

HOOK SHOT



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1. INTRODUCTION: WHAT IS HOOK SHOT?

A hook shot is a play in which the offensive player, usually turned perpendicular to the basket, throws the ball with a sweeping motion of his arm in an upward arc with a follow-through which ends over his head. It is shot with only one hand, the other arm is often used to create space between the shooter and the defensive player.



Right hand over the head and left hand create space between the shooter and the opposite player.

The hook shot became a trademark of Kareem Abdul-Jabbar (<http://www.youtube.com/watch?v=h1yVfJs6OcI>), the National Basketball Association's all-time leading scorer, who was proficient at the shot at a much greater distance from the basket than most players. The greater distance and resulting higher arc on the shot led to the name sky hook, which was coined during Abdul-Jabbar's tenure with the Milwaukee Bucks.

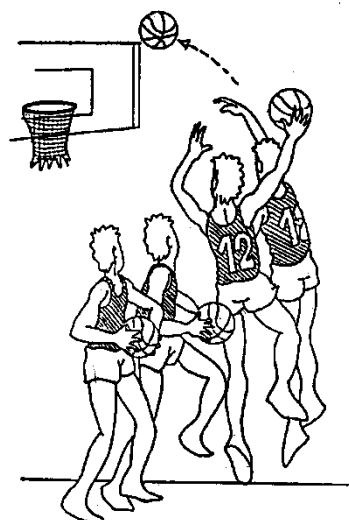
2. HOOK SHOT TECHNIQUE

In the started position the player is situated back to the basket (1), feet separated with the same width as the shoulders (2), knees bent (3), shoulders relaxed (4), shooting hand under the ball (5), balance hand behind the ball (6), elbow lined with the hip (7), ball back, protected with the head and shoulders (8) and look at the basket (9).



So the player begins moving back to the basket. It is important that first he turns his head toward the basket to put the position of the shot.

The first step begins with the the opposite foot to throwing hand to get inertial motion. It followed by a vertical jump, rise of the ball and rotation of the body in the direction of the throw. In the vertical jump, the impulse is performed on the opposite leg to hand shot. In the rise of the ball, it goes up near the body with arms bent and the shooting hand underneath the ball with the fingers facing forward. It rises above his head, holding with both hands. And finally, the shot is performed using a circular motion of the arm and at the same time the turning of the body. The opposite arm is separated from the ball to protect it (this arm is kept bent).



After the throw, the feet and the body should be in the same direction of the shot, with knees bent, both hands raised and with the correct balance of the body to be ready for a possible rebound.



3. COMMON ERRORS

ERROR	CORRECTION
1. The shot is long or short illogically.	1. Probably the elbow is not extended enough, so the player should extend the elbow totally in each shot.
2. The shot hit the righth part of the rim (throw with the righth hand).	2. Arm located in front of the head tracking. Start by holding the ball in position for the hook shot, lining up the elbow with the hip, so you can extend your arm with a movement from ear to ear directly to the basket.
3. The shot hit the left part of the rim (throw with the right hand).	3. The same as last correction.
4. The ball hits the rim and instead of enter, turns around the rim and it goes out, or the ball hits front and back and goes out.	4. It is caused by a lateral rotation of the ball: place your hands at your sides and rotate them to the side when throwing or drives him to the ring finger instead of index. So the player has to situated in the position for the hook shot, lining up the elbow with the hip. Putting the shooting hand under the ball and the other behind and slightly upward. Push the ball with the index finger to give back effect and it falls into

	the basket if it hits the rim.
5. The player loses the protection and control of the ball in the throw.	5. The player removes his balance hand out of the ball too early: so he must keep the ball until drop.

4. HOOK SHOT IMPROVING GAMES

A) "H-O-R-S-E"

This is a great old game that can be played by two or more players. Select an order (maybe shoot free-throws to see who goes first, second, etc). Player #1 shoots a shot from anywhere on the court. Lots of times, kids will invent crazy shots (spins, fade-aways, hook-shots, etc), and this is OK as this game is all about having fun, not worrying about shooting form or technique. The shooter calls his shot... e.g. "left-handed hook-shot from the elbow off the backboard." If he makes the shot, then Player #2 must duplicate and make the same shot. If Player #2 misses, he gets a letter, the first letter being "H" (the next time he misses he gets an "O", and then an "R", "S", and finally an "E"). Once any player gets all five letters, he/she is "out" - eliminated. The last player alive is the winner.

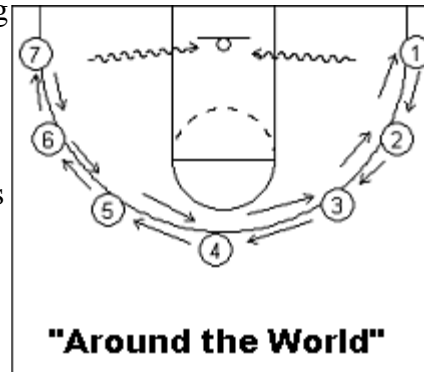
If Player #2 above had made the shot, then Player #3 must make it. If all players make the shot, then Player #1 must make it again or he/she could actually get a letter. The first player to miss that shot gets a letter. Once someone misses, then the next player in order gets to call the next shot. Going back to the first example, if Player #2 makes it and Player #3 misses it, Player #3 would get a letter and Player #4 would then get to call the next shot (any kind of shot from anywhere on the court).

If you have only a short period or time, or lots of players, you can shorten the game to three letters, like P-I-G instead of H-O-R-S-E.

B) "Around the World"

We used to play this game a lot in our driveway when my kids were younger (they are now grown up and many miles away). This game is played by two or more players. Sometimes when I was a kid and by myself, I would even play it against myself #1 and myself #2 (kids have great imaginations if allowed to create their own fun and games).

The game is a shooting game that progresses around the arc (or "around the world"), with predetermined "spots" (see diagram). Player #1 starts by first making a right-handed lay-up. After making the lay-up, Player #1 shoots from the right corner (spot #1). If he/she makes it, then he moves on to the next spot #2 a little toward the right wing and shoots from there. If that shot is made, the player moves to the next spot #3... he/she keeps moving on and shooting until he/she misses. Immediately after a missed shot there are two options... (1) is to "stay" stuck at that spot until it's his/her turn again, or (2) "chance it" where the player shoots again from that same spot. If he/she makes the chance shot, he/she moves on to the next spot and keeps shooting until a miss (at which point he/she again has the two options). Any time a player misses on the "chance" shot, then he/she must go all the way back to the start in the right corner, spot #1. Obviously this gets more risky the further along the player gets around the world.



Once the player makes the shot from the left corner #7, he/she must make a left-handed lay-up. This could be the end of the game, but we always liked to play it so that you had to go all the way around, and then back again in reverse order. So once the left-handed lay-up is made, the player then goes back to the left corner #7 and must go all the way back around in reverse order to spot #1 in the right corner, and then finally a right-handed lay-up must be made.

If Player #1 is the first to reach the end, the other players get their chance yet to complete their around the world, as all players must get an equal number of "turns". If there is a tie, you can leave it as a tie, or settle it with the two players having to shoot it out until the first one misses.

C) "Firing-Squad"

This is like "around the world", except that each player has a ball and no one waits for his/her turn to shoot. All players start shooting from spot #1 in the right corner, rebound their own shots and continue shooting non-stop. A player advances to the next spot after making the shot. The first player to make the shot from spot #7 (left corner) is the winner. This game tests shooting and quickness, following the shot, etc.

D) "Knock-Out" (or "Lightning")

This game is played with two or more players... the more the better! Two balls are used and the line starts at the free-throw line (or wherever you want to start it). The line-up is predetermined as each player must follow in order the player in front of him/her. Player #1 and Player #2 each have a ball and Player #1 shoots, after which Player #2 can immediately shoot. If Player #1 makes the shot, he/she passes to Player #3 and goes to the end of the line, while Player #3 then shoots. If Player #1 had missed the shot, he/she must immediately follow the shot, get the rebound and try to score (from anywhere on the court) before Player #2 scores. If Player #2 scores before Player #1, Player #1 is "knocked-out" of the game. If Player #3 scores before Player #2, then #2 is eliminated. The last player left is the winner. Players may not touch the other player's ball.

E) "Golf"

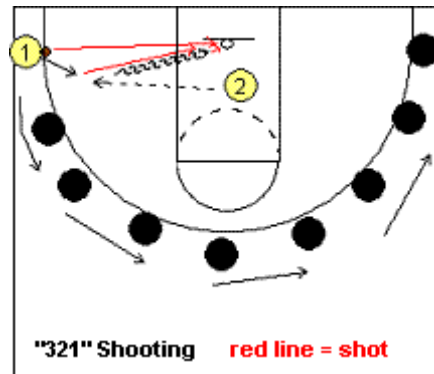
Like in golf, the lowest score wins. The line starts at the free-throw line. Player #1 starts by shooting from the free-throw line. If he/she makes the shot, 1 point is awarded and he goes to the back of the line. If he misses, he gets the rebound and must shoot from exactly where he picked up the ball (no rolling the ball closer to the hoop). He/she keeps shooting and rebounding until the shot is made and his score for that round is the number of shots it took him to score... so if it took him four shots, his score is 4. You might want to put a limit on the number of shots... e.g. 5 - if a player misses 5 times, he/she gets a score of 6 and is finished for that round. If the ball bounces out-of-bounds, behind the basket, or somewhere where it's impossible to score, the player can either shoot it there or take an additional "penalty shot" and shoot from the free-throw line... so that if the ball went behind the basket on his second shot, with the penalty shot, he is now shooting his 4th shot from the free-throw line. Each player takes his turn and records his own score. You can play nine rounds (like 9 holes in golf), or any predetermined number of rounds. For a longer game, you can play 18 rounds, like 18 holes of golf. The lowest score is the winner.

F) "Fives"

The line forms at the top of the key (or free-throw line for younger kids). Player #1 shoots. If he misses, he follows the shot, rebounds and shoots from where he retrieved the ball. He keeps shooting until a shot is made, up to a maximum of 5 shots. If he fails to make it within 5 shots, he gets 1 point and goes to the end of the line. Then player #2 starts shooting. Player #2 must score in the same or less number of shots that the preceding player required. For example, if Player #1 needed 3 shots, then Player #2 must score within 3 or fewer shots, else he/she gets a point. Player #2 could actually incur 2 points if also fails to score within the 5-shot maximum. Similarly Player #3 must score in the same or less number of shots that Player #2 required. A player is eliminated when he/she gets 5 points. When a player is eliminated, the next following player in line has the shot requirement reset to 5. The last player alive is the winner.

G) "3-2-1"

This is a two-player game. Each player will shoot nine sets of shots (see diagram). Each set consists of a 3-pointer, a shot-fake with jump shot, and a lay-up. We start in one corner and rotate around each of the nine spots (seen in black in the diagram). The partner rebounds and passes back to the shooter. Shooters rotate after each set of "3-2-1", so the shooter becomes the rebounder and vice-versa. The two players compete against each other and keep track of their individual scores. Each made 3-pointer = 3 points, a jump shot = 2 points, and a lay-up = 1 point. The highest score at the end is the winner.



5. LEARNING METHODOLOGY

1.DRILL:

The player is standing under the basket and he is turned toward the basket. The player must do the hookshot from standing position, several times with dominant hand and several times with nondominant hand.

2.DRILL:

The player is standing near the basket. The assistant passes the ball to the player, he is doing one step and then the hookshot. The player must repeat that drill from both sides.

3.DRILL:

The player is standing on the one side of the basket, and he is facing the basket from aside. He is throwing the ball in front of him and he is doing normal hookshot with 2 steps on the one side. After several times of repeating that he must change sides.

4.DRILL:

The player is standing on the one side of the basket, and he is facing the basket from aside, just like in previous drill. After several steps the assistant passes him the ball and the player is doing normal hookshot with 2 steps on the other side. After several times of repeating that he must change sides.

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