



Coaches' GAME PLAN



Skills

Jump Shot



01



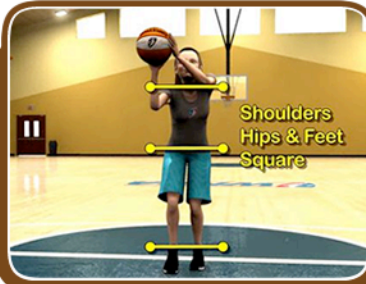
Position ball on finger pads.



02



Shooting hand is behind and slightly underneath the ball.



03



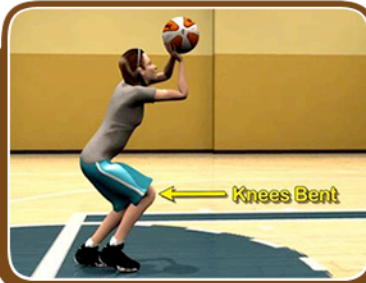
Her shoulders, hips, and feet are square to the basket.



04



Strong-side foot is slightly in front of the other.



05



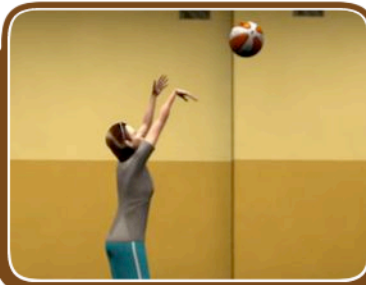
Bend knees to create momentum for the shot.



06



As she jumps, push ball up to shooting position above forehead.



07



Release ball by extending elbow, bringing wrist forward, and moving fingers up and through ball.



08



Follow through with wrist as if reaching into the basket.

Notes: