

JUMP SHOT BREAKTHROUGH: NEW TECHNIQUES, BETTER RESULTS

By Robert Tilitz

The elbow-in-strokesnap jump shot, my name for the type of jump shot widely supported in the NBA, is supposed to enhance accuracy through elbow-in alignment with the basket. But the too-low, too-far-out-front elbow-in shooting position/set point for the start of the release disconnects the release from the shooting shoulder and through it the jumpshooter's body, the main source of jump shot athleticism and supplementary power, by preventing a coordinated rollback of the release mechanism and the shooting shoulder that is a prerequisite for their merge. Involvement of the shooting shoulder in the release is crucial for athleticism and power. Forward rotation of the shooting shoulder during the release is multipurpose. It helps to power the release. It is the dynamic that channels the athleticism and the power of the jump of the jump shot into the release. It is the primary power source for the rotation of the square-in-the-air jump that many strongside pull-up jump shots require and most could use.

Without the shooting shoulder, the elbow-in-strokesnap jump shot specializes in less athletic weakside jump shots, stationary/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 exposure of the basketball does discourage weakside penetration pull-up jump shots.

Alternatively, my new whole-body jump shot theory focuses on athleticism, power, body-wedge protection, accuracy, touch and gun-turret adjustability. The whole-body jump shots are based on big-muscle shooting techniques, of which shooting shoulder involvement in the release is the most crucial. The whole-body jump shots replace the wrist snap with hand action that brushes the basketball. The whole-body jump shots excel off the dribble going both strongside and weakside at mid-range. In addition to mid-range pull-up capability, the whole-body jump shots are adaptable to post-up play, 3-point shooting and free throws.

There are two full-fledged shooting shoulder-centric whole-body jump shots. One is the Reggie Miller/Shai Gilgeous-Alexander-type elbow-out jump shot, which specializes in strongside forward and moderately angled strongside lateral pull-ups. The strongside 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 Michael Jordan/Kobe Bryant-type reachback jump shot, which specializes in strongside lateral pull-ups at moderate and extreme angles. The strongside whole-body reachback jump shot reliably creates separation from the defender with its reachback and fallaway jump, which makes it not only a dominant offensive weapon but also the #1 crunchtime option.

The setup of the shooting position for the elbow-out and the reachback whole-body jump shots automatically rolls the shooting shoulder back. The whole-body reachback jump shot works with both an elbow-in and an elbow-out setup because either way the reachback angles the shooting elbow up, which allows the shooting shoulder to roll back. The shooting shoulder-derived 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 provide body-wedge protection of the basketball as it is raised to the shooting position and gun-turret adjustability by way of the flexibility of the shooting shoulder-based release mechanism and the square-in-the-air jump.

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The other whole-body jump shots include the classic Kawhi Leonard-type reachup, the early-under Jalen Brunson-type reachup, the Kevin Durant-type elevated-elbow-in and Stephen Curry's one-of-a-kind sidegrip. See the related articles on the website and in the book.

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. The whole-body elbow-out jump shot's moderate lateral capability should seal the deal. 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 never works well because it is anti-athletic and weak.

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 in part 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.



Reggie Miller shooting whole-body elbow-out jump shots



Kobe Bryant shooting whole-body reachback jump shots