

COACHING THE SWISH METHOD

| Lesson | Application |
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| NOTES ABOUT SETTING THINGS UP | Review any notes, special players/parents for extra attention! |
| | Assign kids to pairs and foursomes/groups, give them a #. |
| | When giving pers. attention in groups, bring them near PA system. |
| | ASAP, turn every exercise into a <u>personal</u> experience. |
| | Connect with each player, shake hands, look into eyes, gratitude! |
| | Make sure they know you <u>appreciate</u> who they are/are becoming. |
| | Observe and select advanced shooters for some of special drills. |
| | Remember these things are not the RIGHT way, rather suggestions. |
| INTRODUCTION | |
| Introduction and Welcome | Mention WHAT WE TEACH, the basic ideas and principles: |
| Thank organizer(s), engage and include coaches, parents. Encourage them to do the exercises, too! | <ul style="list-style-type: none"> • For learning, it's important to know how shoot now! • Awareness is how we learn (vision, feel, etc.). FEEDBACK is critical!!! • Awareness is like Cookie Monster -- needs to be <u>fed</u> w. Feedback!!! |
| << Don't just list these, but talk about them over time. Start with the ones that have meant most to you. There ARE a bunch of key things that we want to get across. The four Keys discuss them, and as you teach the Fundamentals, more are covered. >> | <ul style="list-style-type: none"> • It's valuable to <u>maximize big muscles, minimize variables!</u> • We recommend an <u>Open Stance</u>, and Stepping In to shoot • For best accuracy, <u>S/P is in line with shooting eye</u> • Hand position in line with target line is critical, forget the elbow! • Hand drops back to 60-70°, not forced back to 90° or more • <u>Dipping is valuable</u> to initiate Alignment with target • A constant, Push-and-Flop Release is reliable, predictable • Distance is controlled by varying Arch, not the Release |
| Inspire them to become "Learners!" | <ul style="list-style-type: none"> • Shooting on the way up gives power, height & stability • Higher Arch is preferable (bigger target, softer landing) • <u>We teach What & How to Practice!</u> • <u>We teach them how to coach themselves (HUGE!)</u> • Comparison, Contrasts, Exaggeration and Play are helpful for learning (don't shun the old stroke; examine it, love it, illuminate it. It's not what you want, but <u>IT'S WHAT IS!!!</u>) • Only by accepting something can we truly begin to change it. |
| PAIR THEM UP, ESTABLISH FOURSOMES, TELL THEM TO SWITCH PARTNERS, EACH EXERCISE! | |
| PRE-TEST (20 J's, 20 FT's) | In pairs at basket, each takes 20 J's, 20 FT's (partner keeps counts) |
| (Do at least 10/10, if time short) | Do from about 15 feet away (closer for younger kids) |
| | Take two shots, then back away and re-set, same spot or changing. |
| HOW SHOOT NOW? | EXERCISES TO DISCOVER HOW THEY SHOOT NOW (DISTINCTIONS) |
| (Read "Coaching Shooting w. Teams..." on the Articles page for more details.) | Describe how <u>observation of others</u> is very valuable. |
| Demo first 3 distinctions | Observe partner like a "hawk." Will be asked to copy partner. |
| | Demo them with volunteers (no need to pre-select) |
| | Power, where from (more upper or whole body?); height; spin? |
| | Is the Release a throw, flip or push? Don't change it, come to <u>know</u> it. |
| Have them go to baskets and do them | May want to "lead" them so there's more structure |

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| | | (e.g. - take 2 shots, then stop; tell them to <u>give, then get, feedback</u>) |
| | *** IMPORTANT: GET THEM INVOLVED IN FEEDBACK THING, FOR BOTH SELF & PARTNER! *** | |
| | WHAT THEY SEE IN OTHERS RAISES THEIR OWN POTENTIAL!!! | |
| | Debrief, demo last 4 distinctions | Stance; Set Point, action of shooting arm, action of wrist and hand |
| | Do in two parallel lines or A-B Circles | Have them take 2 shots, then give and get feedback. |
| | | Watch partner more closely; you'll be asked to imitate. |
| | | Debrief, then ask A's to shoot, B's to imitate. |
| | | Then B's to shoot, A's to imitate. Ask to rate how well imitated. |
| | << <u>PURPOSE:</u> For effective learning, | Then play with spins (left,right,back), (dead/forward/back). |
| | it's critical they know how they | The more they know distinctions, the more coachable they become. |
| | shoot now -- the first step!!! >> | Debrief - What was learned? |
| | | |
| INTRO TO THE SWISH METHOD (INSTRUCTOR) | | |
| | Now instructor shoots and explains the Method and the Possibilities | |
| | Four "Secrets" of Great Shooting | This is not the "Right" way to shoot, just "suggestions" |
| | 1) Constant Release | Teach them as "possibilities." There are many ways, not all effective. |
| | 2) Shoot FROM UpForce | Explain why each is so important. |
| | 3) Vary the arch to control distance | Move around to demonstrate each "Key" -- play with it a bit! |
| | 4) New "2nd" Key - Alignment with eye and basket as long as can | |
| | | |
| EXPERIENTIAL: NOW GO TO BASKETS AND LEAD THEM IN "PLAY" AND EXPERIMENTATION | | |
| | 1) Constant Release | See how they Release it; change it, try diff. ways to release ball. |
| | 2) Shoot FROM UpForce | Play with when they shoot; early in jumping action, late, half way up. |
| | 3) Vary the arch to control distance | Play with different trajectories -- flat, medium, high. How do? |
| | 4) New "2nd" Key - Alignment | Note their alignment. When is ball in line with eye & basket (if at all)? |
| | as long as can | Try diff. ways to set and align ball. Which works best? |
| | | |
| THE FUNDAMENTALS (RELATE TO WHAT WE TEACH) -- COVER FAIRLY QUICKLY | | |
| | Grip | Strong hand wide apart without strain, a little pressure in pads |
| | | Off hand can be on side or more under, to side and behind (my pref.) |
| | Stance | Demonstrate and explain why Open is more natural, instinctive |
| | | Like a boxer would stand to throw jabs. Squared up is less stable. |
| | | An Open stance allows you to "step in" to shoot, a powerful action. |
| | Set Point | Set Point in line with eye; hand turned facing line to target |
| | | Elbow is NOT tucked in; focus on hand position, forget elbow! |
| | Release | Release as a Push & Flop, rather than a throw or flip (tell them why) |
| | | Introduce idea of 70%, "Full out" motion, spring-loaded, automatic! |
| | Follow Through | Hold Follow Through an extra 1/2 to one second (to complete action) |
| | Vision -- what you look at, focus on | neither front nor back; <u>focus on everything and nothing</u> ; body knows... |
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| LEARNING THE METHOD | | |
| | UPFORCE | Do the group exercises of having them jump up & down, diff. sizes |
| | | Feel the power, do Big, Small, then Medium. Biggest muscles |
| | << <u>PURPOSE:</u> Understand and learn | Shoot from that energy. Do it with eyes closed, too. |
| | how to shoot <u>from</u> the main power | Now introduce idea of a "percentage." 100%, 50%, Zero % |
| | source, what we call UpForce! >> | Demo it, then have them do it -- call out percentages, then do them. |
| | Make it experiential --> | Now Go to a Basket and "play" with % of UpForce. Observe! |
| | (3-4 minutes) | Debrief: what did they experience? What did they learn? |

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| | | Can they see shooting early in jump is powerful, stable, high? |
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| | RELEASE | Demo first, can do sitting down or standing up, get pushing action |
| | | <u>Compare Push & Flop with Throw and/or Flip</u> |
| | | No ball at first to learn the motion; then add ball. |
| | | Are wrist and hand relaxed or tight? |
| | << <u>PURPOSE:</u> Learn to master the critical Release, so it becomes simple, accurate and automatic! >> | Keep reminding them to check their hand positions, alignment |
| | | Note <u>they</u> now control speed and angle. Play with it. |
| | Make it experiential --> | If sitting, stand up, same thing -- Push & Flop, 70%, various angles |
| | (3-4 minutes) | Now GO TO A BASKET to "play" with diff. ways to stand, set and release the ball. Could they do it? Did Release action start to change? |
| | | Debrief: what did they experience? What did they learn? |
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| | AT WALL | Now go a wall to re-learn the motion, coaching yourself! Small at first! |
| | | At a wall (less pressure), demo all the things we're working on, great place to "Coach yourself!" Experiment, compare, contrast, |
| | << <u>PURPOSE:</u> This is a non-threaten'g place to work on (and coach) self. >> | exaggerate. Work on the stroke, let each shot teach you!!! |
| | | Invite them to start coaching themselves now: Explore all the ways to shoot. Let this be a "choice." They "know" what works, now. |
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| START PERSONAL ATTENTION WITH NEXT EXERCISE - CONTINUE WITH EACH FOLLOWING EXERCISE | | |
| | | (Start with group #1 and rotate around court keep track. Get to everyone mult. times throughout the clinic.) |
| | | In personal session, have them shoot to you, others observing. Than at basket. What's happening? Correct! |
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| | FINDING PURE RELEASE DIST. (PRD) | Demo with an advanced shooter - This is the MASTER Exercise! |
| | | Do it quickly, pointing out milestones. Too close, too far, just right. |
| | << <u>PURPOSE:</u> Discovering and mastering the "pure" Release is the most important exercise. >> | Now GO TO A BASKET & find your "own" PRD, med. high, "Full Out!" |
| | | Go through the progression; find YOUR perfect distance. |
| | | Debrief: what did they experience? What did they learn? |
| | | Do it again, w. more awareness of precision - how many in row? |
| | | Debrief again: what are they noticing? What are they learning? |
| | Make it experiential --> | Now FREE SHOOTING at their group's basket playing with everything! |
| | | ... Stances, Setting, S/Points, Release, Arch, F/thru, var. distances |
| | | Debrief: What did they experience? How many are "getting" it? |
| | | Any difficulties? What's working, not working? |
| | | |
| | FREE THROWS - Same "stuff" | DEMO FIRST , coach or student (Jump Shot without Jump and vice versa) |
| | Debunk crouching, Pre-shot routine | Re-find PRD first, then move back -- Micro, Mini, Full (3 stages) |
| | If you know, psyching up isn't needed. | It becomes more and more "automatic" when Rel. is automatic! |
| | << <u>PURPOSE:</u> Another way to practice the same, simple stuff. | Notice how leg action can <u>trigger</u> everything! Set & shoot quickly. |
| | When player masters the Release | Then small group to demo the semi-circle format |
| | and how to drive and trigger the whole motion from the leg action, | Now GROUPS AT BASKETS - work on your stroke, make a lot of shots. |
| | extraordinary shooting starts to manifest. The F/T supports the | Work on precision, repeatability, automatic, easy, perfection! |
| | J/S and vice versa! >> | Move back as you get the idea, and can knock them down. |
| | | Start to demand some level of control and consistency of yourself. |
| | | If you're not accurate and consistent, what's missing? Be own coach! |
| | | Debrief: what did they experience? What did they learn? |
| | EYES CLOSED | Once they are getting idea of how to power the Free Throw and control |
| | (From full distance or closer in) | accuracy and distance, then ask them to close their eyes and shoot |

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| | | and tell partner where the ball landed before opening eyes. |
| | MOVE 9" FORWARD/ BACKWARD | Now, to test control of distance, have them move forward 9" and shoot, |
| | (From the line, +9" then -9") | intending to hit the back rim dead on. Same moving back, front rim. |
| | | This demonstrates their consistency in power and control (or not). |
| | COACH THEIR COACH | Great exercise: You, as coach, use opposite hand and ask team to |
| | (Coach: do exactly what the kids | coach you. Shoot and have them give coaching instructions as to how |
| | ask you to do.) | to correct your shot. What's most important, next most import, etc.? |
| | | |
| | OFF DRIBBLE - Make a lot of shots | DEMO FIRST - small and slow , figure it out close in and small |
| | << PURPOSE: to learn to do the | ASK FOR VOLUNTEER (ADVANCED SHOOTER) - Talk through it |
| | same stuff, now with the more | Now GO TO A BASKET , each w. own ball, start close in and slow |
| | complicated shot off movement >> | If failure, find out why, correct it, shoot again. |
| | Key is to catch the U/F, get aligned | Move back and speed up ONLY when you can make shot after shot! |
| | and then GO -- no hesitation, no fear! | Debrief: what did they experience? What did they learn? |
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| | PURE RELEASE EXERCISE (PRE) | DEMO FIRST - Find PRD , then fwd, fwd, fwd, a foot at a time, same |
| | << Same Release, diff. trajectories>> | release speed, diff. arches/angles, til straight up, then back, back, back |
| | keep Release the same speed/force!>> | until you're too far away, can't make it. |
| | << PURPOSE: An exercise in | Shows great control and discipline (repeatability) |
| | developing more & more Mastery >> | Debrief: what did they experience? What did they learn? |
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| | FIND PRD AGAIN, THEN "PLAY" | Movement: Rediscover PRD, then start to move around, staying in close. |
| | | Play. moving a little, varying U/F, varying hgt. Release always same. |
| | | Falling this way, that way, off one foot, left and right. Start small. |
| | | Hit inside rim: Aim 3 1/2" left and brush inside left rim; then do right. |
| | | |
| | 3 Pt. SHOTS | Two stages: first ask them to shoot 3's and observe themselves. |
| | (If group is very young, skip this | What happens? Is it the "old" shot or the "new"? Where usually land? |
| | as they'll all be straining...) | Then offer them three critical things to focus on: |
| | | 1) Generate an extra strong UpForce and catch every ounce of it. |
| | | 2) Align the ball with eye and basket as long as possible |
| | | 3) Have a very focused Follow Through (Needed - it's a <u>tiny</u> target) |
| | | In the middle is the great, pure Release they're working on. |
| | | The 3 is long shot - it needs power, alignmt, focus, vary arch as approp. |
| | | Debrief: what did they experience? What did they learn? |
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| | VARY ARCH FROM ONE SPOT | Great exercise; teaches control of distance by varying arch |
| | (Be about 15 feet away) | Shoot from one spot, varying UpForce and varying arch approp. |
| | | How high can you go and still make it? From flat to very high. |
| | | |
| | BANK SHOTS | Bank shots are a diff. Stroke - a flip or throw. |
| | (Be 12-15 feet away, to the side) | Practice doing both, even back to back, so you know how to do. |
| | | |
| | RUNNERS & FLOATERS | Off one foot, moving left, right, forward. Key is to "catch" the |
| | | UpForce <u>early</u> so you connect to the big, stable muscles. Your great, |
| | | "full out" Release can then put it into the basket, high & soft! |
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| | LOOK DOWN, SHOOT UP | With spot marked under a basket, look down and shoot up. |
| | (Start close in, move back slowly) | Your heightened sense of direction & distance make these possible. |
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| OVER BACKBOARD | | Great exercise in shooting high, concentration, trust. |
| | (Stay close in at first; it gets more | Realize you must shoot very high to make these work. |
| | and more difficult as you move back) | Examine obstacles, height, but then focus on basket while shooting! |
| GAMES: PLAY KNOCKOUT | | Ask them to observe selves perform in Competition? |
| | | Debrief: what did they experience? What did they learn? |
| | | Were they crazy with "hoping?" |
| | << ASK THEM : What kind of focus | Then play one more game with an Awareness focus, for example |
| | might they employ to keep them | they report on height, spin, % UpForce, are wrist/hand relaxed?, etc. |
| | playing awareness, not just results>> | Debrief: what did they experience? What did they learn? |
| TANDEM SHOOTING | | (See Swish 1): A wonderful, team exercise teaching concentration and |
| | (2, 3, 4 in a row, shooting in sync) | performing under pressure. Great fun! Two, three, four or more. |
| CREATE 10 SHOTS FROM SCRATCH - WHAT DO YOU DO? (NOW KNOW WHAT WORKS, DOESN'T) | | |
| | Coach: if you shoot really well, you can demo this, asking them to observe how you do things. They can see many more things now. Talk about how you're creating something with your intention ... Swish after Swish after Swish. Ask them to watch how you create power, accuracy, consistency and repeatability. As they can. | |
| | | Have them, in pairs, create 10 shots from 12-16 feet away |
| | << PURPOSE: This teaches them | What do they need to do for excellent shooting? |
| | the components of a shot and how | Footwork, body, power, alignment/setting, release, arch, F/Thru. |
| | they can now "create" great shots | How many can they make? Self coach when miss!!! |
| | anytime/anywhere they want! >> | Tell partner why they made/missed each shot, then correct! |
| POST-TEST (20 J's, 20 FT's) | | Same structure as "PRE-TEST" done at the beginning. |
| | << Do this if you did a Pre-Test >> | Compare the two sets of results. See if a "quantitative" diff. exists. Yes/no/maybe. Is there a "qualitative" diff? Probably. |
| FINAL GROUP EXERCISE -- ALL THE WAYS TO SHOOT! (Awareness sets you Free!) | | |
| | | In lines or A-B circles, lead them through all the different ways to shoot: Stances, Set Points & Alignment, diff. ways to release the ball (throw, flip, push/flop), diff. hgts, diff. percents of UpForce, elbow under ball, elbow not under ball, diff. spins & finally, opp. Hand |
| OTHER MASTERY GAMES | | |
| | FROM ANY SPOT: ALTER POWER/ARCH TO HIT BACK RIM ON PURPOSE, FRONT RIM, EITHER SIDE | |
| | It shows the developing Mastery going on. | |
| | DIRECTION AWARENESS: Shoot & tell partner exactly where ball landed, straight, left/right, how many inches off center. Then shoot again. Observe how the body self-corrects naturally, seeking perfection. | |
| | SHOOT OFTEN WITH EYES CLOSED: This teaches you to trust yourself. Sight the shot, close eyes, Let it Fly! | |
| | It's very helpful to have to tell a partner where ball landed before opening eyes. That increases awareness. | |
| | COACH SELF WITH YOUR OPPOSITE HAND: Run through the whole progression with your opposite hand. | |
| | It teaches just how SIMPLE the Swish Method is. | |
| REMIND THEM OF WHAT THE SWISH METHOD IS TEACHING THEM (SEE AT TOP) | | |
| THEY'RE NOW IN CONTROL OF THEIR SHOOTING DESTINY. THEY KNOW ABOUT BALL FLIGHT, | | |
| HOW TO CREATE IT, HOW TO CORRECT IT WHEN IT GETS OFF, WHAT AND HOW TO PRACTICE. | | |
| YOU'RE ON THE PATH TO MASTERY!!! | | |

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| EVERY TIME YOU PRACTICE, RE-LEARN, RE-MASTER THE "PURE" RELEASE. THIS WILL KEEP | |
| YOU POWERFULLY ON THE PATH OF SHOOTING EXCELLENCE. FIND GAMES TO PLAY. NOTE HOW | |
| GOOD YOU'RE GETTING AT THIS STUFF, HOW SIMPLE SHOOTING IS BECOMING FOR YOU! | |
| SWISH 2 WILL NOW MAKE MORE SENSE. WATCH IT OVER & OVER! WATCH SWISH OCCASIONALLY. | |
| THEY WILL ENABLE YOU TO TEACH YOURSELF "MASTERY" OF THE GREAT ART OF SHOOTING! | |
| WRAP UP: | |
| You're now more aware than before. You can now coach yourselves to greater and greater shooting. | |
| It's not difficult stuff. Anyone with reasonable coordination and discipline can learn to shoot well. | |
| You know what to practice. It's in the PRACTICE that you're going to learn this stuff deeply. | |
| It takes practice and patience and a lot of Awareness. Don't be bored by Awareness. It's how we learn! | |
| Tell friends and coaches what you're working on. Refer them to the videos and to the website (swish22.com) | |
| Ask friends/coaches to be a mirror for you, to help you see and feel what you're doing. They are NOT | |
| to coach you, but rather just reflect back to you what they see. Do the same for them, if willing. | |
| Have fun, explore, discover, play. Don't be so serious. If you fail, find out why and correct it for next time. | |
| You now know why you make shots and why you don't. With practice you will fail less and succeed more. | |
| Extraordinary control of Ball Flight is yours to be had. Go for it! | |
| Coach others in the simple things you've learned. The better you can do it, the better your coaching will become. | |
| Note, when coaching others, just increase their own awareness of things and they'll teach themselves. You're | |
| just an "Awareness Guide." You know the things that matter & can help them to discover them for themselves. | |
| TROUBLE SHOOTING CHECKLIST | |
| • If a player takes ball overhead and has can't stop throwing or flipping the ball, and can't keep ball out front, with back of the ball near front of the head: | Have him/her lower the Set Point to below the eyes. From there the connection to the leg power can be learned and Release HAS to be a Push, can't be a throw. Raise it overhead only when can do it right. Work against a wall a lot to learn to connect Release to the UpForce. |
| • If having trouble with coordination of the movements, any movements: | Keep it small, slow it down. Do it at such a pace that it can be done correctly. Also work away from the basket, at first, to learn without the pressure of a basket. Increase speed and distance ONLY when it can be done correctly, with awareness. |
| • I'LL BE ADDING TO THIS LATER | |
| • | |
| FOLLOW UP: TO SUSTAIN THE LEARNING, GET SWISH DVD'S AT HALF PRICE FOR YOUR PLAYERS! | |
| We sell Swish videos at half price (we pay shipping) if you buy 10 or more at a time. For your coaching to be best integrated, remembered and learned, get Swish and Swish 2 (at least the latter) into your kids' hands. Then they'll be able more easily to review what they're working on and where they want to get. The videos will answer most of the questions they will have. You'll then be available to assist them with additional coaching. | |
| Swish, the original, is a "classic" video, well worth the half price we charge when you buy both, and what you pay when 10 or more. Swish 2 is the "Masterpiece," taking the student to the highest possible level. | |
| Call us to order: 1-888/SWISH-22 (888/794-7422). Email: Tom@swish22.com | |
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