



Coach Dave Love

Coaches Clinic Notes

MY SHOOTING NON-NEGOTIABLES

You can't be afraid to help players simplify form since they are constantly changing it themselves anyways. Change for the better.

*We need to create as much positive power in our shot as possible.
Eliminate negative power as much as possible.*

*Avoid trying to fit players into your box. Fix their issues.
Don't be a slave to your theory. Use your theory to help.*

Non-Negotiable #1

*Middle of the hand must shoot the middle of the ball.
Define what the middle of the hand is.*

Non-Negotiable #2

*Must be in a position to create arc.
Under the ball and creating a lifting motion.*

Non-Negotiable #3

Simple, balanced body position and motion that provides energy at the target and up in the air.

Avoid leaning, turning or rotating of the body.

Negotiable Details

- **Toes at target – create energy at the target**
- **Even leg push – equal legs is more important than square**
- **Lift the ball up middle of body or slightly on the shooting hand side**
- **Ball as on line with eyes as possible**
- **Guide hand coming off the ball at the set point**

Understand the cause and effect of different shooting habits.

If there is energy being caused to the right of your shot, players cancel it out with energy left.

- **Middle finger release pushes ball to right, turn body to the left.**
- **Hand out of position on the ball, wrist snapping off line.**
- **Low or High elbow at the set point and a flat shot.**
- **Poor balance and finishing off balance.**