

# The Formation and Development of Basketball Shooting Technique

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**ABSTRACT.** *With the development of basketball, shooting technique is becoming more and more important in basketball competition, which is one of the important scoring techniques in basketball competition. Therefore, in today's basketball game is popular all over the world, we need to study and analyze the formation and development of shooting technique, recognize the role of shooting technique in improving the physical quality of athletes, promoting the development of basketball tactics and promoting the development of basketball, so as to provide certain theoretical guidance for the future development of basketball in China.*

**KEYWORDS:** *Basketball, Lay up the shot technique, Shooting technique, Basketball player*

## 1. Introduction

As one of the most important techniques in basketball competition, basketball shooting is not only the key to score in the field, but also highly ornamental, which can stimulate the mood of the audience. For example, in NBA games, the audience is often excited by the gorgeous shooting of professional basketball players. Although the shooting is so important in the basketball game, the shooting technique does not exist at the beginning of the birth of basketball, but after continuous development and change, it is finally formed.

## 2. The Origin and Evolution of Basketball Shooting Technique

Basketball was officially listed as an Olympic event in 1936. In the process of preparing for the basketball match at that time, American basketball players performed a double handed shooting. The European audience showed great concern because they saw this way of shooting for the first time. In the later development process, dunk is gradually familiar to people, but for the use of shooting technique in the game, people have different views.<sup>[1]</sup> Some spectators think that the dunk itself is an act of disrespect for the other side, and it is a violent act to smash the basketball into the basket, which should not be advocated, let alone used in the game. However, some people think that the emergence of dunk makes basketball more dynamic, and

the whole basketball game will be more ornamental, which is conducive to the development of basketball. After nearly 20 years of debate, shooting technique has gradually been recognized by most people, and has been widely used in American basketball games, and finally gradually spread to the world. Under the background of the continuous development of NBA, a variety of different dunk actions are used in basketball games, which brings better visual enjoyment to basketball fans and spectators, and provides important support for the development of basketball. In fact, the dunk is an evolution of the layup. Although the dunk didn't exist at the beginning of basketball, some people began to try to dunk soon after the birth of basketball. Since the middle of last century, dunk has been occupying a special position in basketball. There has always been such a misunderstanding about the dunk, that is, the dunk appeared in the late 1950s.<sup>[2]</sup> In fact, before that, some basketball players began to dunk. However, due to the influence of various factors, the dunk is very rare in basketball games.

### **3. The Development of Basketball Shooting Technique in China**

From the development of basketball in China, in the late 1950s, basketball began to receive domestic attention, and the shooting technique industry entered the public vision with the attention of basketball. The development of shooting technique in China has experienced the following stages

#### ***3.1 Initial Stage***

In the case of basketball gradually received attention, China began to vigorously develop basketball. However, in the basketball training at that time, there was no training content about shooting technique, and the development of shooting technique was only carried out in the continuous attempt of basketball players themselves. In the early sixties of last century, some athletes with outstanding jumping ability or height began to try to dunk, and gradually mastered the shooting technique in the primary stage. However, due to various factors at that time, the dunk action was rarely used in the competition, only appeared in the performance before the competition. During the cultural revolution, the development of basketball in China was greatly hit, and the development of shooting technique also fell into a stagnant state. In the later development process, with the continuous contact between China and American professional teams and college teams, the shooting technique developed rapidly, but the gap between China and the world's top teams is still very obvious. For example, in the late 1970s, at that time, China's basketball players' shooting technique was mainly manifested as two handed dunk. While at that time, the American basketball players had been able to complete the air relay, turning 360 degrees and other high-difficulty dunks.<sup>[3]</sup>

#### ***3.2 Turning Stage***

In the eighties of last century, basketball developed rapidly in China, and the

shooting technique also got the opportunity of rapid development under the drive of basketball. At this stage, Chinese academic circles began to pay attention to the research of basketball, and many coaches began to pay attention to the training and development of athletes' shooting technique. After the 9th Men's Basketball Championship, China made a detailed investigation on the dunk and the players in the championship, and pointed out that the American basketball players can complete the dunk in the process of fast forward and fast turning. From this, we can see that at that time, China attached great importance to the development of shooting technique, and can clearly understand the gap between itself and other countries. After that, in addition to the national team, the youth team also began to pay attention to the development of shooting technique. In 1987, China held the first dunk competition in Beijing. Although the difficulty of the dunk action performed by the athletes was relatively low, the holding of the dunk competition was of great significance. It showed that the shooting technique has been highly valued in China.

### ***3.3 Rapid Development Stage***

In the 90's, more and more players in China have been able to use the dunk more and more frequently, and their ability to control the dunk has gradually increased. In the later development process, as China began to implement the "league home field competition system", athletes' training has gradually become scientific and reasonable. At the same time, with the increasing number of matches, the basketball match arrangement is more reasonable. In 1995, China set up a special award for the shooting technique, and encouraged athletes to use more shooting technique in competitions. Since then, China's basketball players have developed rapidly. For example, in the 18th Asian Men's basketball championship, Chinese basketball players used a variety of dunk movements. With the introduction of foreign aid in China's basketball professional league, the shooting technique used by foreign aid in the game has greatly promoted the progress of Chinese athletes' shooting technique.<sup>[4]</sup>

## **4. The Significance of Dunk Technique to Basketball**

As one of the most important techniques in basketball competition, shooting technique is very important for the development of basketball, which is mainly reflected in the following aspects.

### ***4.1 Shooting Technique Can Improve the Physical Fitness of Athletes***

In the early development of basketball, people think that basketball players only need to have enough height to play basketball and participate in basketball matches. But in the later development process, with the gradual enhancement of antagonism in basketball games, basketball players are required to have speed, strength, flexibility and sensitivity in addition to a certain height. Only when the athletes have these qualities at the same time, can they complete the dunk in the competition. This

requires that athletes must constantly improve their physical quality, speed, flexibility and so on. Therefore, from this point of view, the slam dunk indirectly improves the physical quality of athletes.

#### ***4.2 Shooting Technique Promotes the Development of Basketball Tactics***

Tactics are very important in basketball match. Good tactics can make up for the lack of athletic ability of players and make them win the game finally. In the early basketball games, the offensive techniques used by the players were shooting and layup. However, with the continuous improvement of the athletes' physical quality, the speed, strength, and jumping ability of the athletes were also constantly improved, which eventually led to the birth of high-altitude technology -- shooting technique. Technology itself is the basis of tactics, that is, only on the basis of technology can new tactics be formulated.<sup>[5]</sup> The emergence of shooting technique makes the emergence of new tactics based on shooting technique, such as air relay. At the same time, after the emergence of the new tactics, due to the characteristics of the shooting technique itself is difficult to be blocked and can score stable, the new tactics are widely used in various basketball competitions.

#### ***4.3 Shooting Technique Promotes the Development of Basketball***

The development of basketball needs not only the support of capital investment and commercial operation, but also the basis of basketball itself, which can be clearly seen from the NBA professional league.<sup>[5]</sup> After years of development, the NBA professional league has become the world's highest basketball game. In addition to the commercial operation of NBA itself, another important reason is that NBA professional league is more ornamental than other leagues in the world, in which the endless dunking action is an important part. It is precisely because of the NBA professional league dunk is very ornamental, basketball attracted a large number of spectators. Therefore, it can be said that the development of shooting technique has led to the development of basketball.

### **5. Conclusion**

Shooting is one of the centers of basketball, which shows the importance of shooting techniques. From the analysis of the article, it can be concluded that the shooting technique is not based on the feeling and talent, but on the standard shooting posture.

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