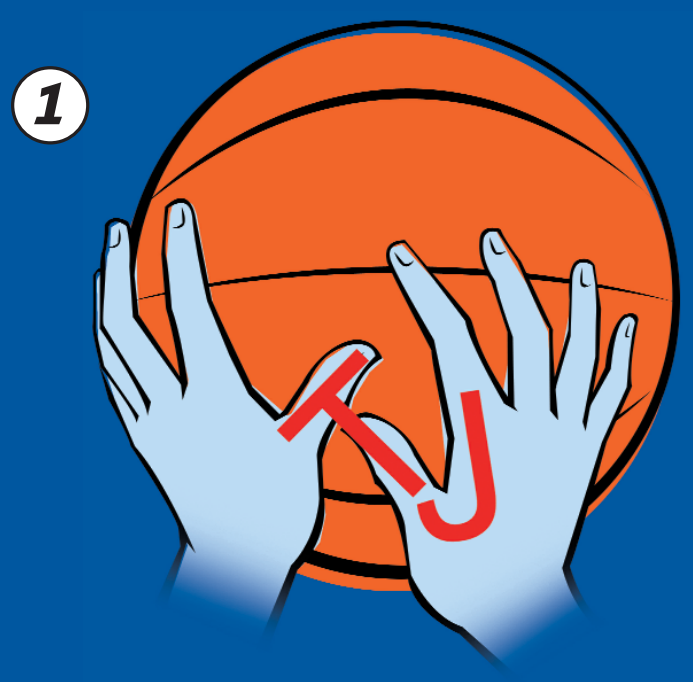
Three-Point Shot

Set, shoot, swish!



1 Get ready to shoot

- Make a "J" with your dominant hand.
- Make a "T" with your other hand.
- Make sure both hands are placed across the seam of the ball (this helps create backspin).
- The "J" hand holds the weight of the ball while the "T" hand helps steady and guide the ball.

2 Jump shot

- Make a "V" with your elbows and hold the ball at eye level, so you can see the basket over the top of the ball.
- Make a "Z" with your lower body by bending your knees and hips.
- Feet shoulder width apart with hips and shoulders facing the basket.
- As you shoot from the ready position, spring up and extend your ankles, knees, hips, elbows and wrist.
- As the ball leaves your hand, create backspin by "waving goodbye" with your shooting hand.

3 Let's get started

- All players line up around the three-point line or key line.
- The person standing furthest to the right of the basket takes the first shot.
- A designated rebounder returns the ball to the shooter for their second and third shots.
- After the shooter's third shot, he/she collects their own ball and passes to the person who was standing to the left of them on the line.
- The shooter is now the rebounder for the next shooter, and the rebounder takes the place on the line where the shooter was standing.
- Continue the drill until time runs out.

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