

LEVEL 3

“SHOOTING”

FULL DETAILS



MASTER the art of shooting with our comprehensive program!



SHOOTING MECHANICS AND FORM ARE CRUCIAL FOR ANY BALLER! IN THIS VIDEO, YOU’LL LEARN HOW TO PROPERLY RELEASE THE BALL FROM YOUR HAND AND SHOOT WITH ACCURACY.

CLICK THE LINK BELOW!

SHOOTING MECHANICS

BALANCE SHOOTING & QUICKER PICK UP



BALANCE

BUILD STABILITY TO MAINTAIN BALANCE IN YOUR SHOT.

BALANCE



QUICKER PICK UP

FOCUS ON SWIFTLY PICKING UP THE BASKETBALL AND SHOOTING WITHOUT HESITATION.

QUICKER PICK UP

SLOW STEP DIP POSITION

Master the art of diving into a dip position to shoot quickly, eliminating wasted time and staying agile. This shooting workout will help you improve your balance and dip position, allowing you to seamlessly integrate it into your off-the-dribble and pull-up shots.

SLOW STEP DIP POSITION



BALL AND FOOT COORDINATION LEVEL 3



PHASE 1



PHASE 2



PHASE 3

CHANGE OF PACE LEVEL 1



PHASE 1



PHASE 2



PHASE 3

5 SHOT SERIES | THREES

In this 5-shot series, you’ll learn different footwork and boost your confidence in shooting threes! This is an intro to performing and starting shots beyond the arc. Go check out the video, fam!

5 SHOT SERIES

