

## **How to Teach the Hook Shot – The Forgotten Shot**

Barry Hecker

Having coached for over forty years high school, college minor leagues, overseas, and 21 in the NBA as Personnel Director and Assistant Coach with the Cavs ,Clippers and Grizzlies it amazes me that players cannot execute the Mikan Drill or shoot a hook shot.

Having grown up playing basketball in the 60,s and watching college and Pro basketball the hook was a standard shot among players.

George Mikan, one of the first great centers popularized the shot at DePaul and latter with the Lakers. Bill Russell, Bill Walton, Tom Heinsohn, Red Kerr, Kevin McHale, Magic Johnson, Adrian Dantley to name a few shot the hook . Kareem Adul Jabbar, all-time leading scorer totaled over 33,000 points in the NBA and many were a hook shot.

I do a lot of shooting clinics and I ask high school players to demonstrate the Mikan Drill.. Most shoot layups instead of hooks. It a great shot because it enables the player to get off a shot versus a taller defender. It also effective going to basket off the fast break because the player is shooting in rhythm. It also enables a player to get fouled as long as he is shooting with both hands, one to shoot and one to protect the ball.

### **Hook Teaching Progression**

In teaching the hook the first drill is the Bucket of Water.. I explain to the players that you have a gallon of water in a bucket and it is too heavy to toss with one hand. You must use two hands to guide the ball and protect the ball...pretending that the ball is a gallon of water.

Players stand opposite each other about 8 to 10 feet apart, taking the ball with both hands and tossing the ball underhand to each other. Usually have them do 10 reps and then switch so they are working both right and left side. Coach must stress using both hands starting at the opposite hip and tossing ball with some arc to other player. (picture)

Second Drill players are still standing opposite 8 to 10 feet apart and have them Hook the ball to each other. Stress starting with two hands at the opposite hip and swinging the ball up and slightly behind the head guiding the ball with both hands. The off-arm guides and protects the ball.

Stress hooking ball up in the air starting from the opposite hip. Again, have players switch sides so they are using both left and right hand.

Third Drill, is Head in the HOLE where the player stands under the basket, sideways and slightly to the front of the rim. This drill forces the players to use the hook shot motion. Have them start right handed and again ball starts on hip with two hands. The off-hand will drop away from the ball naturally. After shooting ten shots on one side have player switch to his left hand. (picture)

The last drill is the Mikan Drill, have the players take one step and shoot the hook off the glass, stressing two hands to guide ball, eyes on the square, and outside leg lifting up. Depending how fast the player executes the shot have him catch the ball out of net and shoot the ball with the left hand on the left side of the basket. When they get good at it they go back and forth and shoot 10 to 20 reps, it is not only a very effective shot but this drill is a good conditioner. Teaching point, make sure player goes off inside foot, must chop feet to get rhythm of the drill. Must go off one foot lifting ball with TWO hands and keeping eyes on box on the backboard. If head drops shot drops.(picture)

Once the player has mastered the mikan drill, the next progression would be to use it in the post and drives from the wings.

I guarantee if a player works on these drills whether a guard, forward, or center it will increase his or hers scoring average.

If you are interested in a Video of teaching shooting and the hook go to the PERFECT SHOT at Championship Productions, Coach Barry Hecker