WHOLE-BODY PRIMER: PUSH AND PULL AND A PICTORIAL PREVIEW

By Robert Tilitz

(A pictorial preview of the whole-body jump shots is on the last two pages.)
Based on its importance to winning, the jump shot is without doubt the most important skill in basketball. At present, however, the jump shot is not basketball's main attraction. Instead, for fans and players alike, the raw athleticism of the players usually claims the spotlight. That's probably because many of basketball's leading players do what they do, achieve what they achieve based more on their athleticism than their jump shots.

The whole-body jump shot theory is most definitely not against athleticism. To the contrary, the whole-body jump shot theory believes that athleticism should reign over basketball, but in combination with the jump shot. Accordingly, the whole-body jump shot theory contends that when executed correctly, the jump shot is a greater advertisement for athleticism than any slam dunk. Just like the slam dunk, the jump shot requires athleticism and power. But the jump shot ascends to a higher level of athleticism with the need to integrate control with its base athleticism and power. Taken as a whole, the pre-jump shot maneuvers to create the opportunity to shoot, the transition from ground to air, the jump, the release and the flight of the basketball add up to athleticism at its highest level. But because of skill deficiencies high-level jumpshooting is relatively rare, which has relegated the jump shot to specialist status and lowered its popularity among fans and players.

Values and rankings aside, the whole-body jump shot theory is designed first and foremost to make a material contribution to the story of the jump shot. By being the first jump shot theory to get it right, the whole-body jump shot theory makes the jump shot teachable and learnable. At this point, the whole-body jump shot theory has not yet taken over and revolutionized basketball and perhaps it never will. There are significant financial and cultural barriers standing in the way of the takeover and revolution. But the barriers standing in the way of the acceptance and implementation of the whole-body jump shot theory cannot prevent the presentation of its ideas in our land of free speech, so here goes.

To begin with, if the whole-body jump shot theory does take over and revolutionize basketball, resulting in the jump shot replacing slam dunks as basketball's headline act, the change will in no way signal a demotion for athleticism. The whole-body jump shot theory absolutely prioritizes athleticism. The whole-body jump shot theory does, however, repackage athleticism by partnering it with the jump shot. True, raw athleticism would no longer be basketball's standalone star. The whole-body jump shot theory's approach joins athleticism with jump shot techniques, which makes athleticism the costar.

Besides building around the very best jump shots, the whole-body jump shot theory explores the relationship between jump shot techniques and jump shot tactics. In doing so, the whole-body jump shot theory builds the case for the strongside game and jump shot techniques that support it. In addition, it is argued that the physical demands of strongside to-the-basket and strongside lateral pull-up jump shots are so different that each requires or at least works best with a different set of whole-body jump shot techniques, that is, a totally different whole-body jump shot. Still, both of the different whole-body jump shots work very well off moderately angled strongside lateral moves and run-ups, meaning there is a significant degree of overlap in their capabilities. Both of the different whole-body jump shots adapt very well to post-up play, 3-point shooting and free throws.

As to why the whole-body jump shot theory emphasizes strongside pull-up jump shots, it's about their attack capability. Whole-body strongside pull-up jump shots are easily the best attack jump shots. Yes, the whole-body strongside pull-up jump shots are theoretically more physically demanding than weakside jump shots. True, but not for the whole-body jump shots, which actually gain athleticism and power from the otherwise detrimental strongside physical forces. The whole-body strongside pull-up jump shots' attack capability and the accompanying access to the strongside game with all of its shooting, driving and passing options make the ability to stand up to strongside physical forces the ultimate difference maker in offensive basketball.

Although the physical demands of strongside pull-up jump shots exceed those of weakside pull-up jump shots, they do not require extreme physical capabilities. But don't take my word for it, judge for yourself. For athleticism, the strongside pull-up jump shot requires first of all a preceding move or run-up to build up sufficient momentum to help power the jump of the jump shot. Second, the horizontal buildup of momentum from the move or the run-up must be harnessed. That's the job of the jump of the strongside pull-up jump shot, which redirects the horizontal momentum upward. Third, the strongside pull-up jump shot requires forward rotation of the shooting shoulder during the release, which is a fundamental whole-body technique, to partly power the release and to largely power the rotation of the square-in-the-air jump that many strongside pull-up jump shots require and all could use. That's it. There's no extreme athleticism involved there, right?

The whole-body jump shot for to-the-basket and moderately angled strongside pull-ups is called the elbow-out jump shot. Shai Gilgeous-Alexander is a leading example. The whole-body jump shot for strongside lateral pull-ups at both moderate and extreme angles, which works with the shooting elbow angled either in or out, is called the reachback jump shot. Brandon Ingram is a leading example. Since most players' offense heads forward, their primary jump shot should be the whole-body elbow-out jump shot. As to whether the whole-body jump shot theory gets it right, the precise parallels between the whole-body techniques and those of Shai Gilgeous-Alexander and Brandon Ingram is proof positive.

The release of the whole-body jump shots depends on the shooting shoulder first rolling back to activate as a source of whole-body athleticism and whole-body power. The release for the whole-body elbow-out jump shot is a straightstroke-push. Angling the shooting elbow out rolls the shooting shoulder back. The release for the whole-body reachback jump shot is a leveraged straightstroke-pull. The reachback rolls the shooting shoulder back. Both types of whole-body release merge with the jump of the jump shot, which maximizes their athleticism and power. The merge of the jump and the release of the whole-body jump shots is dependent on coordinated big-muscle action. The shooting shoulder is at the center of it all. The forward rotation of the shooting shoulder during the release channels the athleticism and the power of the jump of the jump shot into the release of the jump shot. And because both types of whole-body release are based on big-muscle action, they are relatively easy to learn and relatively easy to execute.

With athleticism and power derived from the shooting-shoulder-centric release and the big-muscle units, the whole-body jump shot theory eliminates the wrist snap. That frees up the shooting hand to control the whole-body jump shots, with secondary power production duties thrown in. After leading the whole-body jump shot's release straight into the arc of the jump shot, the shooting hand takes ultimate and decisive control of the whole-body jump shots toward the end of the straightstroke extension of the shooting arm by brushing the basketball as the off-hand separated from the basketball. Brushing hand action looks like a super smooth wrist snap but is in fact the whole-body jump shot theory's replacement for the wrist snap. Brushing hand action fine-tunes distance and direction, generates backspin for touch, slows velocity and adds secondary power when needed.

Several surefire teaching techniques guarantee that not even the resistant muscle memory of any preexisting failed jump shot can block learning how to shoot the whole-body jump shots. The whole-body jump shot theory's surefire teaching techniques overcome resistant muscle memory. These surefire teaching techniques consist of the setup fundamentals for the whole-body jump shots. That means the elbow-out and the reachback whole-body jump shots, because of their different structures, have different surefire teaching techniques. In both cases, however, the whole-body jump shot theory's setup fundamentals go a long way toward establishing the shooting stance and determining the release. As a result, learning how to shoot either the elbow-out or the reachback whole-body jump shots is exceptionally fast and easy.

The Whole-Body Elbow-Out Jump Shot


Lou Hudson

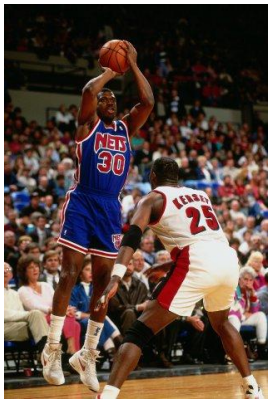

Earl Monroe


Bob McAdoo


David Thompson


Gus Williams


Robert Parish


Bernard King


Ricky Pierce


Hakeem Olajuwon


Karl Malone

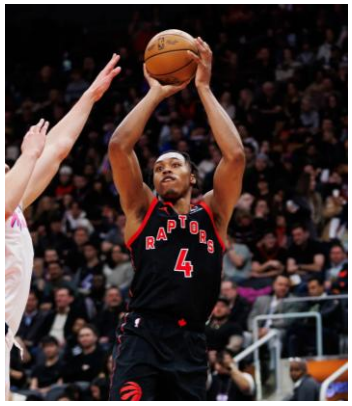

Reggie Miller


Sheryl Swoopes


Allen Iverson


Stephon Marbury

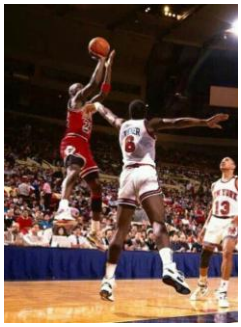

Shai Gilgeous-Alexander


Scottie Barnes

The Whole-Body Elbow-In Reachback Jump Shot


Jerry West


Larry Bird


Michael Jordan


Kobe Bryant


Tracy McGrady

The Whole-Body Elbow-Out Reachback Jump Shot


Mark Aguirre


Ray Allen


Tim Hardaway


Jason Terry


Michael Redd

The Whole-Body Reachup Jump Shot


Klay Thompson


Kawhi Leonard


Elena Delle Donne


Donovan Mitchell


Jalen Brunson

The Whole-Body Elevated-Elbow-In Jump Shot


Rick Barry


Kevin Durant


Devin Booker


Jaylen Brown

(For analyses of the whole-body jump shots, go to www.powershooting.com.)

Stephen Curry's One-of-a-Kind Whole-Body Sidegrip Jump Shot