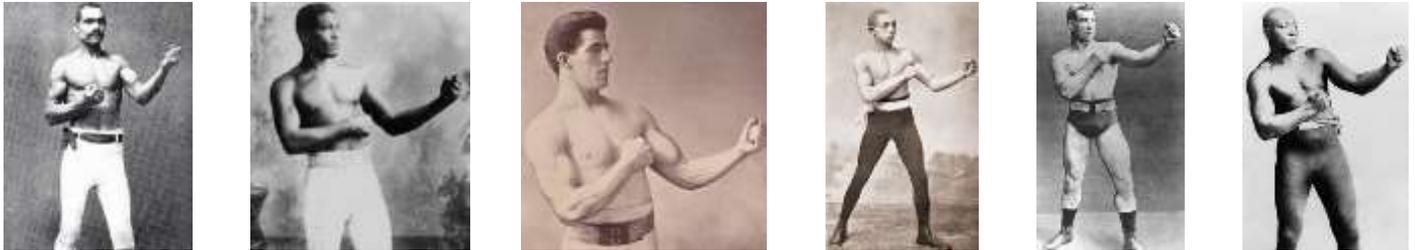


THE SHOOTING SHOULDER: CRUCIAL TO THE JUMP SHOT

By Robert Tiltz

The whole-body jump shots use a forward rotation of the shooting shoulder during the release as a primary source for athleticism and power. Boxing is also built around shoulder-centric techniques. Not bare-knuckle boxers, whose extension of the nondominant arm prevented the rollback and subsequent forward rotation of the same-side shoulder for athleticism and power. But modern boxers draw the hands and arms back close to the body, which rolls both shoulders back and thereby sets up their forward rotation for athleticism and power.

Below: Bare-knuckle boxers set up with the nondominant arm extended and elbow-in-strokesnap jumpshooters set up with the shooting arm extended. The setup arm extensions prevent the same-side shoulders from rolling back and then rotating forward for athleticism and power.



From left: George Godfrey, Peter Jackson, Jim Corbett, George Dixon, Tom Sharkey, Jack Johnson



From left: Bill Walton, Pau Gasol, Danilo Gallinari, George Hill, Jordan Clarkson, Bogdan Bogdanovic

The NBA-favored elbow-in-strokesnap jump shot sets up its elbow-in shooting position for the start of the release too far out front by way of its horizontally extended and basket aligned shooting elbow, which disconnects the strokesnap release from the jumpshooter's body by distance. The too-far-out-front elbow-in prevents the shooting shoulder from first rolling back to activate as a source of whole-body athleticism and whole-body power by way of engagement with the release mechanism and then rotating forward during the release, which limits, among other things, square-in-the-air rotation and gun-turret adjustability. Unable to cap off strongside moves or run-ups with a necessary square-in-the-air jump or to adjust the direction of the release, elbow-in-strokesnap jumpshooters find it difficult to shoot attack-capable strongside pull-up jump shots. That's why they usually shoot weakside jump shots, which often become weakside stepback jump shots because of exposure of the basketball as it is being raised to the shooting position during the jump of the jump shot. With respect to elbow-in-strokesnap jump shot tactics, there is weakside iso stepback scoring and not much else.

The modern crouching boxing stance locates the hands and the arms close to the body, which rolls the shoulders roll back to activate for athleticism and power. The whole-body jump shots are similar in that their shooting stances roll the shooting shoulder back to activate for athleticism and power. The two best examples are the forward-oriented elbow-out and the laterally-oriented reachback whole-body jump shots. Both have a shooting stance that sets up forehead high or higher and back close to the jumpshooter's body. And both are athletic, powerful and strongside pull-up capable because of their shooting-shoulder-centric techniques. The rollback of the shooting shoulder that engages it with the release mechanism sets the stage. The centerpiece is the forward rotation of the shooting shoulder during the release that merges the jump of the jump shot and the release of the

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jump shot by channeling the athleticism and the power of the jump into the release while also partly powering the release and mostly powering the rotation of the square-in-the-air jump of strongside pull-up jump shots.

Below: Modern boxers and whole-body jumpshooters. Both roll back the shoulders by setting up with the hands and the arms close to the body. Then the action shoulder rotates forward for athleticism and power.



From left: Joe Louis, Sugar Ray Robinson, Rocky Marciano, Muhammad Ali, Roberto Duran, Floyd Mayweather and Robinson and Carmen Basilio rolling back a punching shoulder to prepare for a power punch



Top L to R: Whole-body elbow-out jumpshooters include Earl Monroe, Bob McAdoo, Robert Parish, Bernard King, Shai Gilgeous-Alexander and Ja Morant. Above L to R: Whole-body reachback jumpshooters include Jerry West, Larry Bird, Michael Jordan, Tracy McGrady, DeMar DeRozan and Brandon Ingram.

To set up the whole-body jump shots' release, the shooting shoulder must roll back to activate as a source of whole-body athleticism and whole-body power by way of engagement with the release mechanism. For the elbow-out jump shot, angling the shooting elbow out rolls the shooting shoulder back. For the reachback jump shot, the reachback rolls the shooting shoulder back. The subsequent forward rotation of the shooting shoulder during the whole-body release powers the release, rotates the square-in-the-air jump for strongside pull-ups and revolves the gun turret for adjustability. The abundant power produced by the shooting shoulder during the release makes the whole-body jump shots relatively easy to shoot, which contributes to overall control. With respect to tactics, the whole-body jump shots' shooting-shoulder-powered rotation for power, squaring in the air and adjustability makes it possible to attack the defense with athletic, powerful and body-wedge protected strongside mid-range pull-up jump shots. To put a name on it, the strongside whole-body jump shots open up and spearhead the strongside game, which includes a full complement of shooting, driving and passing options.