

Ruth Thompson PHE
Journal Reflection– Basketball
“The Shot”

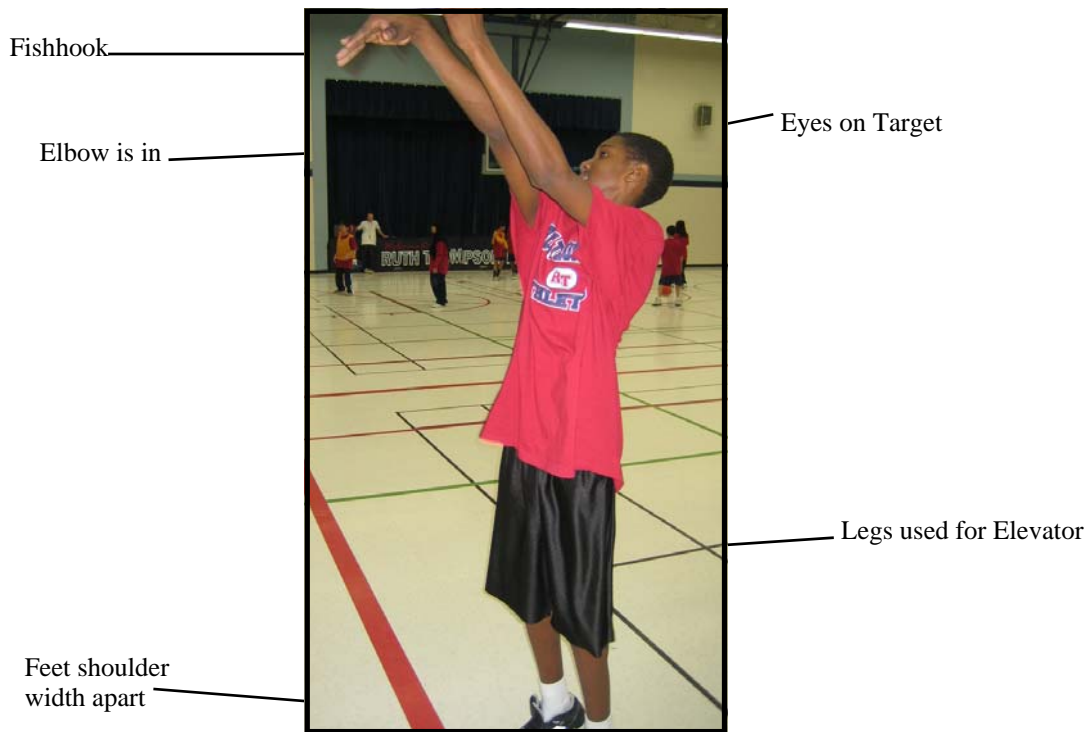


Figure 1: Stage 3 of the shot

Analysis

The athlete, shown above, is demonstrating the tail-end of the shot in basketball. Prior to this stage, (stage 1) the shooter traveled down the elevator with his eyes focused on the target. It is important for a player to show good balance by positioning feet shoulder width apart and shoulders squared at the basket.

Next (stage 2), the player traveled up the elevator with his comfortable grip showcasing his index finger on the midline of the basketball. Remembering to keep his elbow in and pointed in the direction of the target, the athlete elevates up with his left arm as a guide and right arm reaching up.

(stage 3– as seen in figure) Allow the ball to release with your hand following through the ball underneath. The last finger to touch the ball is the index finger. Always remember to release the ball high above the head and snap the plagiarizer wrist down as you are releasing the ball. This motion is called the fishhook because the hand resembles a fishhook. It could also be compared to reaching into the cookie jar on the top shelf. This follow-through motion is very important to create backspin on the ball so the ball has a better chance of going in.

In order to be a successful shooter, one must be as consistent with their shooting motion as they can to eliminate errors. Do the same thing every time, do many repetitions doing the right thing and you will be a good shooter.