

# Special Olympics Basketball Coaches Quick Start Guide



## 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!

### Skill Progression – Shooting

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>			



## **Shooting Drills**

### **Teaching a One-Handed Set Shot**

1. Hold the ball in good dribbling position.
2. Bring the ball up to the shooting position. The shooting hand is behind and slightly under the ball; the non-shooting hand is to the side of the ball; thumbs are up and apart from one another.
3. Face the basket and look over the ball, focusing on the target.
4. Keep the shooting-side leg slightly forward.
5. Bend knees; lift elbow and extend shooting arm toward basket.
6. Release the ball by snapping the shooting hand down, rolling the ball off the fingertips to impart lift and backspin to the ball.
7. During this Follow Through, hand and arm form a Gooseneck.

### **Teaching a Lay-Up Using the Backboard**

1. Face the front of the backboard and stand two steps away and to the right of the rim for a right-handed shooter.
2. Pick the ball up to chest height in proper shooting position.
3. Sight the target over the ball. Focus on the top right corner of the square on backboard for a right-hander.
4. Step forward onto right foot, then left foot.
5. Raise the shooting-side knee as the ball is lifted to the forehead.
6. Extend body toward basket off left foot.
7. Gently lay the ball up against the backboard on the top right corner of the square.
8. Land on both feet under the backboard.



**NOTE:** For more Drills refer to the Full Basketball Coaching Guide at [www.specialolympics.org](http://www.specialolympics.org)