



SHOOTING FORM MASTERY

ACCURACY TEST

SPLASH LAB ACCURACY TEST

In this accuracy test, you're going to take a total of 40 shots in 4 sets against the side of the backboard.

Start off at the side of the backboard and take 3 big steps back.

SET 1 – REGULAR SHOTS X 10

Your first 10 shots are just going to be normal shots against the side of the backboard:

MAKES: ___/10 MISSES TO THE LEFT: ___/10

MISSES: ___/10 MISSES TO THE RIGHT: ___/10

SET 2 – LEFT HAND POUND X 10

Your next 10 shots are going to be from the same spot but you're going to take 1 hard dribble with your left hand and then rise up directly into your shot.

MAKES: ___/10 MISSES TO THE LEFT: ___/10

MISSES: ___/10 MISSES TO THE RIGHT: ___/10

SET 3 – RIGHT HAND POUND X 10

Take 10 more shots but take a hard dribble with your right hand.

MAKES: __/10 MISSES TO THE LEFT: __/10

MISSES: __/10 MISSES TO THE RIGHT: __/10

SET 3 – SPIN TO YOURSELF X 10

For your final 10 shots, spin the ball to yourself, catch it, and go directly into your shot.

MAKES: __/10 MISSES TO THE LEFT: __/10

MISSES: __/10 MISSES TO THE RIGHT: __/10

Once you're done recording your results, keep an eye out in your inbox for **Video 2 – How To Maximize Your Shooting Accuracy**.

In this video, we'll go over your results and I'll give you steps you can take fix your problem areas and improve your accuracy.

Lastly as a quick refresher, here are the key points we covered in Video 1...

- **Elite level shooters in the NBA have developed a shooting form that works for them.** You need to develop a shooting form that works for YOU.
- The way to develop a perfect shooting form is to train your shot the *right way* using **proven, science-backed principles**
- **The key to becoming a lights out shooter** is not in how many shots you put up, but in learning the right techniques and the right mechanics *before* you put up the shots
- The best shooters are not shooting the way coaches are teaching and the more you shoot the wrong way, **the harder it will be to change your mechanics later on.**
- Practicing with correct shooting mechanics lead you to eventually **knock down shots with perfect form, without you even thinking about it**

I can't wait for your shot to become as good as NBA pros

I know that's a big promise but **if you master your shooting form** using the techniques we teach, your **shooting percentage and consistency will skyrocket** to the elite level. Guaranteed.

Let's do this,
Coach Faizal