

# SUMMER BALL-HANDLING WORK

## TEACHING TIPS

**RANDOM SPOTS – SET GOALS FOR MAKES – KEEP YOUR FORM CONSISTENT – BOTH FEET NEED TO BE POINTED IN THE SAME DIRECTION**

- ✓ Start in your range and move back, maintain same form the farther you get away.
- ✓ Focus on getting your middle finger and index finger in the middle of the ball for **straighter shots**.
- ✓ Focus on getting your shooting elbow under the ball and above the shoulder on the release for **more arc**.
- ✓ Focus on jumping with a straight back pushing hips towards the basket to increase **balance and power**.

## DRILL VIDEOS

[OFF THE DRIBBLE SHOOTING #1](#)

[OFF THE DRIBBLE SHOOTING #2](#)

[OFF THE DRIBBLE SHOOTING #3](#)

[CATCH AND SHOOT](#)