

PLAY LOW

SKILL ACADEMY

Shot Analysis

Feet

- Hip width (desired)
- Narrow
- Wide

Balance

- Equal up/Equal down (desired)
- Lean L or R
- Falls backward
- Falls forward
- Lands on one foot
- Lands staggered
- Rotates clockwise or counterclockwise

Elbow

- Under the ball (desired)
- Chicken wing
- Inverted

Hand Placement

- Middle of ball (desired)
- Outside of middle
- Inside of middle
- On pads of fingers (desired)
- In the palm
- On the fingertips

Set Point

- Elbow parallel to ground (desired)
- Elbow high
- Elbow low
- Hand in front of head (desired)
- Hand in line with temple area
- Hand in line with ear

Ball Spin

- Even backspin (desired)
- Right spin
- Left spin
- Knuckleball

Guide Hand on Release

- Thumb up (desired)
- Thumb parallel with ground
- Thumb down

Shooting Hand Follow Through

- Elbow locked out above eyes (desired)
- Elbow locked out below eyes
- Elbow not locked out
- Fingers waterfall into basket (desired)
- Fingers point up
- Fingers down and to left
- Fingers down and to right

Eyes

- Eyes stay focused on target (desired)
- Eyes follow the path of the the ball

Overall Shot Analysis

- Exceptional
- Solid, but needs tweaks
- Needs several corrections
- Time to rebuild from the top down