



## Special Olympics Basketball Coaching Guide Teaching Basketball Skills

### Shooting

Shooting is the most important skill in basketball. To win, you have to score points. All the other skills are tools a team uses to get the ball and its players into position to score. If your athletes can develop confident, accurate shooting skills, they will be hard to stop on the court!

Your Athlete Can	Never	Sometimes	Often
Attempt to shoot a basketball in any manner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hit the backboard with a one-hand set shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a basket with a one-hand set shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hit the backboard on a lay-up attempt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a basket on a lay-up attempt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hit the backboard with a jump shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a basket with a jump shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

### Faults & Fixes Chart – Shooting

Error	Correction	Drill/Test Reference
Mechanics are correct but athlete still misses.	Watch athlete's eyes to make sure he or she is keeping eyes on the target while shooting.	Rapid Fire Shooting with a focus on "spotting" the basket before shooting
Athlete lowers the ball while flexing the knees, lengthening the shooting stroke and making it easier to block the shot.	Remind athlete to keep the ball high and move only the legs during the down and up part of the shot.	Shoot to Self
When athlete jumps at the end of the shot, he or she drifts off balance and misses.	Have athlete work on jumping and landing on the same spot of the floor.	Jump Shot Drill
Shot is short of the basket.	Make sure athlete is using the legs to start the shot and is following through.	Start with a lower basket and move up.
Athlete is slow to shoot after receiving a pass.	Have athlete practice being in a shooting position (knees bent) when receiving a pass, and immediately turning to shoot.	Rapid Fire Shooting