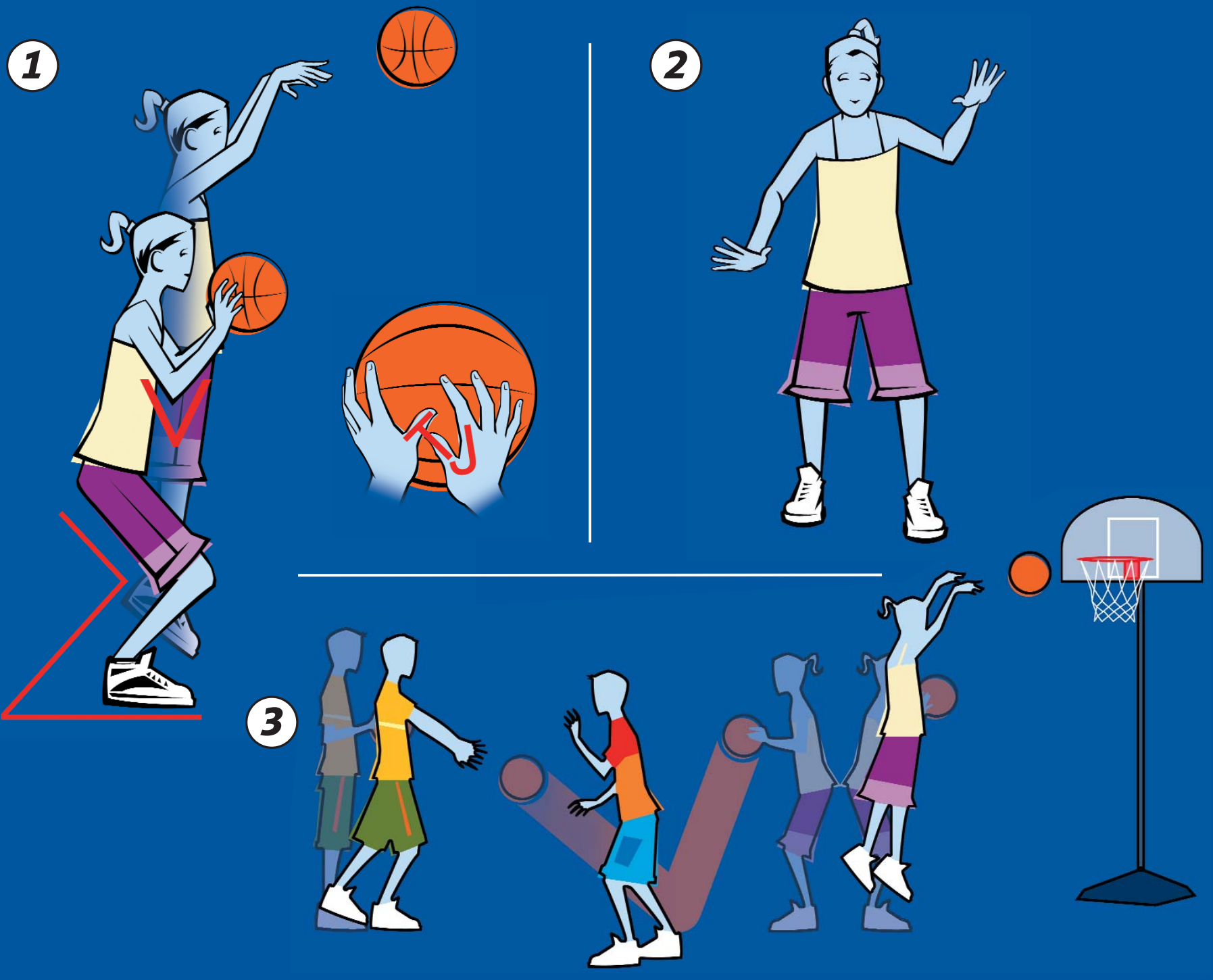


Hot Shots

Outpass, outshoot, outwit!



1 Get ready to shoot

- Make a "J" with your dominant hand.
- Make a "T" with your other hand.
- Make sure both hands are placed across the seam of the ball (this helps create backspin).
- The "J" hand holds the weight of the ball while the "T" hand helps steady and guide the ball.
- Make a "V" with your elbows and hold the ball at eye level, so you can see the basket over the top of the ball.
- Make a "Z" with your lower body by bending your knees and hips.
- Feet shoulder width apart with hips and shoulders facing the basket.

Jump shot

- As you shoot from the ready position, spring up and extend your ankles, knees, hips, elbows and wrist.
- As the ball leaves your hand, create backspin by "waving goodbye" with your shooting hand.

2 Blocking a shot

- Position yourself between the shooter and the basket.
- Feet shoulder width apart, with one foot slightly forward.
- Keep your eye on the ball and the shooter.
- Hold one hand at eye level for shot blocking and the other hand at waist level for pass blocking.
- Swat at the ball as it leaves the shooter's grip—make sure you maintain good body balance.

3 Let's get started

- Mark off an area 5 m x 8 m for each group of three to use.
- If you do not have enough baskets, use masking tape or chalk to make a one-foot square box on the wall two metres above the ground.
- Designate one player as the passer, one as the shot blocker and the third as the shooter.
- From one of the back corners of the marked-off area, the passer tries to get the ball past the blocker and into the hands of the shooter.
- When the shooter gets possession of the ball, the shooter tries to get a basket using the Jump Shot.
- During this play, the blocker tries to intercept the pass and block the shot.
- Rotate positions every 5 baskets.

HOOPS
FOR HEART™

