

Six Steps To Become A STAR SHOOTER

A PLAN • Makes the Free Throw a WEAPON – 80%+
that • Creates Excellent 3-pt Accuracy – 40%+



PEER MOTIVATED – The Team Progress Chart TELLS ALL

COACH FRIENDLY – Coaches are EXTREMELY busy so we make it EASY. Just introduce the PLAN and it runs itself.

INCLUDES THE FOLLOWING:
Directions, Teaching Videos, Skill Tests, Progress Charts, Awards

- Completely SELF-guided -
Just introduce it and watch the athletes move up - one step at a time

EVERY STEP REQUIRES PASSING A TEST

If progress isn't measured – you WON'T see progress!
(Athlete finds an adult to test them.)

NEEDED TO USE:
The *SHOOTING STRAP* & the *FIVE STAR ALL-AMERICAN WORKOUTS* Practice Manual

Designed to produce great shooters by their sophomore season OR SOONER!

Six Steps To Become A STAR SHOOTER

A Plan That Develops Superb Shooters By Their Sophomore Season or Sooner– FT 80%+, 3-pt 40%+

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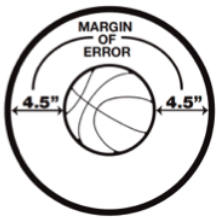
“Everyone – athletes, coaches, parents - NOW know exactly what to do to become a great shooter.”

Making the dream of becoming a great shooter a reality is why we created **Six Steps To Become A STAR SHOOTER**. This plan answers the BIG questions facing every player, every parent, and every coach – **“HOW** does one become a great shooter, **WHERE** do I begin, and **WHAT** do I do next?” With this unique plan, athletes learn the right way to shoot and then turn that skill into incredible accuracy from the free throw line (80%+) and 3-pt line (40%+).

“If progress isn’t measured, you won’t see progress.” TESTING is a BIG reason why **Six Steps To Become A STAR SHOOTER** is so effective. Every athlete must pass a “challenge test” for each of the six steps to prove they have mastered the skills needed to move to the next step.

The SHOOTING STRAP is vital to learn proper form. It is IMPOSSIBLE to learn proper shooting technique when the off-hand helps provide force - a bad habit of almost all players. The STRAP forces the shooting hand to totally control the ball and creates proper form AUTOMATICALLY while shooting.

Making the free throw a “weapon” is the goal of the ‘Six Steps’ plan. This is done by teaching the difference between **SWISHING** free throws vs RIM-IN’s. Look at the diagram and focus on the “margin of error”. When the ball touches the inside of the rim during a MADE free throw, accuracy is literally off by 4.5 inches. **SWISHING** again and again requires outstanding accuracy.



Setting the high standard of **SWISHING** free throws requires greater skill and that is what the ‘Six Steps’ plan accomplishes. **When an athlete completes the sixth step, they will have a free throw accuracy level of 80% or better in games.** Owning such a high degree of skill will also enable them to knock down shots from all over the court.

But wait, there’s more . . . Not only will athletes develop deadly accuracy, in the process they will learn the CAUSE of inaccuracy and how to SELF-CORRECT. They will learn that a ball that touches the LEFT or RIGHT side of the rim signals an error with mechanics. FRONT or BACK touches signal a POWER and/or ARC issue. Armed with this information, athletes will become very proficient at addressing the problem and making the necessary corrections.

COACH - count on great shooters EVERY YEAR. How great would it be to count on having several good shooters with every incoming sophomore class? **Six Steps To Become A Star Shooter** is designed to do just that. By tapping into the competitive instincts of athletes, this plan literally drives itself. **All the coach does is introduce it and watch the athletes improve. It’s COMPLETELY SELF-GUIDED** and each person moves ahead as fast as they are capable. When introduced at grade 5, great shooters are GUARANTEED by their sophomore season and SOONER !!!

For best results, introduce the ‘Six Steps’ plan to your ENTIRE program - grades 5 and up – and include parents, coaches, volunteer coaches, school officials (AD’s & principals), and the press. More people provide more excitement. **And, whenever someone passes a Challenge Test, contact EVERYONE!** Social Media and email make this easy.

To Each Athlete: *“Get ready to begin the CHALLENGE to become a STAR SHOOTER. Always keep in mind TWO things: **Success – It’s ALL About DETAILS** and **Nothing GOOD Comes Easy.**”*

Best Swishes,
Jay & Ryan

DIRECTIONS FOR USE

Each of the **Six Steps** presents a **“Skill to Learn”** and a **“Challenge Test”**. Begin at the bottom and move up one step at a time in the EXACT order displayed. **DO NOT SKIP A STEP.** Move up as fast as you are capable.

Taking The “Challenge Test”

When an athlete feels they are ready to take the Challenge Test for a particular step, **THEY must find someone to supervise the test.** The *test supervisor* can be any adult – parent, friend, coach, pastor, etc.

- **When the challenge test is passed,** the *test supervisor* and athlete 1) sign the test form and 2) the athlete must give the form to their coach.
- **If the challenge test is failed,** it can be attempted again after 2 days of practice. **Only 2 attempts on the SAME TEST are allowed per week.** There are no limits on re-testing. The *test supervisor* should tell the athlete, **“Practice some more and you can try again in two days.”**

Message For Head Coaches Concerning Those Who Pass A “Challenge Test”

It is a **MUST** to inform ALL coaches in your program that this program is a **BIG DEAL.** When an athlete passes a Challenge Test, it **MUST** be celebrated. **Text or email EVERYONE.** Here are some more examples:

- Have the athlete come **before the team while** standing next to the coach while the coach informs the team of that person’s accomplishment. **DEMAND** loud applause and high fives and/or fist bumps.
- **Post the master PROGRESS CHART (below and page 11) in the locker room and add the athlete’s latest success.**
- Inform everyone at the “End of the Season banquet” WHO passed WHAT tests. Remind the athletes and parents of the big picture – to become a STAR SHOOTER – pass all six steps - by their sophomore season.

Taking Steps To Be A STAR SHOOTER

Name	Step 1	Step 2	Step 3	Step 4	Step 5	*Step 6*
Andy Tomachek						
Mike Juhl						
Alex Jones						
Danny Williams						
Ryan Allaire						
Joe Sir						STAR SHOOTER
Greg Gartner						
Rudy King						
Bobby Sinclair						
Kevin Wilson						
Todd Landrum						STAR SHOOTER

Example
Grade 5
Grade 6
Grade 7
Grade 8
Grade 9
Grade 10
JV
Varsity
College

BEFORE YOU BEGIN: Determine the BEST Way to POSITION the FEET.

There are two thoughts on which is the best way to position the feet while shooting. Some teach the method shown in photo 1 and others adhere to the method shown in photo 2.



Toes to the Rim

OR



Angled to one side

Which method is BEST? To determine which is best, “let the numbers do the talking”. In other words, simply test both methods and determine what works best.

TEST #1: Shoot 100 free throws in sets of 25 with both feet pointing toward the rim.

TEST #2: (Wait 3 days or more after taking Test #1) Shoot 100 free throws in sets of 25 with both feet on an angle as shown in photo #2. After both tests, look at the RESULTS.

- If one way is **10% or better** than the other, chose that one.
- If there is **less than 10% difference**- use “Toes to the Rim” method because it creates less problems.

Our Preference: For most players, we prefer **Toes to the Rim** because 1) it’s easier to learn the skill of directing “**all motion toward the rim**”, and 2) it creates less Left/Right accuracy problems. When feet are **angled to the side**, (photo 2) the body tends to move in the direction the feet are pointing – a problem called “**DRIFTING**”. Even worse is to start with “toes to the rim” and finish with “feet on an angle”. This causes the body to rotate away from the shooting arm and creates Left/Right misses.

Vertical Alignment is MOST important !!! Whatever foot position is used, the most important determiner of Left/Right accuracy is a one-hand shot delivered with Vertical Alignment – elbow under the ball.



Vertical Alignment - Elbow starts under the ball

Coaching Point:
Angling the feet may help when an athlete finds it difficult to position the elbow under the ball. They may have a stiff wrist, tight shoulders, or some other problem. Whatever the reason, angling the feet often allows the elbow to be moved closer to the desired position.



Elbow continues under the ball

STEP 1 CHALLENGE TEST: Execute 5 shots in a ROW where the shooting hand ends above the rim and the shooting foot points toward the rim throughout the shot.

Skill to Learn: Direct ALL motion toward the RIM and finish with Elbows ABOVE the Eyes. Why?

- **Poor Left/Right accuracy:** When the body rotates during the shot and/or the hands finish beside the rim.
- **Poor Left/Right accuracy:** When the body “drifts” sideways.
- **Proper ARC:** Ball is released when **shooting elbow** is higher than **the eyes** and the other is **at least even**.

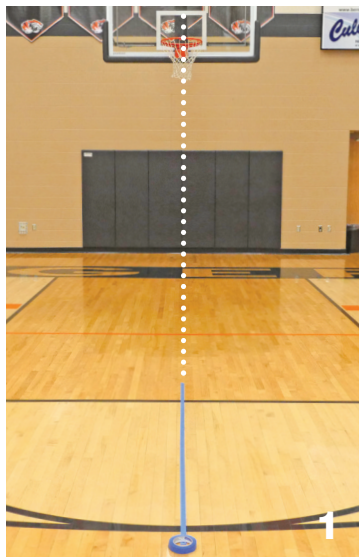
Responsibilities Of The Test Supervisor & Athlete When Taking Challenge Test 1

Test Supervisor: Lay blue painters tape on the floor so it extends from the 3-pt line past the free throw line and it is in line with the center of the rim. See photo 1. **Stand BEHIND the shooter** and audibly count: 1 for 1, 2 for 2, etc. if they **begin** and **finish** as described in the “Athlete” section below. **Younger players** begin at the free throw line and **older players** at or near the 3-pt line. **Re-test** no sooner than the next calendar week. **IMPORTANT:** Painters tape won’t damage the floor’s finish.

Athlete: While standing on the tape line (photo 2), shoot 5 times. **ALL 5 TIMES** you must finish with the **shooting foot on the line and pointing toward the basket** (photo 3) and the **shooting hand directly above the rim** with the **off-hand next to it** (photo 4). Making the shots are **NOT** required.

NOTE: Younger players begin at the free throw line – older players begin at or near the 3-pt line.

* Those that begin with feet angled must end on the tape with the feet at the **SAME** angle.



1
Tape in line with center of rim



2
Start

3
Finish



4
Shooting hand above the rim

Print a copy of this page and ATHLETE hands it to his/her coach after passing the test.

Step 1 was accomplished on: _____
Date

Test Supervisor _____
Print

Signature

Athlete _____
Print

Signature

STEP 2 CHALLENGE TEST: Wearing the SHOOTING STRAP, take 5 shots from the free throw line. The shot must be made or the ball must “at least” touch the rim 5 times in a ROW.

Skill to Learn: Learn to execute a one-hand shot by breaking the habit of involving both hands to deliver force.

Why the SHOOTING STRAP: It is IMPOSSIBLE to learn proper shooting form when the off-hand also provides force (thumbing). The STRAP isolates the dominant hand and forces it to completely control the ball.

How to Practice for the Step 2 Challenge:

Attach the SHOOTING STRAP and shoot. The STRAP AUTOMATICALLY teaches you a one-hand release. Watch this video for attaching the STRAP - <https://youtu.be/pcRwxTKmWW8?list=PLczFj0FusPKKKG0Gx9fQ8kZcoaYiHB1yP>

Responsibilities Of The Test Supervisor & Athlete When Taking Challenge Test 2:

Test Supervisor: (REMEMBER – Re-tests for can be taken no sooner than the next calendar week.)

1. Prior to the test, watch this video to learn the right amount of tension needed while wearing the SHOOTING STRAP. <https://youtu.be/pcRwxTKmWW8?list=PLczFj0FusPKKKG0Gx9fQ8kZcoaYiHB1yP>
2. Give the athlete 10 warm-up shots **WITHOUT** wearing the SHOOTING STRAP and then THEY attach it.
3. If the STRAP is too loose, it is IMPOSSIBLE to determine if the athlete has learned a one-hand release.

Athlete: (REMEMBER – Re-tests for can be taken no sooner than the next calendar week.)

1. Take 5 attempts from the free throw line. Attempts 1 & 2 are DIFFERENT than attempts 3, 4, & 5.
 - **Attempts 1 & 2:** Simulate shooting a free throw. (Photo 1) The athlete is NOT rushed.
 - **Attempts 3, 4, 5:** Catch and shoot QUICKLY after receiving a bounce pass. (photo2)
2. The shot must be MADE or the ball must at least TOUCH the rim 5 times in a ROW.



Free Throw - Attempts 1 & 2



Catch & shoot - Attempts 3, 4, & 5

Print a copy of this page and ATHLETE hands it to his/her coach after passing the test.

Step 2 was accomplished on: _____
Date

Test Supervisor _____
Print

Signature

Athlete _____
Print

Signature

STEP 3 CHALLENGE TEST: While wearing the SHOOTING STRAP, successfully perform Jay & Ryan's 3 Form-building Warm-up Drills in 4 minutes or less.

Skill to Learn: Develop the proper mechanics for a one-hand shot by learning the warm-up drills in this video. The password is **StarShooter (S's are upper case)** <http://vimeopro.com/willowstreetproductions/starshooter-bonus-video>

Responsibilities Of The Test Supervisor & Athlete When Taking Challenge Test 3:

Test Supervisor: (REMEMBER – Re-tests for can be taken no sooner than the next calendar week.)

1. Become familiar with the Jay & Ryan's Form-building Warm-up Drills by watching this video. The password is **StarShooter. (S's are upper case)** <http://vimeopro.com/willowstreetproductions/starshooter-bonus-video>
2. Be able to perform all three drills so YOU understand what to LOOK for when testing.
3. Check to see if the drills are performed the RIGHT WAY. If a mistake occurs in Drill #1 or #2, the athlete must start over. The goal is 10 in a row. Drill #3 allows up to 3 mistakes before needing to start over.
4. Give the athlete up to 4 minutes to complete ALL 3 drills. If a mistake is made, the clock does NOT stop.
5. Either use the scoreboard clock or a stopwatch. Call out the time every 30 seconds. The clock DOES NOT STOP between drills.
6. **Drill #1:** 10 out of 10 perfectly in a ROW; **Drill #2:** 10 out of 10 perfectly in a ROW; **Drill #3:** 7 out of 10 times BOTH the fingers must be in the right position on the release AND the ball must land of the line.

Athlete: (MUST Wear The SHOOTING STRAP)

1. Perform all 3 drills successfully in 4 minutes or less:
 - Drill #1:** 10 out of 10 perfectly in a ROW - If a mistake is made, start over from the beginning.
 - Drill #2:** 10 out of 10 perfectly in a ROW - If a mistake is made, start over from the beginning.
 - Drill #3:** 7 out of 10 times BOTH the FINGERS must be in the right position after the release AND the BALL must land of the line. Up to 3 mistakes are allowed before needing to start over.
2. Clock starts when you begin and stops when you finish.

***EXTREMELY IMPORTANT*:** For the rest of your career, begin EACH practice with these 3 Warm-up Drills. They are your ticket to **BE & REMAIN** a STAR SHOOTER.

Print a copy of this page and ATHLETE hands it to his/her coach after passing the test.

Step 3 was accomplished on: _____
Date

Test Supervisor _____
Print

Signature

Athlete _____
Print

Signature

STEP 4 CHALLENGE TEST - 2 Parts: (wear the SHOOTING STRAP for both parts)

Part A: In 10 attempts, make 5 free throws in a ROW. Part B: Make 10 free throws in a ROW.

Skill to Learn: Using and Perfecting the mechanics learned in Step 3, shoot free throws accurately. **EXTREMELY IMPORTANT:** Check vertical alignment BEFORE each attempt.

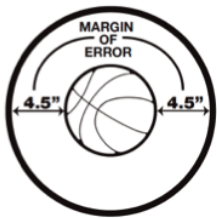
Practice TIPS for Preparing for the Step 4 Challenge: (Practice free throws in sets of 10. The ball should start in front of the shoulder – not up high as during the Warm-up Drills.)

TIP – For every attempt: **1)** Begin with YOUR normal routine (dribbles, etc), **2)** find the valve stem and check vertical alignment, **3)** FOCUS on a small area on the front of the rim, **4)** THEN begin a rhythm bounce and shoot.

TIP – Know what affects **Left/Right** and **Front/Back** accuracy:

- **Mechanics affect Left/Right accuracy.** Use the mechanics learned in the 3 Warm-up Drills.
- **Front/Back weight distribution affects Distance accuracy - “Feel the Toes”** Lean forward SLIGHTLY so the toes can be felt gripping the bottom of BOTH shoes during the entire shot.

TIP – Read the Rim. To improve accuracy more quickly, watch where the ball touches the rim (even during a MAKE) – Left/Right and Front/Back. This is called, “**Reading the Rim**”.



For Left/Right touches: This signals poor mechanics. To determine what went wrong, FREEZE the follow-through and examine the fingers as done when performing the 3 Warm-up Drills.

For Front/Back touches: This signals poor **POWER** and/or **ARC**.

- To adjust POWER, “feel the toes” through the entire shot to make power consistent.
- To adjust ARC – finish the shot with the **shooting elbow above the eyes**.

Responsibilities Of The Test Supervisor & Athlete When Taking Challenge Test 4:

Test Supervisor: (REMEMBER – Re-tests for can be taken no sooner than the next calendar week.)

1. Give the athlete up to 5 minutes to warm up.
2. The athlete rebounds without assistance.
3. Stand to the side of the lane and chart “Makes” ● and “Misses” ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

Athlete: (MUST Wear The SHOOTING STRAP)

1. Don't rush. Use your normal routine. (In an official game, you get 10 seconds after receiving the ball.)
2. Be sure to use the “rhythm bounce” leading into the shot to help relax.
3. Part A: In 10 attempts, make 5 FT's in a ROW. Part B: Make 10 FT's in a ROW. One miss means the test is over.

Print a copy of this page and ATHLETE hands it to his/her coach after passing the test.

Step 4 (Part A / Part B - circle one) was accomplished on: _____

Date

Test Supervisor _____

Print

Signature

Athlete _____

Print

Signature

Game Shot Practice: When Part A is passed - use the **FIVE STAR ALL-AMERICAN WORKOUTS** Practice Manual. Begin with Workout #3 – locations 1-13 (all are INSIDE the 3pt line). When Part B is passed - include 3 point shots with Workout #3. **IMPORTANT:** Closely follow the Directions for each workout - #3, #4, #5, #6.

STEP 5 CHALLENGE TEST: Make 10 free throws in a ROW with 3 or less Left/Right rim touches while wearing the SHOOTING STRAP.

Skill to Learn: Improve Left/Right accuracy to a high degree by perfecting shooting mechanics.

NOTE: To achieve this level of accuracy, you MUST pay attention to DETAILS – the “small stuff”.

What if the ball comes close to touching the rim? If the ball comes so close you can't tell if it touched the rim or not, consider it a TOUCH because it is almost 4.5 inches from dead center. You want **precision accuracy**.

Practice TIPS for preparing for the Step 5 Challenge: (Become “professional” in your practice - DETAILS.)

- TIP** – Continue to BEGIN practice EVERY day with the 3 Warm-up Drills. Your free throw should use these mechanics EXCEPT, the ball starts in front of the shoulder.
- TIP** – Continue to “Read the Rim” for every shot. If the ball touched the rim, know the reason WHY. Review the reasons explained in **Step 4 under Practice Tips – “Read the Rim”**.
- TIP** – Focus on a small area on the front middle of the rim and THEN begin the rhythm bounce. (Every shot.)
- TIP** – “Feel the toes” throughout the entire shooting motion for consistent Balance & Power.

Responsibilities Of The Test Supervisor & Athlete When Taking Challenge Test 5:

Test Supervisor: IMPORTANT - For step 5, we suggest the supervisor be a coach.

1. **IMPORTANT: Know what a Left/Right rim touch looks like.** If the ball comes so close you can't tell, consider it touched because it was almost 4.5 inches off. We want precision accuracy.
2. Give the athlete up to 5 minutes to warm up.
3. The athlete rebounds without assistance.
4. Stand to the side of the lane and chart MAKES ● and MISSES ○ AND where ball touched rim —
Examples: MAKE but touched left side of rim—● SWISH ● MISS to the right ○—
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

Athlete: (MUST Wear The SHOOTING STRAP)

1. Take your time. Don't rush. Use your normal routine.
2. Be sure to use a slight “rhythm bounce” leading into the shot to help relax.
3. Make 10 free throws in a ROW. Miss one and the test is over.

Print a copy of this page and ATHLETE hands it to his/her coach after passing the test.

Step 5 was accomplished on: _____
Date

Test Supervisor _____
Print

Signature

Athlete _____
Print

Signature

STEP 6 CHALLENGE TEST: **Without the STRAP, make 10 free throws in a ROW with NO Left/Right rim touches and 3 or less Front/Back rim touches. (SWISH 7/10)**

Skill to Learn: To fine tune my mechanics and touch and develop the mental toughness needed to achieve the highest level of basketball shooting accuracy described as, a **STAR SHOOTER**.

Practice TIPS for Preparing for the Step 6 Challenge: (Take a “Professional” approach to practice – DETAILS.)

TIP – Continue to begin practice EVERY day with the 3 Warm-up Drills.

TIP – Continue to “Read the Rim” for every shot. If the ball touched the rim, know the reason WHY. Review the reasons explained in **Step 4 under Practice Tips – “Read the Rim”**.

TIP – Focus on a small area on the front middle of the rim and THEN begin a rhythm bounce. (Every shot)

TIP – “Feel the toes” throughout the entire shooting motion for every shot for consistent balance & power.

TIP – Reduce back-iron touches by RAISING the release point slightly – **shooting elbow above the eyes**.

Responsibilities Of The *Test Supervisor & Athlete* When Taking Challenge Test 6:

Test Supervisor: IMPORTANT - For step 6, we suggest the supervisor be a coach.

1. Give the athlete up to 5 minutes to warm up.
2. The athlete rebounds without assistance.
3. Stand to the side of the lane and chart MAKES ● and MISSES ○ AND where ball touched rim —
Examples: MAKE but touched left side of rim—● SWISH ● MISS to the right ○—
○ ○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9 10

Athlete: (DO NOT Wear The SHOOTING STRAP)

1. Take your time. Don't rush. Use your normal routine.
2. Be sure to use a slight “rhythm bounce” leading into the shot to help relax.
3. Make 10 free throws in a ROW. Miss one and the test is over.

Print a copy of this page and ATHLETE hands it to his/her coach after passing the test.

Step 6 was accomplished on: _____
Date

Test Supervisor _____
Print

Signature

Athlete _____
Print

Signature

“Congratulations, STAR SHOOTER. We are EXTREMELY proud of you. Please email us to let us know about your success.”

**Best Swishes,
*Jay & Ryan***

Jay@StarShooter.Net
Ryan@StarShooter.Net