

Shot Rating System / Shot Selection

4 = Wide Open Lay-up

3 = A good shot, a shot that we want to get

- a rhythm jumper by a good shooter
- a go-to post move by a post player
- shots that we can win with

2 = An ok shot, not great but not bad

- "Settling"
- A shot that we can get any time in our offense
- these are "fools gold" shots
- 2nd side threes
- 1 pass & shoot a jumper
- a shot with a hand in your face

1 = A bad shot, forced shot,

- very minimal chance that it will go in
- 12 foot runners through defensive players
- 24 foot 3's with a hand in the face
- off balance & fade away 3's
- essentially this is the same as a turnover

0 = Turnover, we don't even get a shot

In order to win - we must take 4s & 3s!!! And we must force our opponents to take 1s & 2s!!!

When choosing our shots - we need to do it wisely. It's like dating girls - you can't say yes to every girl that comes around, because sooner or later you will end up taking an ugly one to the prom.

SHOT SELECTION (From Rick Majerus)

What is a good shot?

1. Is it in Rhythm?
2. Is it in Range?
3. Is it contested?
4. Time & Score