

SHOOTERS' CLASSIFICATIONS

“The state of perfection requires no change. It is. But it takes change to reach perfection”.

For example, It takes effort and a change of status to form or draw a perfect circle. Once drawn it is a perfect circle and needs no change. Perfection has been attained. It is the same with free throw shooting. Since it is a repetitive action and more often than not it is one of imperfection. A flawed action if you will. To experience perfection 10/10, 50/50, 100/100 from the line will require changes to some degree/s in shooting form or mechanics.

With this in mind, I have categorized players or shooters into 4 classifications. I call this my “crystal ball theory” and fit players into the crystal ball for easier clarification of a shooter’s status.

1. ANATOMICAL ANOMALY or GENETIC ABERRATION. (Recognize the problem)
2. COGNITIVE DEFICIENCY. (Visualize the deficiency)
3. BEHAVIORAL DYSFUNCTION. (Internalize the information)
4. HABITUAL INCONSISTENCY. (harmonize the effort).

Great shooters are those that shoot above 95% from the line on a daily basis or whenever they want to. These rare individuals do not fit into any of the above categories. While on the other hand poor shooters could be in several while average shooters may only fit into one classification.

Let me use a great example that you are all familiar with. SHAQ or the great Aristotle. He fit into all four categories. Not only is his physical size abnormal, but his bone structure is rigid. Add to this a broken wrist in his younger days and you can see how the anatomical anomaly applies. Of course you will all question the size of his hands in relation to his free throw shooting woes.

Also he was grossly deficient in his shooting I.Q. or his cognizance or comprehension of scientific shooting mechanics. While being in the above two categories it really affected his mental and physical shooting behavior and subsequently his shooting mechanism was flawed. Bear in mind that I actually spent a year working with him when the Lakers won their second NBA championship in 2000-2001. Using my methods Shaq actually improved from 38.3% to 69.4% in one season. Our goal was to get him to be as good as the average shooter in the NBA and that was around 71.3% at that time. By the end of the year the press or media was not talking about Haq-a-Shaq very much at all.

Behavioral dysfunction in free throw shooting is a direct result of cognitive deficiency and by this I mean that if you are unaware of any scientific mechanics

or principles that directly result in consistent and efficient shooting then what happens is you will shoot in a manner that feels anatomically comfortable, naturally and this is where the problem lies. There are as many different shots as there are fingerprints. We all shoot within our own comfort zone and this is where the mediocrity encroaches. Free throw shooting is a firm, educated, formed and chiseled move. Just like a golf swing or a military salute. These are not normal or natural movements. They are mentally manufactured and manifested into the physical form or something that we can see, measure and identify in the feedback of the actual shot cycle.

Habitual inconsistencies are a national epidemic and until we realize our own classification and what can be done about it then improvement will be very slow. These inconsistencies are a direct result of too much movement in the fingers, wrist, elbow and guide hand or a pot-pourri of activity. And again this is a direct result of lack of information or knowledge of scientific principles which must not be compromised or abused.

Every shot needs to have some recognition and feedback to the shooter. If you are constantly short or short and to the right, then there is a reason for this result. If your misses are long as reflected by long rebounds then there is a reason for that as well. "For every action there is an equal and opposite reaction." Newton's Law." He was a basketball player too. He had to be. He came up with all these laws. NOT.

Once you know the results of your missed shots and how to correct them you will feel improvement after every shot. This self improvement or shot recognition leads to eventual personal shot mastery, where you can control the destiny of each and every shot taken. And oh, how great that feeling when you KNOW and don't HOPE the ball the ball rewards you with a 1, 2 or 3 on the scoreboard. Who knows, you may become so good that you actually win a lot of Bling, Bling like I did when I got an NBA ring when the Lakers beat Philly in the NBA playoffs.

Ed Palubinkas.

Shooting Surgeon

www.freethrowmaster.com

President-www.nbsahoops.com

*Guinness world record in 2005- 1206/1265 free throws in one hour.

*99% free throw shooter for 25 years.

*Invented revolutionary Smartball Shooting System to dramatically improve shooting skills.

*NBA draft 1975

*Olympic scoring champ 1976

*2nd leading scorer in '72 Olympics

*College All- American.

*Led all Colleges, Pros and High Schools In free throw % in 1972- 92.4%.

*Selected All- World in '78.

*LA Lakers Shooting coach 2000-1. NBA champs.

*We have perfect the shooting dynamics.