

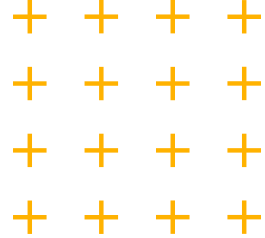


WATTS BASKETBALL

Gamechangers. For Life.™

THE ART OF SHOOTING

LEARN // PLAN // WORK



INTRODUCTION

What makes a good basketball player? Every successful basketball player had to go through challenges before they made it to where they are now.

In high school, I was an elite-level player — Gatorade State Player of the Year and had the opportunity to earn a scholarship to the University of Washington and travel the world. I dominated physically.

But in my freshman year in college, I suddenly did not seem as effective as when I was in high school. I couldn't be the player that I wanted to be for his team. In fact, I was actually the worst among the members of our basketball team.



If I wanted to be the person my team could rely on, I knew that I had to take my skills to another level. Upon realizing this, I made a commitment and went through the process of working on my shot, and that's what you are about to learn in this worksheet.

Welcome to the **Art of Shooting** worksheet. Here, you will:

- Learn the principles and philosophies involved in the art of shooting
- Develop a plan to work on the specific skills you need to master the art of shooting
- Make a commitment to work on the skills on a daily and weekly schedule

Through this worksheet, I hope that you will come to appreciate basketball more by seeing how meditative it can be. I also hope that the court can become a special place where you find happiness and success.

Rooting for you,
Donald Watts



PART 1

LEARN

Learn the principles and philosophies behind the art of shooting.



1 | START HERE



Mental approach

The repetition of affirmations leads to belief. Once that belief becomes a deep conviction, things begin to happen.

- ✓ Goal Oriented
- ✓ Focused
- ✓ Positive



Developing the shot

- ✓ Crouch
- ✓ Uncoil
- ✓ Lift
- ✓ Release
- ✓ Land



Footwork

- ✓ Consistent
- ✓ Efficient
- ✓ Athletic

2 | ASK YOURSELF THESE QUESTIONS

Assess

Where am I now?

Set goals

How good do I want to be?

Plan

What do I need to commit to get there?

Do work

What do I need to track?

3 | PREPARE FOR THE WORK INVOLVED

Acceptance

Miss shots! The best miss the most

Mastery

Remove emotional baggage

Confidence

Play knowing you can hit the shots you've trained

Form + Rhythm + Reps = Results

4 | SCHEDULE ROUTINES

Your commitment to these routines will determine your success



Daily



Pre-practice game



Weekly



Post-practice game

MORE ABOUT DEVELOPING THE SHOT



1

Crouch → Load energy as you drop your body
Keywords: Quick, Load

2

Uncoil → Prepare to release tension and energy
Keywords: Bounce, Snap

3

Lift → Develop a consistent and sustainable jump
Keywords: Consistent, Sustainable

4

Release → Shoot the ball with an effortless and timely release
Keywords: Effortless, Timely

5

Land → Land softly on both feet
Keywords: Focused, Balanced



PART 2

PLAN

Now that you've learned the principles and philosophies behind the art of shooting, it's time to develop a plan to work on the specific skills you need to master it.

Shooters Tip: Get shooting partners. Your teammates, siblings, or parents.

1 | My Goal

2 | My Team

3 | My Facilities

4 | My Plan



PART 3

WORK

Make a commitment to work on the skills on a daily and weekly basis. Feel free to print multiple copies of the worksheets if needed.



Date _____

Warm-up

Spot up ft. **Makes** **Shots** %

Hop

Step

Figure 8 ft. **Makes** **Shots** %

Hop

Step

Games **Sets** **Score** **Score**

Pro

Streak

Hot Shot

Mental approach

Goal Oriented 1 2 3 4 5

Driven by purpose

Focused 1 2 3 4 5

Avoids distractions

Positive 1 2 3 4 5

Self talk

Developing the shot

Crouch 1 2 3 4 5

Uncoil 1 2 3 4 5

Lift 1 2 3 4 5

Release 1 2 3 4 5

Land 1 2 3 4 5

Footwork

Consistent 1 2 3 4 5

Efficient 1 2 3 4 5

Athletic 1 2 3 4 5

