



Skill Context

The set shot is a shot that is taken without jumping. It is more commonly used when making free throw attempts.

Main Cues

- Feet hip width apart
Elbow bent 90 deg
- Push with your legs
Flick wrist
- Eyes on target
Finish tall

Skill Breakdown

Learn how to perform this skill with this detailed breakdown.



- Triple Threat**
- Knees bent
 - Back straight
 - Protect ball near hip



- Ready Position**
- Knees bent, feet hip width apart, shooting side foot in line with target
 - Elbow bent at 90 and in line with target
 - Shooting side wrist cocked back, ball resting on fingertips
 - Non shooting hand supporting ball



- Extension**
- Push with your legs
 - As legs extend, extend shooting arm
 - Non-shooting hand follows ball but does not push
 - Once body is fully extended, flick shooting wrist to propel ball forward
 - Eyes on target throughout shot



- Follow Through**
- Finish tall (body is fully extended)
 - Shooting hand wrist snapped forward, knuckles facing target



- Video Demonstration**
- Scan the code above with your mobile device's QR code scanning app to watch a video demonstration of this skill being performed.


Activities For Deliberate Practice

Choose your skill level, refer back to this poster, and start mastering this skill.

Level One
Novice



Level Two
Intermediate



Level Three
Expert

