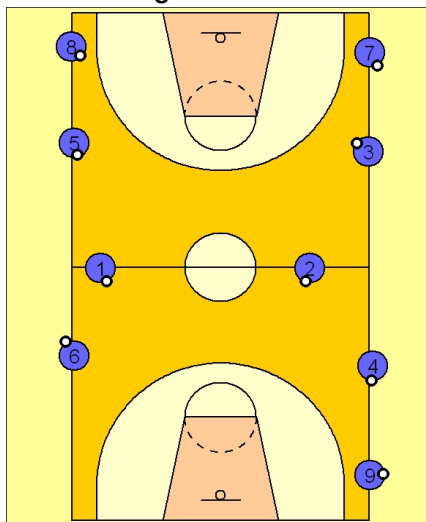


### Dirk shotting



\*Dirk Shooting: This is a warm up/pre-practice shooting drill.

Without having the distraction of making or missing a basket, players can get immediate feedback on the alignment of their feet, body and follow through. All players should have a ball and find any line on the court. Place the inside of their shooting foot (right foot on a right handed player) on the line. Looking at an imaginary target, they will go through a smooth and complete shooting motion. Hold the follow through and watch to see if:

1. Does their elbow and fingertips line up with the line they are standing on?
2. Do their feet stay in alignment after the follow-through?
3. Does the ball land somewhere on the line?

If the answer to all of these things is yes, their feet and body are probably in good alignment. Do you think this is too simple? Legend has it; the current NBA MVP Dirk Nowitski warms up with exact drill!