

What is a good shot?

- It has nothing to do with whether it goes in or not.
- It is good or bad the moment it leaves your hand.
- You will miss good shots and make bad shots.
- It varies from player to player.
- A good shot for Steph Curry is likely not a good shot for a high school player.

A good shot is...

1. One that your teammates and coaches expect you to take. (If someone has a better shot than you do, you should be passing the ball.)
2. One that you are ready to shoot. You are on balance, with a good foundation, and square to the basket.
3. One that you shoot a high percentage in drills and in practice. The shot is in your range and you have made it lots and lots of times previously.
4. One that can be rebounded by your teammates.
5. One that you can recover from and play defense if it's missed.
6. One that is appropriate given the time left in the game and the score. A good shot in the 1st quarter may be a good shot with 30 seconds left in the game.
7. One that is taken when you are not closely guarded, unless you are in the post area.