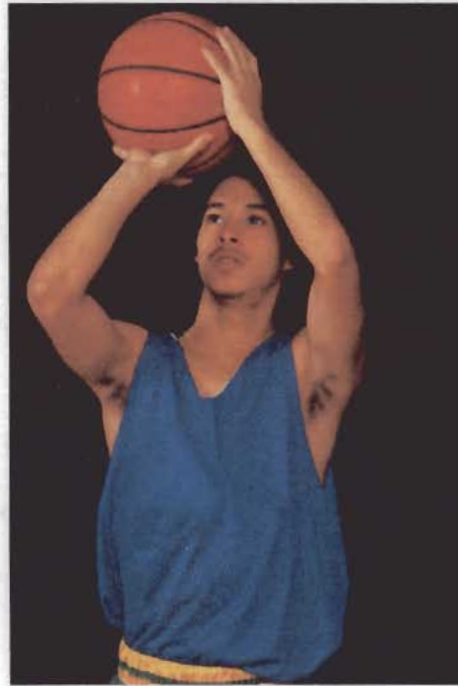


Shooting



Dominant hand behind ball

Elbow below ball

Other hand on side of ball

Bend knees

**Push upward with hand and
straighten knees**

**Push ball toward basket
with fingers and wrist snap**