

THE SWISH[®] SHOOTING GUIDE



The 4 Keys to Great Shooting

- 1 Power your shots from strong, stable leg/body action — from the UPFORCE!®**
Shoot on the way up for most shots!
- 2 ALIGN BALL WITH EYE AND BASKET.** Generate and catch “Inertia” (introduced in *Swish 2*). Get the ball moving on line before the Release and you’ll be more accurate.
- 3 Develop a CONSTANT, AUTOMATIC RELEASE MOTION** like a “spring-loaded mechanism.” Minimize variables. Use a “pushing” action with relaxed wrist and hand to full extension of your arm, flopping your Release.
- 4 Connect and align with the target, aim high and be ready to VARY THE HEIGHT** of every shot, depending on distance, strength of UpForce, how quickly you have to shoot, fatigue, etc. Hold the Follow Through to complete the Connection to the target!

The Swish Free Throw

Everything can be constant for this shot: Strength of UpForce, Alignment and Inertia in the setting of the ball, the full-out Release with relaxed wrist and hand, and the Arch. Think “end of the rope” — it can go no further. Generate as much energy as you can, starting with ball in front of your body, kept on line the whole time. Inertia makes this shot easy, automatic points for your team!

Most important for all shots

Trust yourself! Let it fly... high and true to the basket!

Get all of Tom Nordland’s Swish Videos:

Swish – A Guide to Great Basketball Shooting

Swish 2 – Learning & Coaching the Swish Method

Swish 3 – The Swish Free Throw

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Learning the Swish Way

A Feel UpForce, shoot from it! Experiment with the powerful, stabilizing force of legs and body we call the UpForce. Connect your Release to it, noticing the percentage of UpForce you use (aim for 100% for most shots). “Catch the Up Force” and also generate and “Catch the Inertia” in the setting of the ball. Make the stroke a flowing, accelerating, one-piece action. The quicker you shoot, the greater the chance of success!

B Develop your simple, “pure” Release! Always start your shooting sessions in close to the basket, at the Pure Release Distance, a semicircle of distance where minimal or no leg power is needed. Find a Release with the least extra motion — simple, quick, easily repeated. Practice this “pure” Release with the arm straightening and hand just flopping forward, sending the ball high and soft, dead center. Make it “full out” every time (approx. 70% of maximum speed and force) — a motion you can do over and over without strain.

C Move back 3' at a time, start adding UpForce and Inertia! Go back a few feet, add a little UpForce, set ball on line as early and as long as possible and shoot. Keep the Release constant with varying height. When that's easy and consistent, with shots coming in high and true, move slowly back, increasing UpForce at each distance. If your Release changes, go back to Step (B). Never under jump! You can always shoot higher. Develop the feeling of Freedom... simple, up, automatic!

D Shoot from different distances, shoot off the dribble, work off picks and screens, etc. Test yourself from different spots on the floor, different make-believe situations. Remember to shoot from the strong and stable UpForce, get the ball moving on line to generate Inertia, and learn to trust your new, automatic Release. Accuracy, consistency & repeatability will be yours! You're becoming a Great Shooter!!!

Jump shots and Free Throws employ the same basic principles, but with a Free Throw you can really emphasize the Inertia factor. With both shots you need UpForce, as much in-line Inertia as possible, and a constant, high-angled, full-out Release. *Higher is more effective!* The higher the shot the larger the target area appears to the ball. Shooting becomes easier!

It's the Flight of the Ball that matters! This approach will help you master ball flight — the secret of Great Shooting!