

HOOP TIPS From Nick Nurse, Iowa Energy Head Coach

Summer is a great time of the year to get in a little better shape and to work on your basketball skills. As the old saying goes, "Basketball players are made in the summer time."

Here are a few tips that can let you enjoy the game even more.

1. Warm up before you stretch. Even when the weather is warm.
2. As soon as you walk on the court. Start with shooting shots close to the basket. This will help in a couple ways. It will retrain your muscles in the proper shooting form and let you 'groove' your stroke. It will also build some confidence. It's nice to see your ball go through the hoop.
3. Next, play a quick little game we call the back up game. Take a shot and when you make it, take a step back. When you make that one -- take another step back. If you miss, try another, but if you miss two in a row, go back to the beginning spot. This is a fun way to loosen up and test your 'range' on your jump shot.
4. Try to shoot the ball straight. That is THE most important thing in shooting. You want the ball to travel in a straight direction. This will improve your chances of the ball going in.
5. Have fun, pass the ball, play some defense, get up and down the court, and give some high fives! It is a great team game so work together!

Nick Nurse

We hold a number of basketball camps and clinics around the United States, specializing in shooting. For information please go to www.nicknurse.com We also have a great summer basketball school.