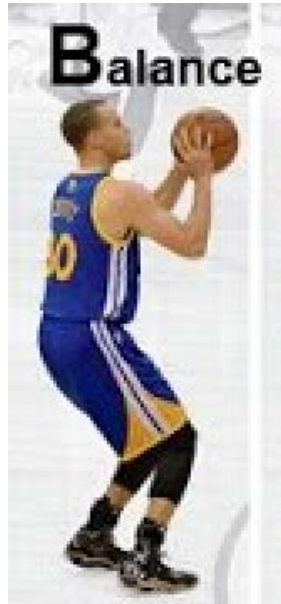


Basketball – Jump Shot

Balance



Feet shoulder width
apart.
Knees bent.

Elbow



90 degree angle.
Hand under the ball with
other supporting at the
side.

Elevate



Jump straight up and
come straight down.
Try not to lean and/or
fade away.

Follow through



Shooting arm extends to the
basket.
Flick of the wrist as the ball
is released.