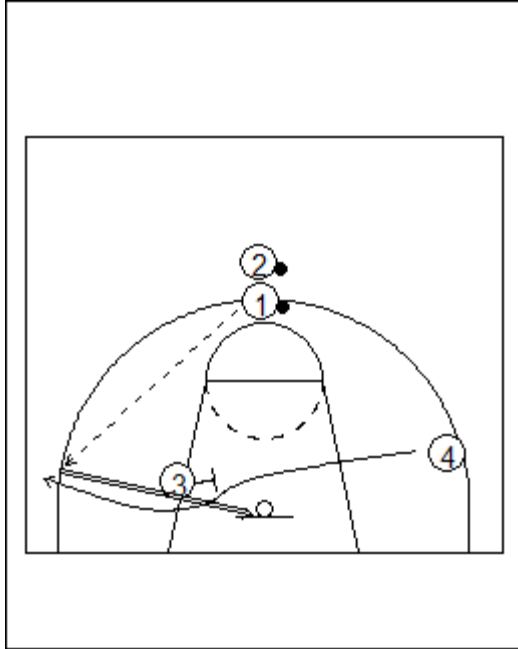
Players drag the arc for the 3 pt shot.

Two foot jump stop.  
Jump into the three point line.

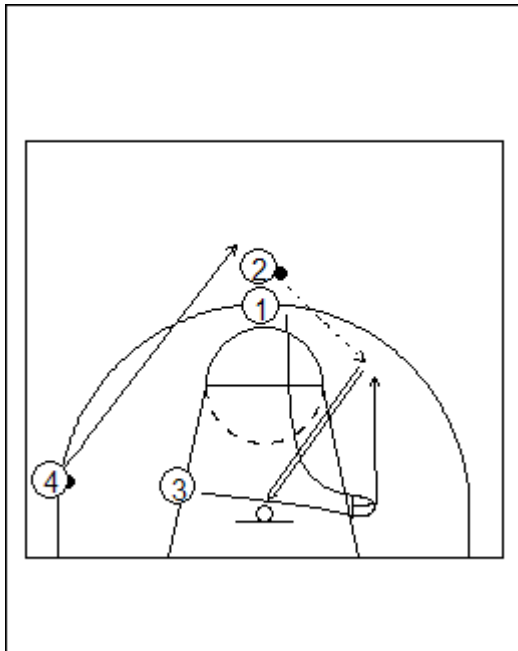
### Pin in shooting

#4 cuts through and uses the pick set by #3. #1 is an active passer.

A coach can give a read to the cutter.

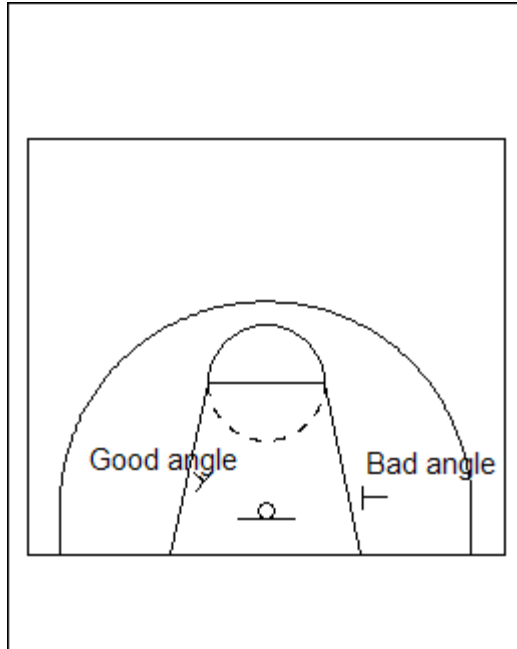


The passer creates the next pick.  
#1 goes to the rim and then sets the pick for #3. Timing is important.



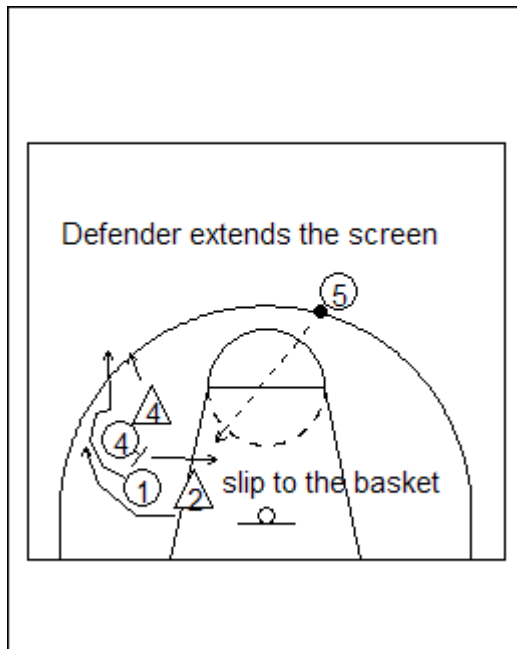
The screen needs to be set on a good angle to make it more difficult for the defense.

Get a piece of the paint.

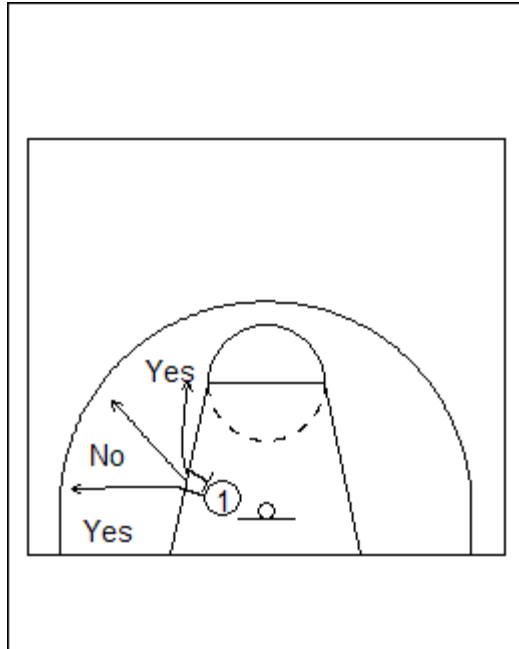


### Advanced

The best position is to set the pin in off the lane. This allows for the screener to slip to the basket when his/her defender helps. If you set the screen close to the basket there is no room. Also the help defense arrives earlier.







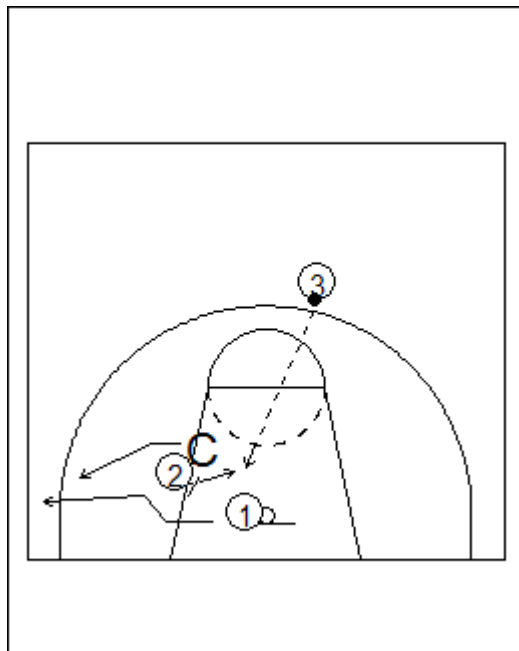
The cutter can fade or curl bump.  
Never take the wing cut. It is very easy for the defense to trail and recover.

An active passer is always making

- a) Jab fakes
- b) Shot fakes
- c) pass fakes

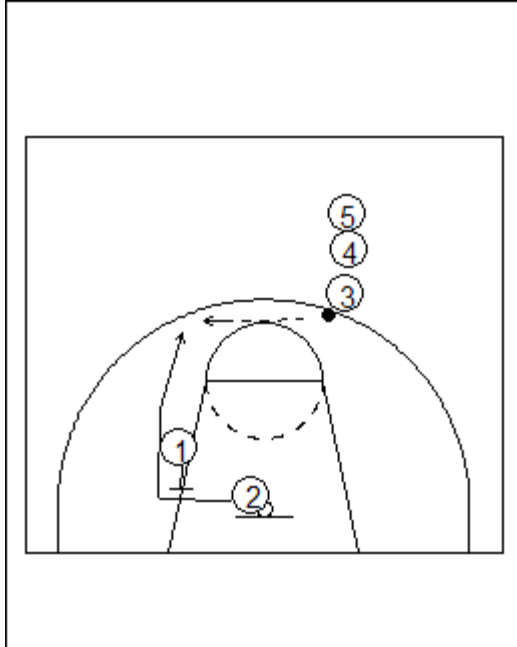
These need to be short crisp fakes.  
The speed of the pass includes the length of time that the ball leaves the hand.

#### Pass to the screener



Mix it up and some times pass to the screener. This encourages both players to expect the ball. This is the advantage of using screens. Two players have the ability to get open. Use guide defense.

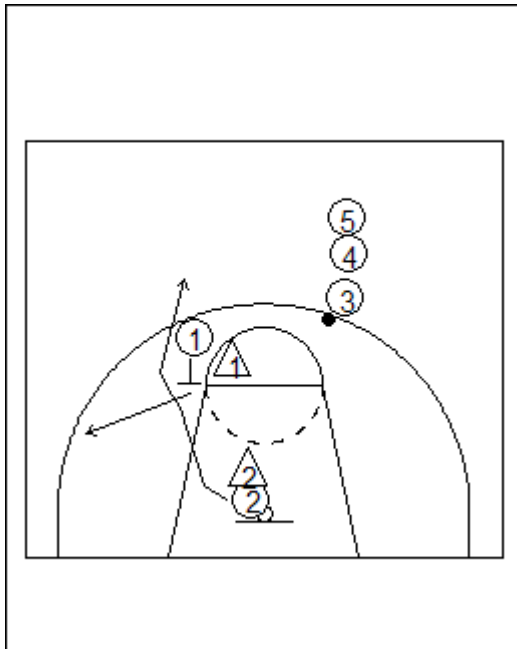
### Pin down shooting



This is the same as before only the angle of the screen is different. The receiver sets up the defender with a catch fake. "Watch the defender" not the ball. It is imperative that you use guided defense. Player must learn to read the defense.

The next player at the top will have to dribble to the proper side to create space for the cutter.

### Advanced angle



The reason this is an advanced angle is that it requires the cutter to be able to shoot three point shots. It is better for the screener to move to space after screening. In this example the screener fades for the skip pass.

### Flare screen shooting

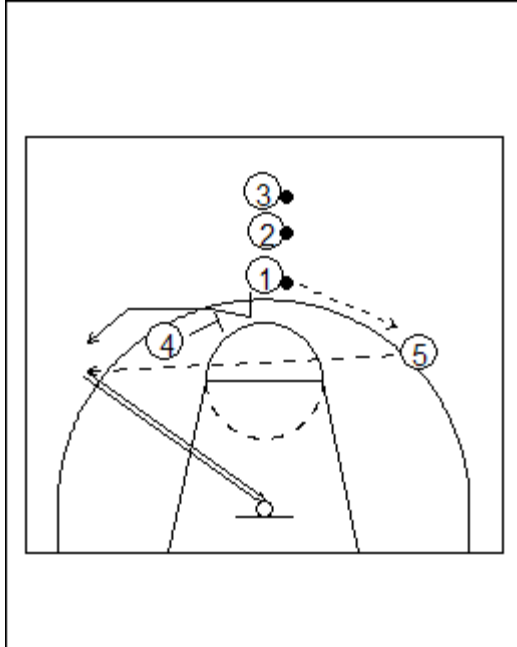
The pick is set at the 3 pt line  
We want a 3 pt shot.

The pass must be released from a high pocket. If not it is a very slow pass because it must go up and then down.

The drill continues with the passer setting the next screen.

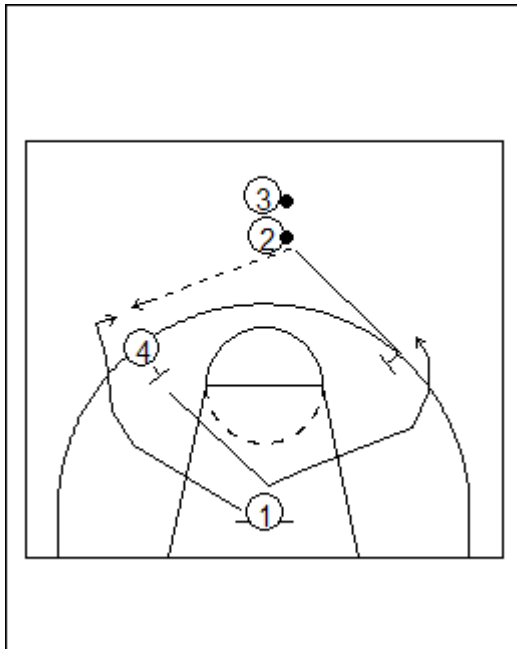
A coach can add a read.

Always use the screen then cut.  
Harder for the defense to recover.



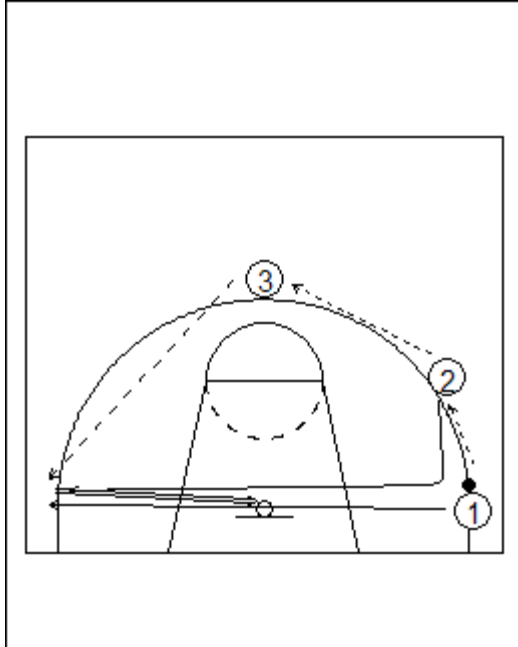
### Shoot behind the screen

This is the same drill only now we shoot behind the screen that pins in. Add guided defense.

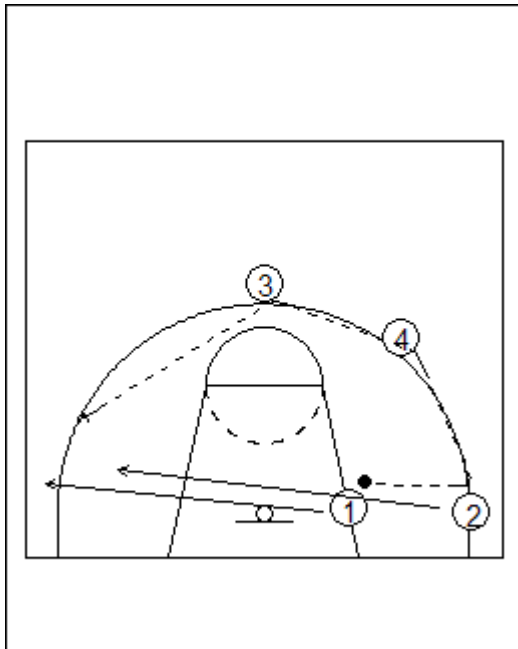


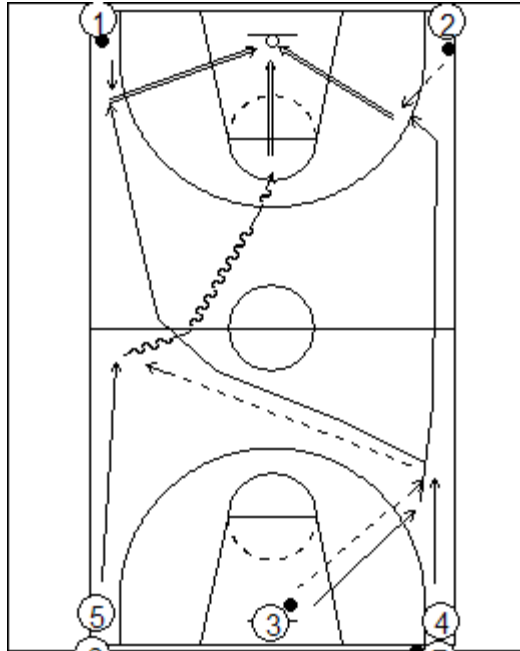
**Shoot vs. pressure**

#1 passes to #2 who passes to #3.  
 # runs through to the opposite corner and shoots the ball on the pass from #3. #2 must take two steps down before being able to chase to pressure the shot. (You may want to add a pylon for kids).  
 If there is not enough pressure reduce the distance.

**Adds a fourth player**

This is another variation of the same drill. The coach can use his/her imagination to change the angles of the cut and the directions of the pass. This is an advanced drill for higher level players.



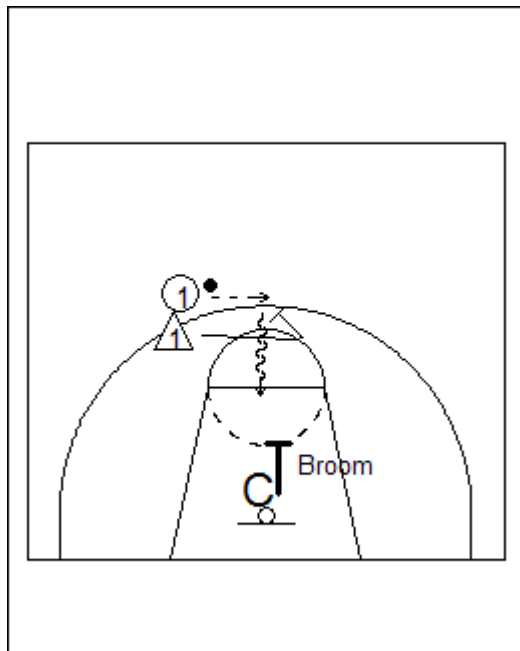


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### Italian shooting

This is a good warm up drill. The players set up as shown. The players weave only once. This is the only time Mario runs a weave action. The player who shot the ball from the middle gets his/her own rebound and returns with the players who passes out of the corner.

You can add guide defense. Give the players a target. So many shots in a row. So many shots in a certain length of time. Record the team's scores so you can establish benchmarks.

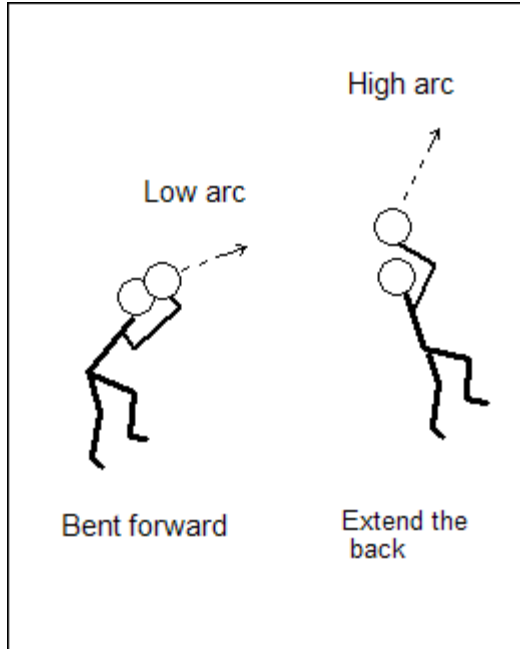


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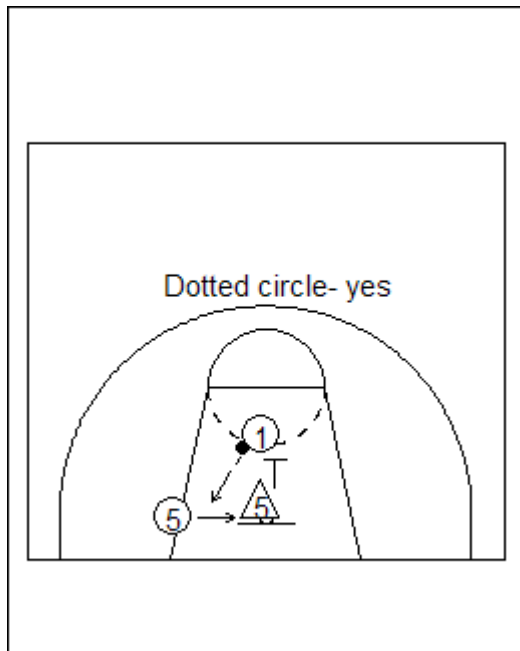
### Shooting over big help

Small players must learn to put arc on their shot to get the ball over the outstretched arms of tall players. The coach uses the broom to increase arc.

Toss the ball vs. guided defense. Read the defense and penetrate to the basket.



When shooting the high arcing "tear drop shot" players must extend their back so that they can get arc on the shot. If the back is rounded at the top it is impossible to lift the shoulders to get enough arc. This is not a fall away shot. It is pushing the shoulders back first so that you can now lift the shoulders for the shot.



### Jump stop

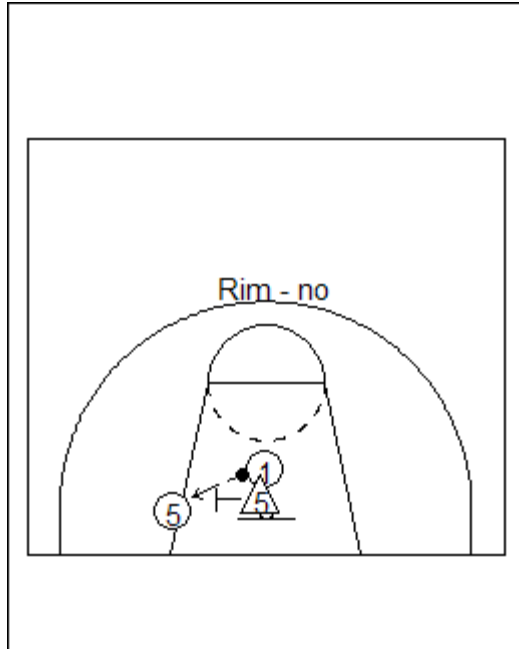
44

A small player want to stop at the dotted circle if big help appears. If the player does not step up shoot your shot.

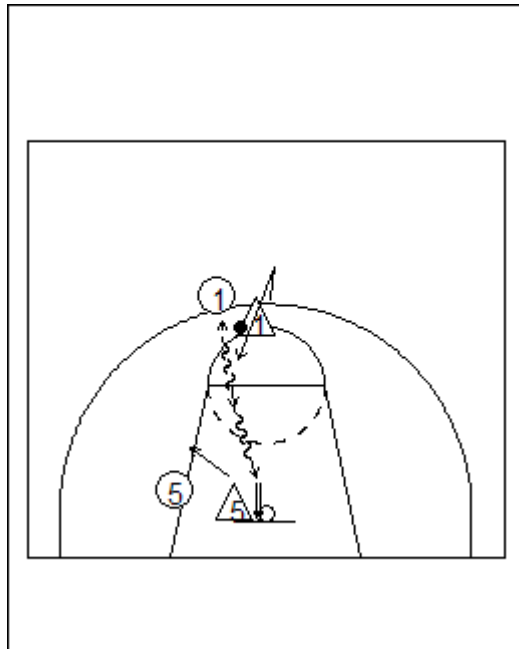
If the help moves up to the dotted circle you know have created space for your offensive post player to go to the rim with a chance of recovery.

**Stop too deep**

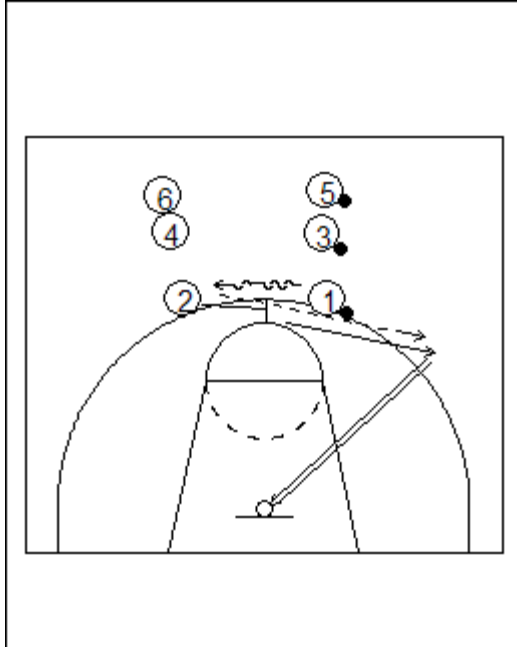
If the guard stops too deep he/she only has one option. The shot is not available. The pass allows the chance for the defensive player to recover.

**2 on 2**

A good drill to practice is with the guard and post. The defense passes the ball to the offense and takes one step past and then recovers. The guard must read the help. If no help score the lay up as shown in the diagram. If the post helps under the rim shoot your shot. If the post steps up make the pass. Remember the depth of the penetration is key for the small guard.

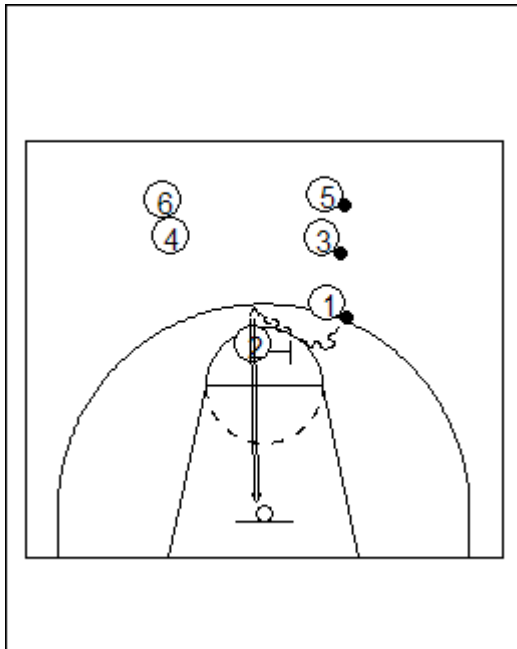


### Shooting off picks



Much time needs to be spent on shooting using picks. In this drill #1 uses the pick set by #2. We are working on passing to the player running to space. The ability to pass back against the grain of the pick is crucial.

### Shooting behind the pick



Simulate the defender squeezing under the pick. The dribbler shoots directly behind the pick.

Add guided defense so the players must read which option is available.

Work from different angles:

- Top pick in transition
- Side picks
- Corner picks