

## **JUMP SHOT BREAKTHROUGH: NEW TECHNIQUES, BETTER RESULTS**

*By Robert Tilitz*

The elbow-in-strokesnap jump shot, which the NBA all but endorses, was designed to enhance accuracy. But the resulting out-front, horizontally extended and basket aligned elbow-in shooting position disconnects the strokesnap release from the jumpshooter's body by way of distance, which precludes shooting athletic, powerful and attack-capable strongside pull-up jump shots. Therefore the elbow-in-strokesnap jump shot specializes in less athletic weakside jump shots, standing-start 3-point shots and free throws. The fact that weakside jump shots expose the basketball as it is being raised during the jump of the jump shot, which frequently necessitates a stepback, has not deterred their use. To the contrary, the weakside stepback is currently the most popular move in basketball. But the weakside jump shots' exposure of the basketball does discourage attacking to-the-basket pull-ups because of the tight defense at mid-range and on the inside.

Alternatively, my new whole-body jump shot theory focuses on athleticism, power, accuracy, touch, protection and gun-turret adjustability. Whole-body jump shots are based on big-muscle shooting techniques, of which shooting shoulder involvement in the release is the most crucial. Whole-body jump shots replace the wrist snap with hand action that brushes the basketball. There are several whole-body jump shots, and they all excel off the dribble going both strongside and weakside at mid-range. The whole-body jump shots are adaptable to post-up play, 3-point shooting and free throws. The whole-body jump shots' competitive advantage derives from their strongside pull-up jump shot capability, which provides the means to attack the defense with the jump shot.

There are two full-scale shooting-shoulder-centric whole-body jump shots. One is the Reggie Miller-type elbow-out jump shot, which has strongside forward and moderately angled strongside lateral capabilities. The whole-body elbow-out jump shot provides access to and in fact spearheads the strongside game, which features a full complement of shooting, driving and passing options. That's shotmaking and teamwork in one package. The other is the Kobe Bryant-type reachback jump shot, which has strongside lateral capability at moderate and extreme angles. The whole-body reachback jump shot reliably creates separation from the defender with its reachback and fallaway jump, which makes it both a dominant offensive weapon and the #1 crunchtime option.

The whole-body elbow-out and reachback jump shots succeed as strongside attack jump shots largely because they first roll the shooting shoulder back during setup and then rotate it forward during the release. The setup of the elbow-out and reachback shooting positions automatically rolls the shooting shoulder back. The whole-body reachback jump shot works with both an elbow-in and an elbow-out setup. The elbow-in setup works with the reachback because it, the reachback, angles the shooting elbow up, which allows the shooting shoulder to roll back. The forward rotation of the shooting shoulder during the whole-body release not only partly powers the release but also mostly powers the rotation of an often necessary square-in-the-air jump. The ability to square in the air after strongside moves or run-ups eliminates the need to slow down to square up on the ground by making athletic stops possible. Strongside pull-up jump shots also provide body-wedge protection of the basketball as it is raised to the shooting position during the jump of the jump shot, which is critically important from mid-range on in.

## **JUMP SHOT BREAKTHROUGH**

There are also two partial shooting-shoulder-centric whole-body jump shots. One is the Kawhi Leonard-type whole-body reachup jump shot. The other is the Kevin Durant-type whole-body elevated-elbow-in jump shot. Both are highly effective but less strongside capable than the elbow-out and reachback whole-body jump shots. Still, the reachup and the elevated-elbow-in whole-body jumps shot have been the most popular whole-body jump shots in terms of usage. That may be because their form is fairly close to the failed but widely taught elbow-in-strokesnap jump shot, from which both could have evolved. Stephen Curry's whole-body sidegrip jump shot is full-scale shooting-shoulder-centric with a built-in long-range specialty. Curry did not invent the sidegrip, but the one-of-a-kind full-scale shooting-shoulder-centric whole-body jump shot that he built around it made him the greatest long-range jumpshooter of all time.

The forward-oriented whole-body elbow-out jump shot should be the primary jump shot for most players because most favor the to-the-basket offensive game. Please note that the whole-body elbow-out jump shot requires an on-the-rise, one-motion, no-reachback straightstroke-push release, not a strokesnap release, which tends to head out to the side.

The whole-body jump shots are easy to learn and easy to execute. They usually take between two hours and two weeks, two months at most to learn. One reason for the fast learning speed is the easy-to-execute whole-body big-muscle jump shot techniques. Another reason for the fast learning speed is surefire teaching techniques that consist of the whole-body jump shots' setup fundamentals. Simply setting up the whole-body jump shots goes a long way toward determining their airborne shooting stance and release. The whole-body jump shots' setup fundamentals also override the resistant muscle memory of preexisting failed jump shots.



Reggie Miller shooting whole-body elbow-out jump shots



Kobe Bryant shooting whole-body reachback jump shots