

IV. LEARNING AND COACHING THE SWISH METHOD (1:01:41)	4	0:22:29
A. How Do You Shoot Now?	5	0:23:15
B. The "Keys" of the Swish Method	6	0:23:47
• Key #1 - Shoot From the UpForce		0:24:03
• Key #2 - Align the ball with eye and target as long as possible		0:24:15
• Key #3 - Develop a consistent, automatic Release		0:24:27
• Key #4 - Vary Arch to control Distance		0:24:44
C. Steps to Learning and Coaching the Method	7	0:24:58
1. Learning the Basics	8	0:25:16
• An Introduction to UpForce		0:25:24
a. Shooting from the UpForce	9	0:26:10
• Shoot <u>from</u> this energy - small, medium, large		0:27:17
• Catching the UpForce		0:29:15
• It's a percentage		
• Play with the UpForce		
• L&CP - What Percentage UpForce?		0:31:37
b. Developing a Consistent Release	10	0:32:39
• The Release is the delivery system!		0:32:49
• L&CP - Why a Relaxed Wrist and Hand?		0:33:25
• Start Standing, Without a Ball		0:34:16
• Check set point		0:35:09
• What about the elbow?		0:36:00
• If above the head, how far back?		0:36:56
• L&CP - Both Eyes on the Basket?		0:37:29
• Look for the pure Swish Release		0:38:02
• From zero to seventy% ("in about 1/2 second")		
• L&CP - Is the Student Awake?		0:40:30
• Add the Ball		0:41:41
• Move back - add more UpForce		0:44:51
• L&CP - Working with Each Pair, Self Coaching		0:45:38
• Remember, go Full Out, no holding back		0:46:40
• Variations in starting point		0:47:27
• Setting can start the Alignment process		0:48:25
2. Application / Putting the Basics to Work	11	0:50:32
a. Practicing Away from the Basket	12	0:51:10
• They can start to coach themselves		
b. Putting it All Together at a Basket	13	0:54:09
• Find the "Pure Release Distance"		0:54:38
• Start with leg action quiet		
• Guess at a distance and then adjust it		
• Adjust the <u>distance</u> to fit the Release		
• ... not changing the <u>Release</u> to fit the distance		
• Free and full-out and to the end of the arm		
• L&CP - The Pure Release Distance is the Key Practice Distance!		0:58:03
• Shoot with eyes closed		0:58:28
• Move back, can you air ball on purpose?		0:59:05
• Then GO for the Basket		
• Add more distance and learn to expand the basic shot		1:00:40
• At each distance, play with different ways to trigger the motion		
• Now, make each shot count		
• L&CP - Keep the Players Focused on Awareness		1:02:43
• Great way to "play" - vary UpForce and Height		1:04:11

		c. Free Throws - Jump shots without the Jump	14	1:05:49
		• It's a sure thing, not a guessing game		1:06:14
		• Constant U/F + Constant Release + Constant Height = 13' 9" Dead Center!		
		• Learn free throws by starting small		1:07:20
		• Micro free throw		
		• Mini free throw		
		• Regular free throw		
		• Crouched or straight legged?		1:09:56
		• Comment on pre-shot routines		1:10:24
		3. Expanding Skills	15	1:11:08
		a. Adding Movement, Shots Off Dribble, etc.	16	1:12:16
		• Footwork - inside pivot foot		
		• Start small and slow		
		b. Catch-and-Shoot Shooting	17	1:15:57
		c. 3 Point Shots	18	1:17:07
		• Generate the biggest UpForce you can and connect to it		
		• Be very conscious of Alignment throughout the shot		
		• Have a highly focused follow through		
		• Expect breakdowns at first		
		• Move back in closer to recapture the stroke		
		d. Close-in Jumpers	19	1:20:04
		e. Fade-Aways	20	1:20:57
		f. Runners and Floaters	21	1:21:26
		g. A Note about Bank Shots	22	1:22:32
		V. WRAP UP (3:14)	23	1:24:10
		• The Flight of the Ball is the Bottom Line		
		• Power		
		• Alignment		
		• Release		
		• Trajectory		
		• Available to everyone!		1:25:29
		• Not a lot of rules		1:26:02
		• "Closing Comments by Tom Nordland"		1:26:33
		VI. APPENDIX (26:40)	24	1:27:23
		A. Conversation for Learning and Coaching	25	1:27:44
		• Students as geniuses		1:28:02
		• Leading out, a different way to teach		1:29:33
		• Asking questions rather than just telling		1:30:24
		• Awareness is the key!		1:31:09
		• Simplify, simplify, simplify		1:31:46
		• Practice small and slow at first!		1:32:01
		• Expect breakdowns!		1:32:21
		• Practice away from pressure!		1:32:35
		• Exaggerate to stretch experience and grow!		1:33:00
		• Power of creation and re-creation!		1:33:25
		• Strive to minimize judgment!		1:33:43
		• Minimize cheerleading		1:34:27
		• Can you just be neutral?		1:35:07
		• Let their own questions lead!		1:36:06
		• Distinguishing leads to self-coaching!		1:36:30
		• Finally ... words are very important		1:37:18

B. How Do You Shoot Now?				26	1:38:02
"Six Distinctions of Great Shooting"					1:38:46
1. Power					1:39:01
• Whole body or mostly upper body?					
• ("Release") Flip or throw or push?					
2. Height					1:39:47
3. Spin					1:40:48
4. Stance and Set Point					1:41:14
• Left - right Alignment					
• Height					
• Overhead dimension					
5. Shooting Arm					1:42:44
6. Wrist and Hand					1:43:04
C. Ideas for Organizing Group Practices				27	1:43:28
D. How to Sustain the Learning - Key Understandings				28	1:44:48
• Enhance Awareness					
• A video camera will help					
• Re-create it each time you practice					
• Shots in close - mastering the Release					
• Effortless repeatability					
• Play and exaggeration					
• Learn to shoot with the opposite hand					
• Key Understandings					1:50:38
E. Creative Shooting Exercises				29	1:51:24
• Call out where the shot will land					
• Say Yes / No for going in or not					
• Vary Height from one spot					
• Look at the floor and shoot					
• Percentage of UpForce with each shot					
• Closed eyes practice					
CREDITS				30	1:54:06
CONTACT INFORMATION / ORDERING SWISH				31	1:55:29