

21 Extremely Simple Basketball Shooting Tips And Also Some Basketball Shooting

Basketball is a great game that can be enjoyed by people of all ages. If you're looking to improve your shooting skills, there are a few simple tips that can help you become a more accurate and consistent shooter.



21 Extremely Simple Basketball Shooting Tips And Also Some Basketball Shooting Drills (basketball training)

by Anita Mortley

★★★★★ 5 out of 5

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1. Focus on your target

The first step to shooting a good shot is to focus on your target. This means looking at the rim and visualizing the ball going through it. Once you have your focus, you can start to line up your shot.



2. Keep your elbow in

One of the most common mistakes that shooters make is flaring their elbows out. This can cause the ball to go off to the side or the back of the rim. To keep your elbow in, tuck it into your body and keep it close to your chest.



3. Follow through with your shot

After you release the ball, follow through with your shot by extending your arm and flicking your wrist. This will help give the ball the power and accuracy it needs to go in the basket.



4. Practice regularly

The best way to improve your shooting is to practice regularly. This doesn't mean you have to spend hours in the gym every day, but even a few minutes of practice each day can make a big difference.



5. Get feedback

If you're serious about improving your shooting, it's helpful to get feedback from a coach or experienced player. They can help you identify areas where you need to improve and give you tips on how to fix them.



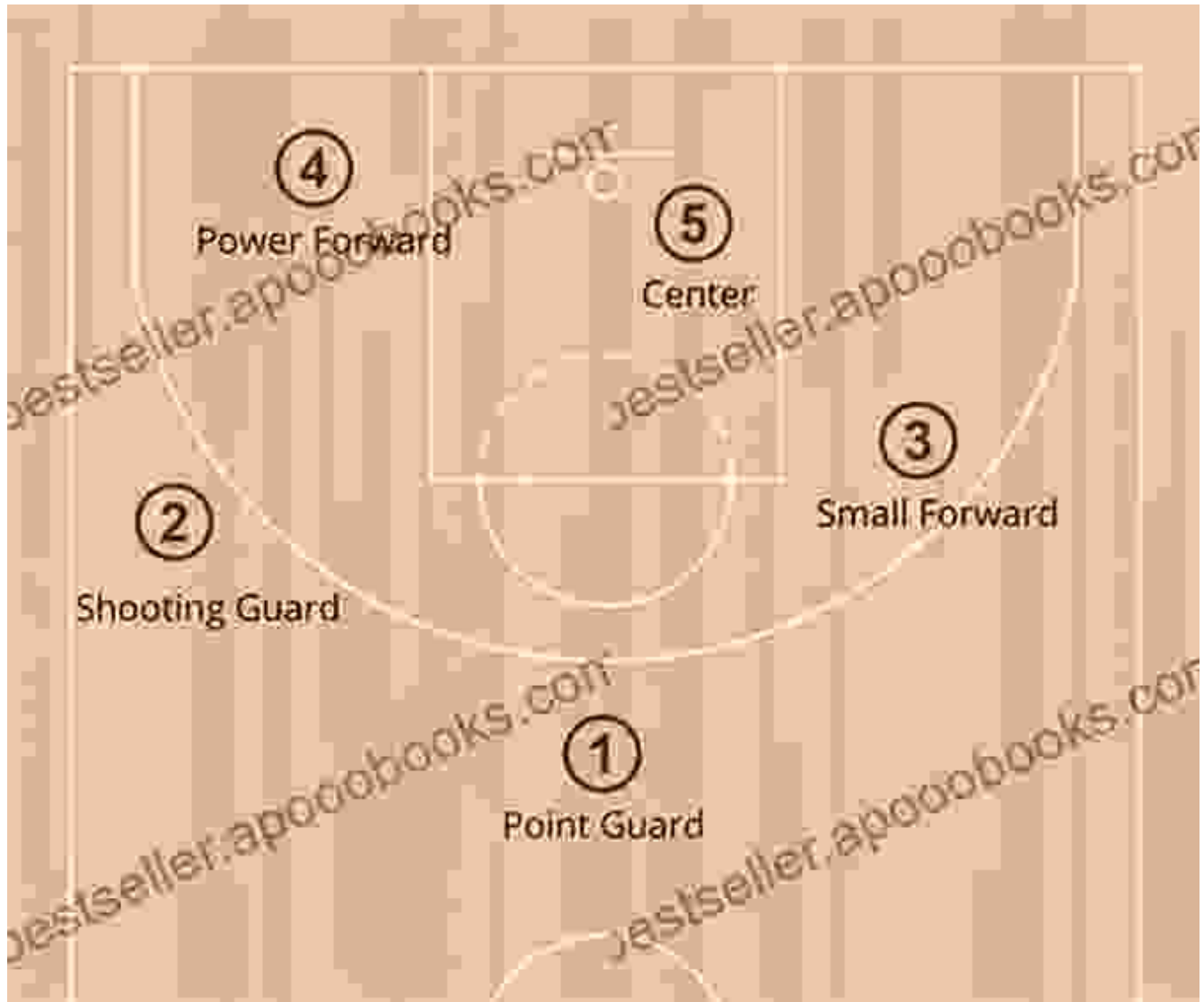
6. Use the right ball

The size and weight of the ball you use can affect your shooting. For most adults, a size 7 ball is the best choice. If you're a child or have small hands, you may want to use a smaller ball.



7. Find the right stance

Your stance is important for shooting accuracy. There are many different stances that you can use, but the most important thing is to find one that is comfortable and allows you to shoot the ball smoothly.



8. Keep your balance

Keeping your balance is essential for shooting a good shot. If you're off balance, you're more likely to miss the shot. To keep your balance, make sure your feet are planted firmly on the ground and that your weight is distributed evenly.



9. Visualize success

Before you shoot, take a moment to visualize yourself making the shot. This will help you focus and build confidence.



10. Relax

It's important to relax when you're shooting. If you're tense, you're more likely to miss the shot. Take a few deep breaths and focus on your target.



11. Be patient

Improving your shooting takes time and practice. Don't get frustrated if you don't see results immediately. Just keep practicing and you'll eventually reach your goals.



12. Have fun

Basketball is a game, so make sure you're having fun while you're playing. If you're not enjoying yourself, you're less likely to stick with it and reach your goals.



These are just a few simple tips that can help you improve your basketball shooting. With practice and dedication, you can become a more accurate and consistent shooter.

So what are you waiting for? Get out there and start practicing!



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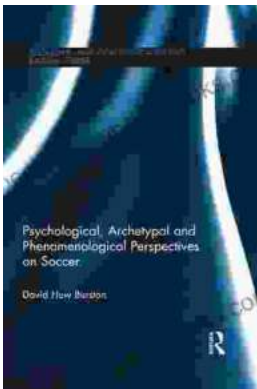
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