1. **Challenge**

Congratulations! You have made it to the challenge. For this module’s challenge you will need to select three classmates to see who the best shooter is. The game is HORSE. Select one person to go first. They attempt a shot from anyway on the court. If they make it, the next person has to shoot from the same spot. If they miss, they get a letter and the person after them takes a turn. Use the chart below to track your shooting. Put an “O” where you attempt a shot. If you make it, put an “X” through it. This will help you figure out where you’re strong and where you should put some extra work into.

Module #4 – The Set Shot



**Warm-up**:

**Cardio:** Jog one lap around the perimeter of the gym dribbling the ball with your non-dominant hand.

**Stretches**: Hamstring, Quad, Calf, Chest

1. **Task – Set Shot**
   1. View the video on the laptop. Pay special attention to the different “phases” of the set shot.
   2. **Performance Cues**

**B** alance – feet shoulder width and knees cushy

**E** lbow – shooting elbow at 90o

**E**yes – Look where you are shooting

**F**ollow thru – Arm extends, wrist snaps

1. **Comprehension Task**
   1. After completing 10 “air shots” (without ball), complete 10 air shots with ball so that the ball lands back in your shooting hand.
   2. Find a partner and demonstrate to them the proper procedure cues for the set shot. Be sure to give good feedback to them. When done, have them initial below.

Initials \_\_\_\_

1. **Readiness Drill**:

From the four corners of the key, attempt 10 set shots at each corner.

*If you experience difficulties, refer back to your performance cues*.

**Common Errors**

1. *The ball hits the front of the rim*

Not enough arc on the shot. Remember to reach into the “cookie jar.”

1. *The ball doesn’t go straight*

You may not be “lined up.” Check your elbow position

1. *The ball hits the back of the rim*

Too much power. Tone back the force.

1. **Criterion Task (self check)**

Using the Task Basket, attempt 10 shots at each poly spot. Keep a record of how many attempts you make. Calculate your shooting percentage for each spot. Then calculate your total percentage. You must shoot at least 60% to move on to the next challenge. Have a partner or the TA initial

5

1

6

4

3

2

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Spot | 1 | 2 | 3 | 4 | 5 | 6 |
| Made |  |  |  |  |  |  |
| Attempt | 10 | 10 | 10 | 10 | 10 | 10 |
| % |  |  |  |  |  |  |

Initials \_\_\_\_