

SHOT PERFECT

Specialized Shooting Camps

Virtual Shot Analysis:

Hxxxx Dxxx

SCHOOL: Toronto, Canada

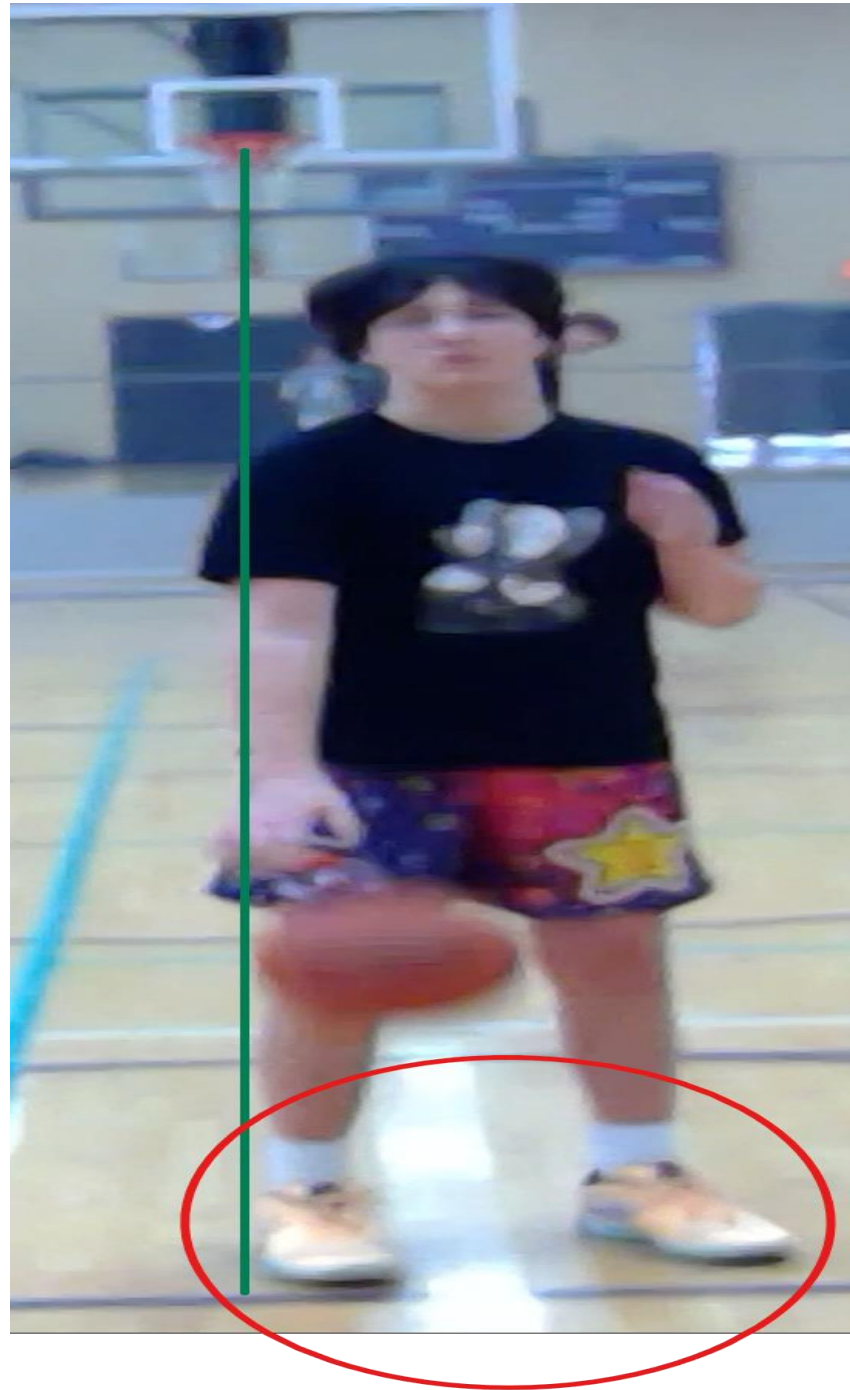
Date: January 6, 2024

REDACTED COPY BELOW

CODE: GREEN = GOOD

YELLOW = NEEDS ADJUSTMENT

RED = NEED IMPROVEMENT



ANTERIOR POCKET POSITION:

The **GREEN** line demonstrates [redacted] causing the ball to miss [redacted]. The **RED** circle demonstrates [redacted]. The **GREEN** line demonstrates [redacted]. This results in [redacted].



ANTERIOR WINDOW POSITION:

The **RED** line demonstrates 15° of [redacted], causing the ball to miss [redacted]. The **GREEN** line demonstrates where the [redacted] preventing the ball from missing [redacted].



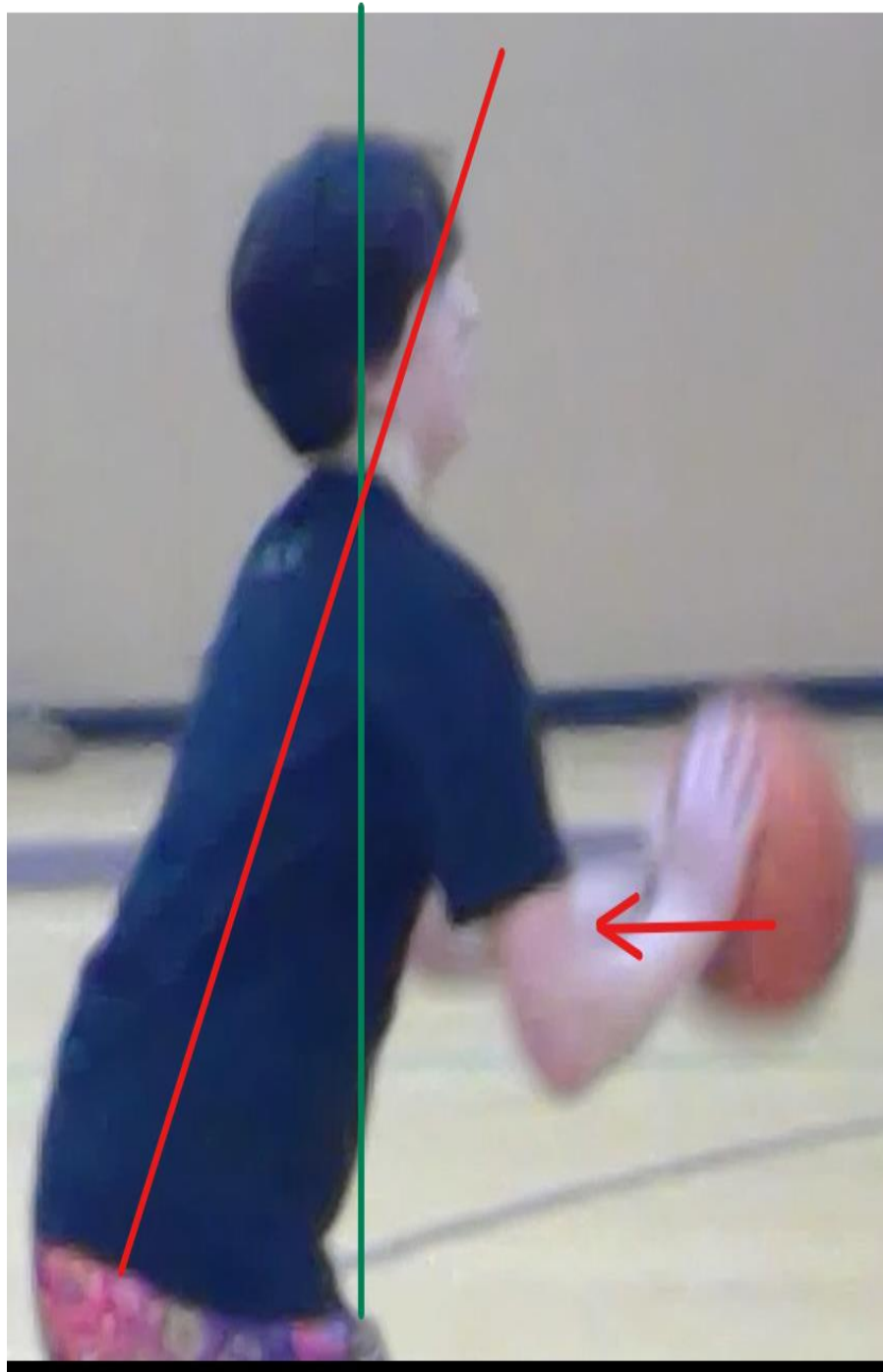
ANTERIOR RELEASE POSITION:

The **RED** line demonstrates 15° of [redacted] arm causing the ball to miss [redacted]. Your shooting fingers are pointing [redacted] resulting in the ball [redacted]. However, your guide-hand elbow should be completely locked, resulting in [redacted]. The **GREEN** line demonstrates proper alignment. The **YELLOW** half-circle demonstrates a combination of [redacted] resulting in [redacted].

CODE: GREEN = GOOD

YELLOW = NEEDS IMPROVEMENT

RED = NEEDS IMPROVEMENT



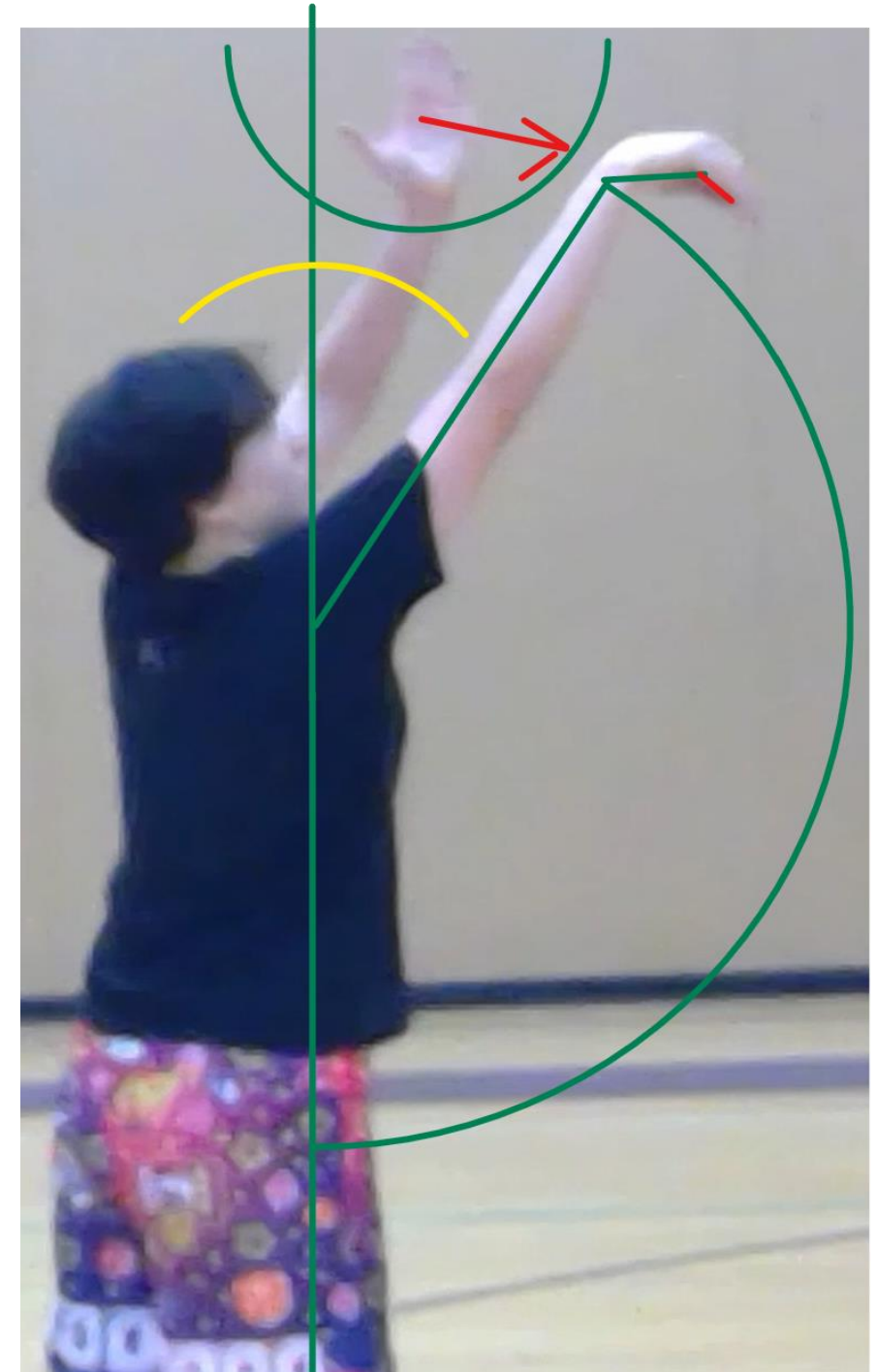
LATERAL SHOOTING SIDE POCKET POSITION:

Bend with the knees resulting in the [REDACTED] and causing [REDACTED]. This allows the ball to be [REDACTED]. Keep the ball close to your body (RED arrow). This results in [REDACTED].



LATERAL SHOOTING SIDE WINDOW POSITION:

The GREEN lines demonstrate [REDACTED]. The RED line demonstrates [REDACTED]. Don't do this. I will explain this again, later.



LATERAL RELEASE POSITION:

The GREEN lateral semi-circle demonstrates [REDACTED]. Very nice. The guide hand and fingers are in perfect position, however, [REDACTED]. The GREEN upward semi-circle demonstrates [REDACTED]. However, remember to [REDACTED] allowing [REDACTED] and [REDACTED]. The RED arrow demonstrates moving [REDACTED] resulting in [REDACTED].

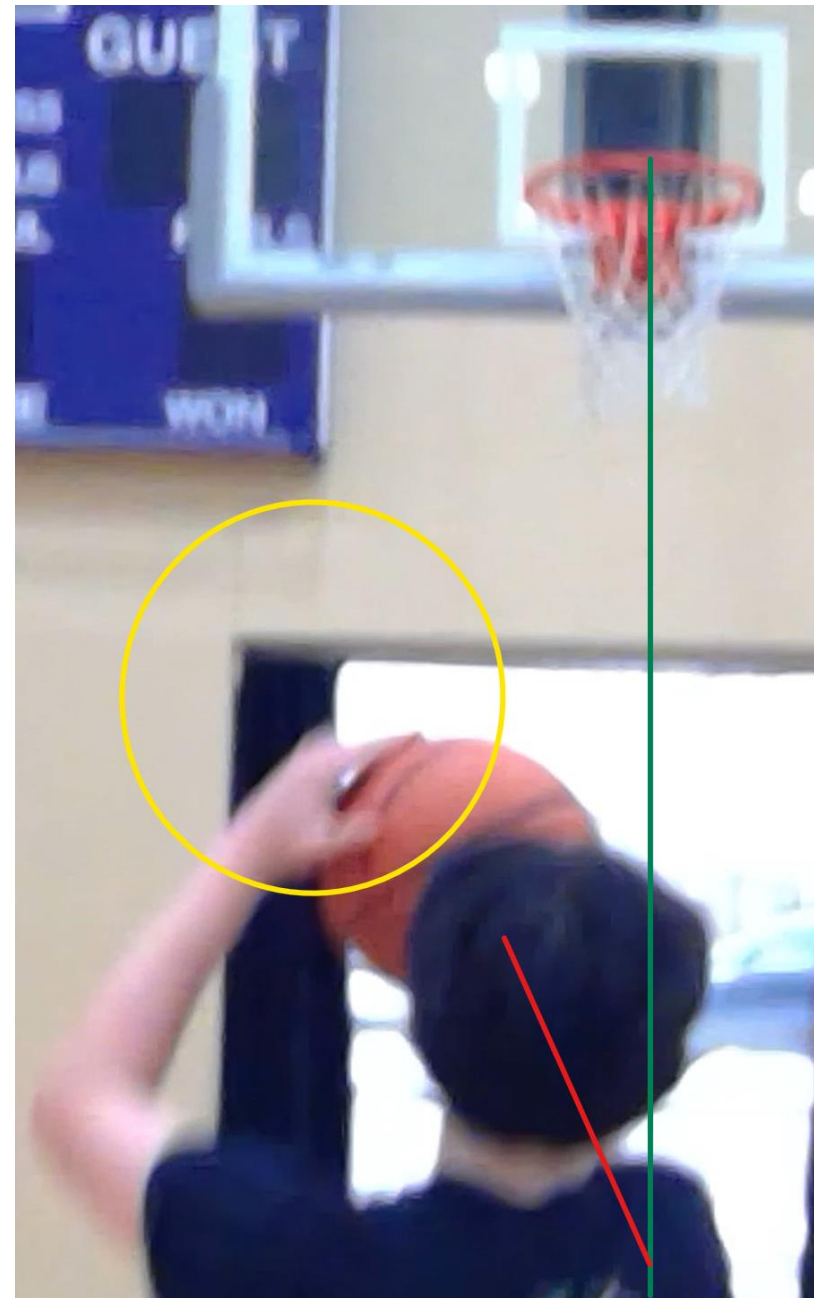
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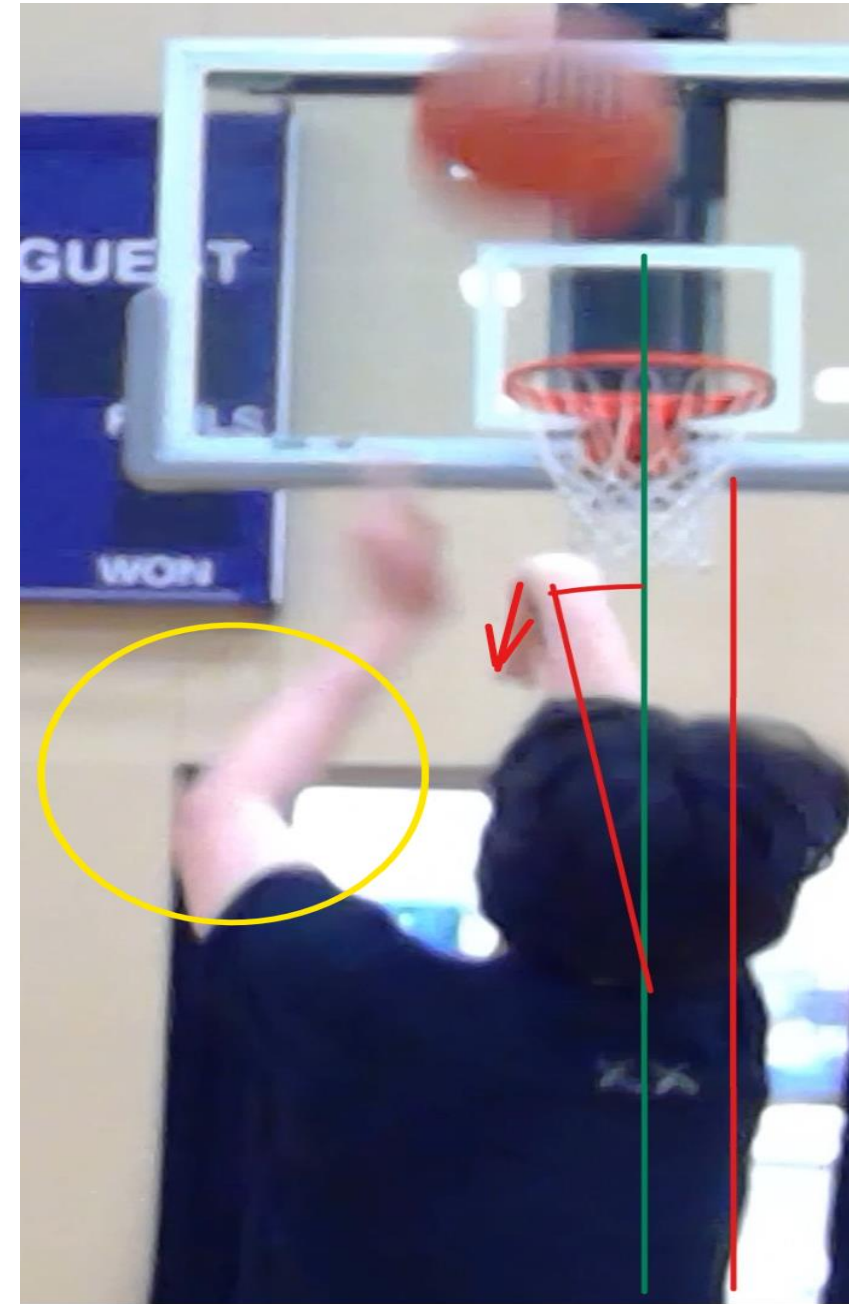
NONE

POSTERIOR POCKET POSITION:



POSTERIOR WINDOW POSITION:

The RED line demonstrates again, [REDACTED]. The YELLOW circle demonstrates your guide hand coming off the ball too soon causing [REDACTED]. The GREEN line demonstrates proper alignment [REDACTED].



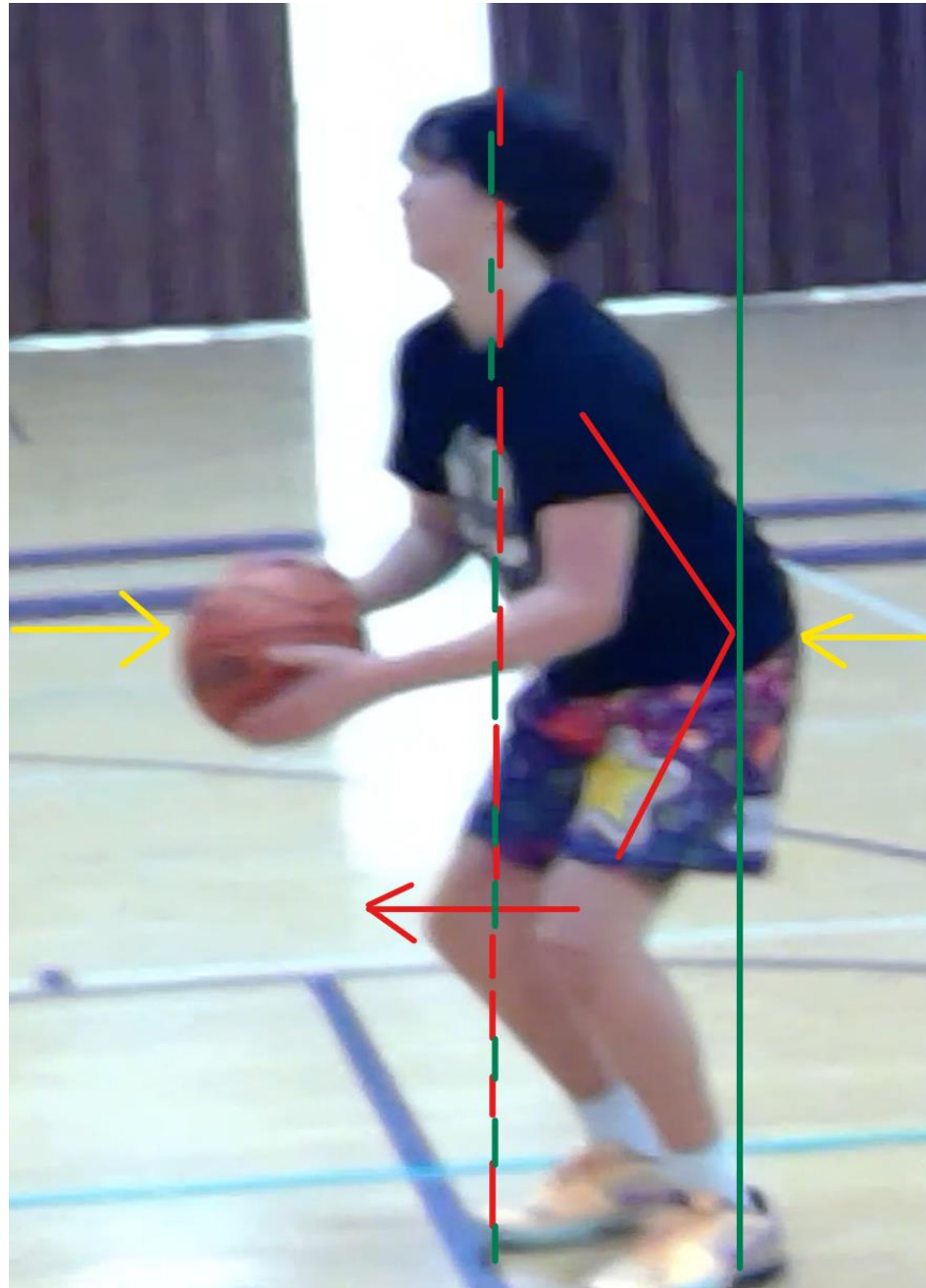
POSTERIOR RELEASE POSITION:

The YELLOW circle demonstrates [REDACTED]. Keeping your [REDACTED] allows you to keep [REDACTED], helping prevent [REDACTED]. The shooting arm demonstrates 10° of [REDACTED]. The long straight GREEN line demonstrates [REDACTED]. The RED line [REDACTED]. shooting foot resulting in the ball [REDACTED].

CODE: GREEN = GOOD

YELLOW = NEEDS IMPROVEMENT

RED = NEEDS IMPROVEMENT



LATERAL *POCKET* POSITION:

The **GREEN** vertical line demonstrates [redacted] aligned so move [redacted] and the ball (**RED** arrow) back keeping it over the free throw line. The **GREEN** and **RED** dotted line indicates [redacted]



LATERAL *WINDOW* POSITION:

The **GREEN** vertical lines demonstrates [redacted] where your forearm should be aligned. The **GREEN** horizontal line demonstrates shooting arm [redacted]. The **RED** angled line demonstrates [redacted] horizontal **GREEN** line. This increases strength and distance but [redacted]. The **YELLOW** arrow demonstrates the ball should move toward the rim. This results in [redacted]



LATERAL *RELEASE* POSITION:

The **GREEN** upward half circle demonstrates perfect guide-hand positioning with no internal [redacted] hand. However, your guide hand [redacted] rim (**YELLOW**) arrow as your shooting hand. The **YELLOW** quarter circle identifies [redacted]. Remember, the fingers need to point to the [redacted] Nice wrist flexion. Great axillary [redacted] 150°.