

Shots and Held Balls

- ~~I~~ <sup>11</sup> Diagram the back board for shooting practice and explain the different shooting zone areas.
- ~~II~~ <sup>12</sup> Diagram the air paths for arch shots and explain the theory connected with this type of shot.
- ~~III~~ <sup>13</sup> Explain the advantages of the push arch shot over the free throw shot as an offensive weapon.
- ~~IV~~ <sup>14</sup> Explain the correct <sup>finger</sup> technique of shooting the push arch shot.
- ~~V~~ <sup>15</sup> Why is "follow through" so necessary on shooting the push arch shot.
- ~~VI~~ <sup>16</sup> What part do the thumbs play in a push arch shot.
- ~~VII~~ <sup>17</sup> Set out the faults of the player who incorrectly shoots a push arch shot.
- ~~VIII~~ <sup>18</sup> Explain the best method of developing the successful free throw in games.
- ~~IX~~ <sup>19</sup> Describe the technique of the one hand English shot.
- ~~X~~ <sup>20</sup> Elaborate on the correct method of the forward rebounding a rebound off of the backboard.