THE ROOFGRIP JUMP SHOT: CLAMPS DOWN ON ATHLETICISM

By Robert Tilitz

The compressed look of the roofgrip jump shot's shooting position for the start of the release indicates that something is wrong. That something is the clampdown of the off-hand on top of the basketball. The roofgrip's clampdown by the off-hand that compresses the roofgrip jump shot's shooting stance and shooting position, which does major damage to its athleticism. The roofgrip jump shot's compressed shooting stance and shooting position squash the jump of the jump shot and even limit the moves and run-ups that precede the jump of the jump shot.

P.J. Tucker

Al Horford

Matthew Dellavedova

The roofgrip jump shot does have good power, which is largely derived from the legs by way of their push out of the compressed shooting stance. But the roofgrip jump shot's power does not compensate for its poor athleticism. The stationary, jumpless roofgrip jump shots of P.J. Tucker, Al Horford and Matthew Dellavedova are evidence of poor athleticism. All three specialize in long-range stationary semi-jump shots, seldom even attempting to shoot pull-up jump shots.

The roofgrip jump shot's athleticism problems start with the stiffness of its angled-in shooting elbow that is supposed to align with the basket and more stiffness from its externally rotated shooting hand that is supposed to locate underneath the basketball. Both techniques trace back to the elbow-in-strokesnap jump shot model. Although far from being athletic, the elbow-in-strokesnap jump shot does have a little weakside pull-up capability. But the clampdown by the roofgrip squashes even weakside-only off-the-dribble athleticism.

The roofgrip jump shot's athleticism problems are of course a consequence of its clampdown shooting grip and its compressed shooting stance. The roofgrip jump shot sets up with an awkward off-arm reach that locates the off-hand on top of the basketball and directly over the shooting hand, which forms an oppositional shooting grip, the roofgrip. Then the off-hand clamps down on the basketball, probably to hold in place both the angled-in shooting elbow and the externally rotated shooting hand. When the off-hand clamps down on top of the basketball, the resulting downward pressure squashes both the shooting stance and athleticism.

The most visible of the athleticism problems caused by the downward pressure exerted by the roofgrip's off-hand is the weak jump of the roofgrip jump shot. Obviously, the off-hand pushes downward directly against the jump. But the off-hand's downward pressure also squashes the jump indirectly by pushing down the shooting position for the start of the release. The problem is that lowering the shooting position cuts down the arm action that raises the basketball to the shooting position while also helping to power the jump of the jump shot.

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Another roofgrip jump shot athleticism problem caused by the downward pressure from the off-hand that squashes the jump is more horizontal than vertical. That's because, as the whole-body jump shot theory is alone in recognizing, it is the not so obvious role of the jump of the jump shot is to harness the horizontal momentum of the preceding moves and run-ups by redirecting it upward. So little to no jump of the jump shot means little to no preceding moves or run-ups.

The downward pressure from the roofgrip's off-hand prevents the rollback of the shooting shoulder prior to the release. Little to no rollback of the shooting shoulder means little to no forward rotation of the shooting shoulder during the release, which hurts release power. The roofgrip jump shot partially compensates for its weak release with leg power from the push out of its compressed shooting stance. Given the roofgrip jump shot's athletic and strongside limitations, no shooting shoulder power to rotate a square-in-the-air jump is inconsequential. But no forward rotation of the shooting shoulder does deny the stiff roofgrip jump shot gun-turret adjustability, which would be beneficial.

Some roofgrip jumpshooters, such as Jimmer Fredette and Cam Reddish, on the spot evolve out of the roofgrip jump shot's clampdown shooting position after setting it up. The modification involves quickly removing or sliding the off-hand from the top of the basketball and shifting it to the side of the basketball or thereabouts. Although the resulting release still starts too low, it does start without the downward pressure of an unmodified clampdown roofgrip. The modified roofgrip jump shot gains access to more but not max athleticism.

From left, first two Jimmer Fredette, second two Cam Reddish, shooting their modified, improved and more athletic versions of the roofgrip jump shot