

How to Shoot Basketball Into a Hoop

By: Ben N.

Materials:

A basketball, a basketball net on about an eight –ten foot height

Tip:

Wear loose-fitting clothes to perform most comfortable and perform your best.

How to Shoot a Basketball Into a Hoop:

- 1: First, pick up the ball.
- 2: Second, stand in a spot where you think you can make it.
- 3: Bend your knees about a centimeter.
- 4: Put your hand you write with, on the part of the ball that's facing you in the middle.



- 5: Put your free hand on the left side of the ball.
- 6: Put the middle of the ball level with the top of your head.
- 7: Aim at the hoop
- 8: Jump and at your highest point of your jump push the ball toward the hoop.