

TO BE A GOOD SHOOTING GUARD

Take Pride in your Defense: As a shooting guard, you are normally going to be defending the opposing team's shooting guard, so lock him down. Take pride in your ability to stop your opponent. When you're playing at the local park, don't defend the worst player on the court, find the player who would give you the greatest challenge, and meet that challenge by shutting them down. The only way to become a great defender is to first dedicate you to it, then to implement it on the court. Always challenge yourself no matter where you are playing.

Be a Great Free-Throw Shooter: This goes without saying, but being a Great Shooting Guard calls for you to not only be a great perimeter shooter, but also a knockdown free-throw shooter.

Getting Open: When being played by an aggressive defender, the best way to do this is to use what's called a V-cut. The V-cut is the most efficient way to get open along the perimeter and 9 times out of 10 is all the offensive player needs to use to free him/her.

Make something from nothing: It is also imperative that the shooting guard be able to be a spot-up shooter—to be able to catch and shoot—as well as be able to create her own shot off the dribble. The shooting guard is often called upon to get the team a quality shot when their offense has broken down. In other words, when a play has not worked, or the opposing team's defense has thrown a team out of sync, the shooting guard must step up and be able to create something out of nothing.

Shoot the Three: The shooting guard has to be able to play excellent defense and create shots for herself in the half court offense. She needs to be a weapon from long range as well. This is true because the better a shooting guard can shoot from behind the three point line; the more it forces defenses to step farther out on the court to guard her. This in turn allows the lane to be open to penetration by your point guard and more room to operate for your post players.

What is a Shooting Guard: A "shooting guard" is generally just what you think it means: Someone whose primary job is to shoot the ball, either as a spot up shooter, catching and releasing, or coming off screens; someone who can spot up from either in close or three-point range, and someone who defends the other team's off-guard. A good shooting guard is also very comfortable scoring and operating from the Triple Threat Position. Master the Triple Threat and you will be a force to be reckoned with.

Short Memory: A great Shooting Guard has a very short memory. She doesn't remember the last shot she missed; she only knows the next one is going in. She knows that he put in the work in practice, and that every shot she's taking is a shot she can and will make.

Be Comfortable from Triple Threat: I can't emphasize this enough. You MUST master the Triple Threat position to be a great Shooting Guard, or a great guard period.