CHAPTER
13
LOWER BODY
FUNDAMENTALS

37 Slides
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PowerPoint based on the Science of Shooting books Available from lulupress.com

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The Lower Body is the Legs.
INTRODUCTION

The legs are the shot. The lower body is the feet, legs and hips. The legs control the throwing motion.

Strong legs, leg positioning (left foot point), aiming, a vertical back, accuracy, power, and ball velocity are created by the strong and smart legs.

All mistakes in shooting are leg mistakes.
13. LOWER BODY FUNDAMENTALS

TWELVE LOWER BODY RULES

1. Point Left Foot, Pivot
2. Right Leg Straight Back
3. Snap-In the Right Foot
4. Rotate Right Hip
5. Vertical Back
6. Crunch the Abs
13. LOWER BODY FUNDAMENTALS

TWELVE RULES CONTINUED

7. Elevate
8. Elevate, Rotate and Crunch
9. Weight Transfer
10. Balance
11. Left Side Shooting
12. Right Side Shooting
13. LOWER BODY FUNDAMENTALS

Duties of the Legs

1. Accuracy
2. Angularity (angled body)
3. Aim
4. Verticality
5. Velocity (power)
13. LOWER BODY FUNDAMENTALS

The Legs Are The Shooter

1. Without strong legs there is no shot.
2. The legs throw the ball.
3. Great shooters have great legs.
4. Great shooters have smart legs.
   (legs that are positioned correctly)
13. LOWER BODY FUNDAMENTALS

THE LEGS ARE THE SHOT

NO LEGS, NO SHOT
13. LOWER BODY FUNDAMENTALS

Without strong angled leg positioning, there is no shot. A square shooter has a weak shot.

Rule: L.R.R.

LEFT, RIGHT, ROTATE

Left foot point
Right leg back
Rotate hips
LEFT

RIGHT

ROTATE

Point Left Foot, Right Leg Back and the Rotate Hips
13. LOWER BODY FUNDAMENTALS

Lower Body is where the shot begins.

Shot starts in the Toes and ends in Fingertips.

Legs Begin motion

Hip rotation Continues motion

Left arm Assists motion

Right arm Ends motion
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- **Right foot** snaps-in to begin throwing motion.
- **Hip rotation** rotates the shooter’s body.
- **Left arm** helps to rotate the hips.
- **Right arm** last part of the body to move.
13. LOWER BODY FUNDAMENTALS

The Whole Body Throws The Ball

Shot is a whole body throwing motion. A whole body throwing motion that is dominated by the legs.
13. LOWER BODY FUNDAMENTALS

The Whole Body Throws The Ball

Whole Body:
Legs,
Hips,
Torso,
Left Arm &
Right Arm
Is the Shot.
13. LOWER BODY FUNDAMENTALS

Right Arm Does Not Throw The Ball

Legs provide the power for the right arm to throw the ball.

Right arm-only shot is 15 mph instead of a 40 mph shot.
13. LOWER BODY FUNDAMENTALS

Right Arm Does Not Throw The Ball

Shot: Legs, Hips, Left hand and Abs.

Whole body throws the ball.

LEFT

RIGHT

ROTATE
13. LOWER BODY FUNDAMENTALS

Right Arm Does Not Throw Ball

L.R.R. = Left, Right, Rotate

LEFT FOOT POINT & HAND
RIGHT LEG BACK
ROTATE HIPS
13. LOWER BODY FUNDAMENTALS

WHAT THE LEGS DO

Angles the body
Aims the ball
Elevates Shooter
Vertical Back
Shoots the Ball
Produces Power
13. LOWER BODY FUNDAMENTALS

WHAT THE LEFT LEG DOES

Left Leg Forward

Aim

Angularity (angling the body)

Accuracy

Pivot Point for Rotation
13. LOWER BODY FUNDAMENTALS

WHAT THE LEFT FOOT DOES

Left Foot Points at Goal
Fixed
Pivot Point for Rotation
Angles the Body
Aims the Ball
13. LOWER BODY FUNDAMENTALS

WHAT THE RIGHT LEG DOES

1. Straight Back
2. Cocks, Straightens to Shoot
3. Makes Left Shoulder Point
4. Angles Shooter’s Body
5. Balances Out
13. LOWER BODY FUNDAMENTALS

WHAT THE RIGHT FOOT DOES

Right Foot Kicks

Mobile

Balances out shooter

Right Foot Kick Starts The Shot
1. POINT, PIVOT LEFT FOOT

Left foot points at the goal to aim the ball.

Pivot point: rotates the body.
13. LOWER BODY FUNDAMENTALS

THE THROWING MOTION

Left foot points at the goal.

Right leg is straight back.

Hips rotate body around left foot pivot point.

Right hand follows left foot.
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LEFT FOOT POINT

Shooter’s left foot points at goal to aim the ball.

Right hand does not aim ball.
13. LEFT FOOT AIMS THE BALL

Left corner shot:
L. foot points at left corner.
13. LEFT FOOT AIMS THE BALL

LEFT FOOT AIMS BALL

Where ever the left foot points, right hand follows.
13. LEFT FOOT POINTS & PIVOTS

LEFT FOOT PIVOTS

Left foot is a pivot point to rotate body to right & left.
13. LEFT FOOT POINTS & PIVOTS

LEFT FOOT PIVOTS

Pivot to Right: **Cocks** the torso, hips and right leg.

Pivot to Left: **Shoot**.
1. Shooter rotates back to *cock* body.
2. Shooter accelerates forward to *shoot* the ball.
1. Shooter rotates back to *cock* body.
2. Shooter accelerates forward to *shoot* the ball.
13. LOWER BODY FUNDAMENTALS

LEFT FOOT PIVOTS

Shooter’s body **must be cocked** before ball is shot.
13. LOWER BODY FUNDAMENTALS

LEFT FOOT PIVOTS

Shooter’s left foot is a pivot point to accelerate forward to throw the ball.
13. LOWER BODY FUNDAMENTALS

2. RIGHT LEG STRAIGHT BACK

Shooter’s right leg is straight back and bent at the knee.
2. **RIGHT LEG STRAIGHT BACK**

It starts shot, balances, angles the body, & points left shoulder.

Want to fix the throwing motion?

Fix the right leg positioning.
13. LOWER BODY FUNDAMENTALS

2. RIGHT LEG BACK

Right leg straight back and slightly bent in the cocked position.

Right foot is cocked to side to cock right leg/hip.

END of Part One