

Advanced Technique of Jump Shot in Basketball

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Abstract— Importance of Jump Shot Technique and its need for proper training was discussed in this article. Body movements and their aspects to attain accuracy were discussed in detail. The role of conditioning exercises and the variations in jump shots were also discussed to achieve quantum steps in mastering of basketball game.

Index Terms— Jump shot, Stance, Arch, Followthrough, Conditioning and Drills.

I. INTRODUCTION

We are requesting that you follow these guidelines as closely as possible. Basketball is a team game, rule oriented and a very skill full game. It is a game of speed with control and it is called second fastest game in the world. By nature Basketball is an “Explosive Strength Endurance Game” [ref. 1]. Because the movements involve in this game are very Explosive and Abrupt i.e. quick start, quick change of direction, quick stop, quick jump, speed shuffling, short sprints and so on, these are very repetitive movements of the game in both offensive and defensive. Jump shot is a very essential Offensive skill of this game, to score in a very effective manner against the defense, from close, mid & long-range distance.

Jump shot can be performed by both genders, but only men players use to take jump shot. It is very rare case with women players. Even in senior National & International women players hardly use to take jump shot. There may be a misconception that women players don't have arm power to take jump shot. - Actually shooting requires leg force, rather than arm force. The person who can jump, he/she can perform jump shot, but one must know the proper technique of it. The player who has more jumping ability/fitness can perform effectively with more variations. After taking jump shot proper landing is also a very important aspect, but before releasing the ball if you think of landing you may miss the shot. So after release land on toes safely with proper feet/legs apart.

II. SHOOTING TECHNIQUE

A. Stance

Parallel feet with shoulder width apart, Squarely facing the target, flex your Knee and hip joint comfortably, Heels off the floor for jump shot, balanced vertical jump is very essential

B. Shooting hand, Arm and Elbow

Hold Index & Centre Fingers under the tip of ball and above the forehead, Elbow vertically in line with two fingers L shaped directly under the ball, Wrist wrinkled, Daylight between the ball and palm, Fingers spread on the ball

C. Supportive hand and arm

Placed on the side, Daylight grip, Thumbs make a T

D. Release and follow-through

Elbow above eye brow, Shot line maintained, Flick the wrist & release the ball from shooting hand, balanced hand straight up, Fingers pointing down together.

E. Single action

The whole movement should be executed in one action from the stance position to release of the ball and the ball should be released in the peak point of the upward movement of the jump/body. Because the force will come from legs to take a shot not from only arm, if we attempt a shot during the downward flight of the body we lose leg force.

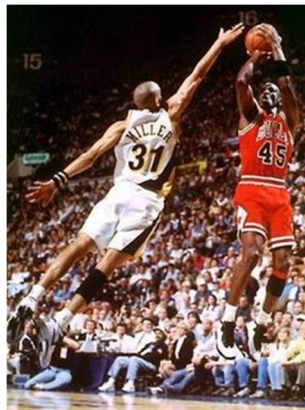


Figure 1. Shooting action. [ref.2]



Figure.2. Schematic representation for the flight of through. [ref.3]

III. THREE IMPORTANT ASPECTS TO CONVERT A SHOT

A. Direction

The ball should move straight towards basket for that the above shooting technique will help, i.e. “Lifting the elbow up and flick the wrist forward in line with basket ending with fingers pointing down together”. Release the ball with back spin and feel the finger tip release with Index and Centre Fingers. Thumb and other two fingers i.e. last & Ring Fingers should support the ball from either side to guide the ball move straight ahead. Finally the follow through action has to be maintained for a movement, after realizing the ball.

B. Arch

While shooting “lifting the elbow up and flick the wrist with fingers pointing down together. This will increase the releasing point & helps the ball to move in parabola, so that % of conversion will be more. For jump shot. One must aim at the centre of the front Rim as we get more force in Jump shot or we can even aim at the centre of the Basket as target point of the Shooting board. The ball should fall on the target/basket from minimum of one foot above the rim.

C. Controlled Force

To get a basket from any required distance, the appropriate force is very important along with Direction and Arch. To control the force, while releasing the ball by flicking action of the wrist along with backward spin on the ball will help.

IV. TO ATTAIN ACCURACY

A. Patience & Sincerity

It is very important to understand the proper technique of the shooting skill and needs a lot of patience during practice session to attain the perfection & follow the technique sincerely. Here proper execution of the technique is important, as we say "proper practice makes a player perfect".

B. Hard work

To get accuracy in Jump shot, you should keep your body free; while releasing the ball in air. Player must do the shooting practice until and after he/she gets tired. So that he/she should be unable to stiff their body while releasing the ball in air, for accuracy.

C. Shooting Drills

Shooting drills have to be implemented from breakup drills to full movement, by increasing the degree of difficulty, from basic to advance and simple to complex. (Spot shooting, dribble and shot, cut in & shot, moves out & shot, fake & shot, these are drills with or without defense.)

- Specific Shooting Drills: to improve the individual tactics - alone and one on one shooting practice.
- Shooting Drills with group tactics: two on two, three on three, two on three & three on two.
- Shooting Drills with Scrimmages: to improve the team tactics.

V. CONDITIONING EXERCISES

A. Weight training: to develop specific strength & movements

- Half Squats with barbell, - alternative days or twice in a week.
- Dumbbells with shooting action - alternative days or twice in a week.
- Jumps with barbell: Double leg, Sergeant jump on step - alternative days or twice in a week.
- Core strengthening exercises & Finger dips, etc...- regularly
- Calf rise with barbell: by placing toes on 2 inch height plank. - alternative days or twice in a week.

B. Medicine ball practice: to develop specific strength & action /movement

- Shooting actions - with light weight Medicine ball.
- Ball joggling -, Board tapping with light weight Medicine ball.
- Shooting drills, - Air tapping with light weight Medicine ball.
- Jump Drills, - with medium weight Medicine ball.

C. Jumping exercises: to develop footwork & jumping ability

- Skipping: Double leg jump, Single leg jump, Alternative jumps, sideways jump, - Regularly
- Plyometrics:

Floor jump:

Tuck jump, alter native leg tuck jump, jump & touch toe, jump & spread legs sideways and front and back alternatively, jump with crunch posture etc...

Step jump:

Double leg straight & alternative side, Single leg, sergeant jump, alternative step ups etc. Box jump: Double leg straight & alternative side and Depth jump with various heights.

Sand Jumping exercise:

All the floor jumping exercises have to be done in sand - Alternative days or twice in a week

VI. VARIATIONS IN JUMP SHOTS

- Jump stop & Jump shot from short, mid & long range
- Quick Jump shot with a guard on dribble
- Close range shot with air born receive (Tip in shot from 2-3 mt. distance)
- Quick cut & shot from 'D' area
- Quick Jump shot from long range (3 points shooting) in special situations.

“Jump shot will become a very simple skill when you get mastery of it.
Once you get mastery of it, you can go for the advanced shooting techniques”.

A. Advanced shooting techniques:

Follow 3 aspects of shooting - direction, arch & controlled force - The shooting arm should face the Basket squarely with 'L' shape; elbow and wrist should be in vertical line/in line with Basket. Then “lift the elbow & flick the wrist” towards Basket when you are in upward movement with relaxed body condition to get more accuracy.

- After receiving the ball one must take a quick shooting stance with parallel feet position & jump vertically with balanced manner to execute a shot accurately, especially in long range i.e. 3 points.
- For mid range and close range shots, one must have proper balance in the air by squarely facing the body or the shooting hand towards the target he/she can take a perfect shot.

VII. CONCLUSIONS

- The above article will help in coaching and training Basketball players to adapt proper shooting technique, which will help for high level performers in future.
- And also the study conveys that the Jump Shot Technique in Basketball can be performed by women Basketballers.
- Quick most shots can be attempted from close, mid and long range distance with advaced technique.

ACKNOWLEDGMENT

The authors wish to thank Dr. M Shivarama Reddy and Daruka Prasad B. for their guidance in preparing this paper.

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