Jump Shot

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Remember:

1. Use a short and light jump cue with a hard tip.
2. Make sure your bridge is as high and stable as possible.
3. Form bridge in elevated position, then rotate cue down to aim in level position with bridge fixed, then rotate back up.
4. Bend your bridge arm elbow to get your upper body down and your head over the shot.
5. Carefully align the cue tip with the CB vertical centerline.
6. Keep your grip relaxed and use finesse (not muscle) with a quick throwing motion.
7. Keep your head, body and elbow as still as possible during the stroke.
8. Use the “dart stroke” for highly elevated jumps and use mostly the wrist.

Jump Drill
Cue Elevation and Contact Point

Cue Elevation Effects

a.) less cue elevation for lower, longer jump

b.) more cue elevation for higher, shorter jump

Speed Effects

a.) less speed for lower, shorter jump

b.) more speed for higher, longer jump