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Technology and Assessment

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The topic that I am going to be performing is how improve your basketball three point shot and how to improve your free throw shot percentage. The way that I will be performing this procedure is by calculating the performance over time and improvement of the shot and their percentages.

An article that relates and gives insight into how I should perform the procedure is an article by the USA Men's basketball team by Tony Fryer. The article mainly explains how to walk through your shots when practicing them correlating with the speed at which you are doing that. It explains the Warm up speed where are jogging for the most part taking it easy and just going with the flow of things. Practice speed which is done with another person who is rebounding and passing you the ball. Then competitive speed which is done with defenders in your face trying to block your shot.

Another article that relates to the study that I am going to be performing is written on stack.com which gives good tips on how to train the player to shoot foul shots. It takes into performing two tasks, which includes the one and one phase and the one-handed free throw shot. The one and one teaches the player to have discipline by having the player shoot two throws if they miss the first shot, they run a lap around the gym and then if they miss the second, they run another lap. Then the one-handed free

throw allows the player to have his lead hand be the main hand when shooting which is proved to help the shot.

The last article that I am going to be using to relate to my study is an article that talks about 11 helpful ways to improve your basketball shot. Some of the tips that are mentioned within the article include keeping your positioned in an athletic stance and towards the basket. Another tip is also where you place your hands on the ball and to of course be comfortable with your shot. By having an athletic stance and being positioned toward the basket helps you to make the basket at a more efficient rate.

<https://www.usab.com/youth/news/2010/09/3ways-to-make-more-3-point-shots.aspx>

<https://www.stack.com/a/free-throw-drills>

<https://benchstarplayer.com/basketball/11-tips-improve-basketball-jump-shot/>