



# One Handed Shooting Drill

Go to PKTrainings.com for a video explanation of this drill!

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**One Handed Shooting:** One handed shooting builds the foundation for a great shooter. This drill is by far my most recommended drill to players of ALL levels, especially struggling shooters.

HOW TO: Start close to the basket. Keep the ball in one hand.

**Step 1:** Catch the ball in a low (knees bent) stance with your toes pointed at the basket.

**Step 2:** Keep your knees bent and lift the ball up into your shooting pocket. Keep your fingers spread wide.

**Step 3:** Release your legs and shooting arm at the same time. Full extension(of legs and shooting arm) is important. Finish on your toes and flick your wrist downward to create backspin.

*Important notes: Beginners often rush step 2 because they struggle with balance and power. Sitting low athletic stance with the ball and simultaneously lifting the ball into the shooting pocket is difficult. Using a smaller ball, or starting on a lower hoop are great tools to build skills.*

**Good Questions:** Can you sit in a low squat with the ball balanced on one hand ready to shoot? Are your fingers spread out? Are you spinning the ball with proper vertical backspin? Can you do it just as well with the opposite hand?

