

Mastering Basketball Shooting: Steps to Shooting 90% from the Free Throw Line and 50% from the Field

Pure accuracy in basketball shooting is the holy grail for any player aspiring to be successful on the court. Whether it's draining free throws or sinking field goals from anywhere on the floor, a high shooting percentage can be the difference between winning and losing. In this article, we will explore the essential steps to shooting 90% from the free throw line and an impressive 50% from the field, helping you become a shooting virtuoso that your team can rely on.

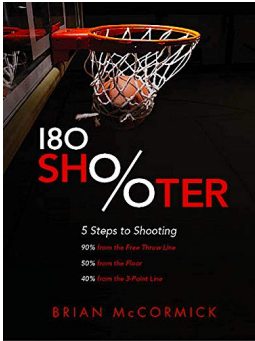
1. Master the Mechanics

Before diving into shooting drills and exercises, it is crucial to build a solid foundation by mastering the mechanics of shooting. Focus on your footwork, balance, and hand placement. Ensure that your shooting elbow is directly under the ball, creating a straight line from your elbow to your fingers. Practice this form consistently until it becomes second nature.

2. Repetition and Muscle Memory

Repetition is key to developing muscle memory and consistent shooting mechanics. Spend hours in the gym shooting thousands of shots from the free throw line and various spots on the court. Consistency in your form will improve your accuracy over time. Aim for a consistent release point and follow-through on every shot to build muscle memory that will translate into game situations.

180 Shooter: 5 Steps to Shooting 90% from the Free-Throw Line, 50% from the Field, and 40% from the 3-Point Line by Brian McCormick (Kindle Edition)



★ ★ ★ ★ ☆	4.7 out of 5
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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3. Mindset and Visualization

Shooting is not just a physical act but also a mental one. Develop a positive mindset and visualize yourself making shots effortlessly. Visualizing success before stepping on the court helps build confidence and trust in your shooting abilities. Combine mental imagery with physical practice to unleash your shooting potential.

4. Shot Selection and Shot Preparation

Understanding shot selection and preparation is crucial to shooting a high percentage. Take shots within your range and comfort zone. Avoid forcing shots or taking contested shots. Develop an array of moves and techniques to create space and get open looks. Prepare your shot by being in position to catch and shoot quickly, improving your chances of connecting with the basket before the defense can react.

5. Free Throw Routine

Free throws are essential and can sway the outcome of games. Develop a consistent free throw routine that you can execute every time you step to the line. Create a comfortable routine that allows you to focus solely on your shot without

distractions. Find a rhythm that works for you and stick to it, ensuring maximum accuracy.

6. Focus and Concentration

Maintaining focus and concentration throughout a basketball game can be challenging. However, this mental discipline is crucial for shooting accuracy. Train your mind to block out distractions and pressure, allowing yourself to stay in the zone. Develop rituals or mental cues to help you stay focused on your shot, regardless of the surrounding chaos.

7. Game-Like Situations

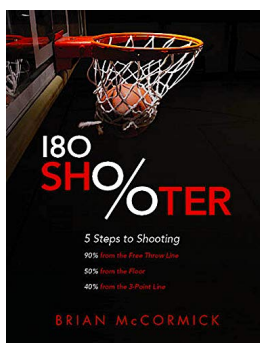
Imitate game-like situations during your training sessions. Incorporate drills that simulate different game scenarios, such as shooting off the dribble, shooting after cuts, or shooting under pressure. Practicing in these scenarios will help you develop the necessary skills and confidence to shoot at a higher percentage during the actual game.

8. Analyze and Adjust

Track your shooting progress by analyzing your shots during practice and games. Identify strengths and weaknesses in your shooting technique. Adjust your mechanics and shot selection accordingly to improve your shooting percentage over time. Seek guidance from coaches or trainers who can provide valuable insights into refining your technique.

Becoming a sharpshooter on the basketball court takes dedication, patience, and consistent practice. By mastering the mechanics, building muscle memory, cultivating a positive mindset, and simulating game scenarios, you can significantly improve your shooting accuracy. Shooting 90% from the free throw line and 50% from the field are achievable goals given the right techniques and

mindset. Invest time and effort into perfecting your shot, and you will become a valuable asset to any team.



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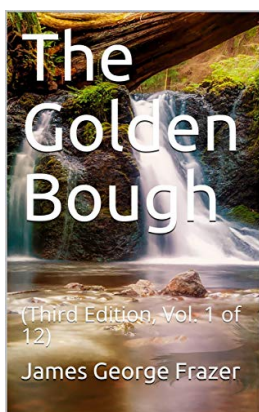
180 Shooter is a complete guide to successful shooting unlike any other because it uses learning progressions, not just drills. Whether novice or advanced, 180 Shooter offers instructions and drills to elevate your shooting percentages or enhance your shooting instruction. 180 Shooter includes over 60 drills and 20 pictures to assist with your learning. If you put forth the effort, 180 Shooter will help you develop into a 180 Shooter.

"I went from averaging 8 points per game as a senior in high school to averaging 22 points per game my sophomore year of college. Coach McCormick's workouts and drills played a key role in my vast improvement." — Matt Glynn, 2004 NCAA DIII All-American

"Coach McCormick has put together the most complete book about shooting that I have ever seen. His breakdown of shooting methods and techniques are

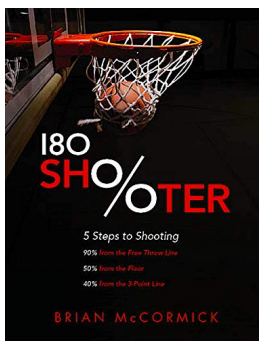
essential for athletes who want to improve their form and accuracy." — Hernando Planells, Assistant Coach, Duke University Women's Basketball

"Brian McCormick is an outstanding coach, instructor, and writer. His newest book, 180 Shooter, covers in great detail how to become a better shooter from the ground up. Brian worked for my program (Hoop Masters) as a coach and his attention to detail and ability to teach young eager players is a special gift. I would recommend 180 Shooter to any player, coach, or parent that really wants to understand all aspects of improving your shooting percentages and overall shooting skills. In this day and age of quick fixes and short cuts, it's refreshing to have someone take the time to really explain how to become a better shooter. If you follow the drills and practice habits outlined in this book, and really believe that can become a better shooter, you will. There are no short cuts to improvement." — Jerome Green, Hoop Masters (Los Angeles) AAU Program



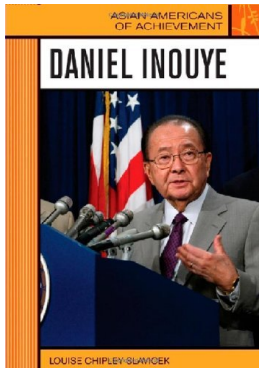
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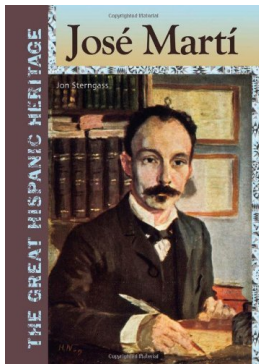
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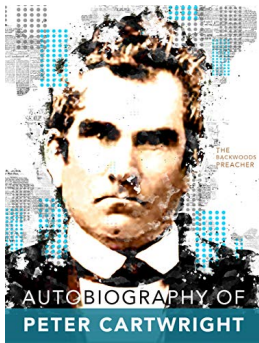
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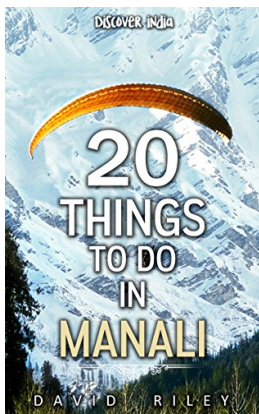
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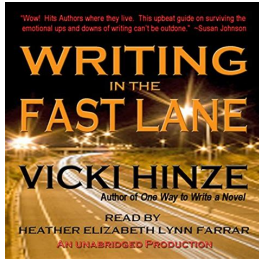
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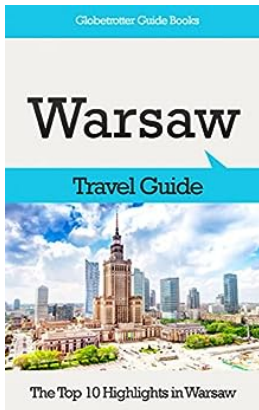
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