

JUMP SHOT BREAKTHROUGH: NEW TECHNIQUES, BETTER RESULTS

By Robert Tiltz

The elbow-in-strokesnap jump shot, which is widely supported in the NBA, 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. As a result, 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 jump shot in basketball. The unprotected weakside jump shots' exposure of the basketball does, however, discourage attacking penetration 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, protection, accuracy, touch 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 capability, which provides the means to attack the defense with the jump shot.

There are two full-fledged shooting shoulder-centric whole-body jump shots. One is the Reggie Miller-type elbow-out jump shot, which specializes in strongside forward and moderately angled strongside lateral pull-ups. The whole-body elbow-out jump shot 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 specializes in strongside lateral pull-ups 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 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 initiates and partly powers the release but also partly powers the rotation of a square-in-the-air jump when necessary. 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. 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.

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 slightly less strongside capable than the elbow-out and reachback whole-body jump shots. Stephen Curry's whole-body sidegrip jump shot is full-fledged shooting shoulder-centric with a built-in long-range specialty. Curry did not invent the sidegrip, but the one-of-a-kind shooting shoulder-centric whole-body jump shot that he built around it has made him the greatest long-range jumpshooter of all time.

The whole-body jump shots are easy to learn and easy to execute. Learning usually takes between two hours and two weeks. Easy-to-execute whole-body big-muscle jump shot techniques speed learning. Surefire teaching techniques that consist of the whole-body jump shots' setup fundamentals speed learning even more. The setup fundamentals override the resistant muscle memory of preexisting failed jump shots.

THE WHOLE-BODY ELBOW-OUT JUMP SHOT AS EXECUTED BY REGGIE MILLER



THE SHOOTING POSITION FOR THE START OF THE ELBOW-OUT JUMP SHOT'S RELEASE: The shooting grip should set up with the shooting hand angled in, which will angle the shooting elbow out.



THE MERGE OF THE JUMP OF THE JUMP SHOT AND THE RELEASE OF THE JUMP SHOT: The forward rotation of the shooting shoulder during the release channels the athleticism and the power of the jump into the release. Also, the upward arm action that raises the basketball to the shooting position helps to power the jump of the jump shot.



THE WHOLE-BODY ELBOW-OUT JUMP SHOT'S RELEASE: During the shooting position setup, the elbow-out causes the rollback of the shooting shoulder that activates it as a source of whole-body athleticism and whole-body power by way of engagement with the release mechanism. The elbow-out release is an on-the-rise, one-continuous-motion, no-reachback, straightstroke-push that the shooting hand should lead straight into the arc of the whole-body elbow-out jump shot. The whole-body elbow-out release consists of forward rotation of the shooting shoulder, up and out full extension of the shooting arm including a stretched-out forearm stroke and, toward the end of the shooting arm extension, a brush of the basketball by the shooting hand to control the jump shot. Please note: For control, Reggie Miller used his fingertips/pads, not brushing hand action. See perfect brushing hand action via the release of several David Thompson free throws at about the six-minute mark of this David Thompson vs Julius Erving video: <https://www.youtube.com/watch?v=4oT2m4zvd0M>.

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