

OTHER SKILLS TAUGHT

GETTING THE SHOT OFF

- PURE SHOOTING off the dribble
- *Catch and Shoot PURE SHOT*
- *Low Post PURE SHOT*

REBOUNDING

- *Blocking Out*
- *Footwork*
- *Focus of Eyes*
- *Angles of Deflection*
- *Transition to Ball*

DEFENSE

- *Stance*
- *Footwork*
- *Floor Position*
- *Psychology*

PASSING

- *Chest*
- *Bounce*
- *Overhead & Other*
- *Off-dribble Passes*

COURT AWARENESS

- *Flow of the Game*
- *Fast Break*
- *Defense*

PURE SHOOTING™

in the 50's

Many still shot a "SET SHOT"

Everyone shot a "JUMP (set) SHOT"

in the 60's

TODAY

Everyone still shoots the same
JUMP (set) SHOT!

With today's athletes bigger and faster than ever, it's time for the shot to move to its next generation!

Learn the technique and all the drills to become a
PURE SHOOTER

PURE SHOOTING™

The Next Generation

by:

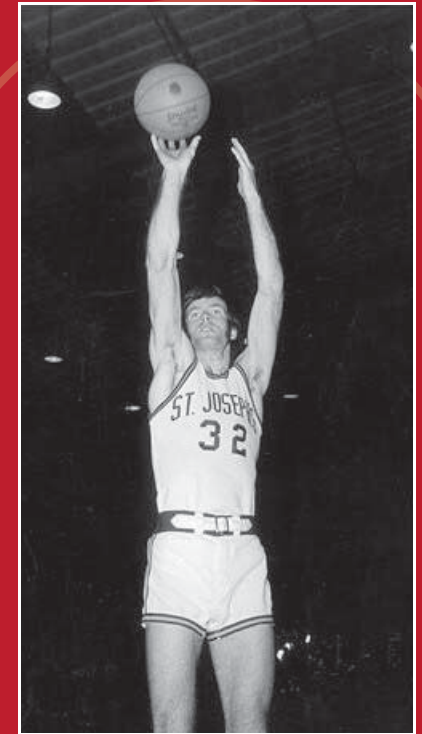
PAT McFARLAND

INDIVIDUAL, TEAM AND GROUP
SESSIONS AVAILABLE AND
COACHES CLINICS

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PURE SHOOTING™

the
NEXT GENERATION
SHOT



PAT McFARLAND

guaranteed:
HIGHER RELEASE!
QUICKER RELEASE!
INCREASED ACCURACY!

Facts About Basketball & Shooting

Basketball was invented in 1891 by James Naismith at the YMCA Training School in Springfield.

Within a year, the original peach baskets were replaced with hoops and 13 Rules were created.

First college game: Jan. 18, 1896 University of Chicago (15) - University of Iowa (12).

The first basketball was patented in 1929 (soccer balls were used to that point).

The rules stated the ball could be shot with either one or both hands; styles included:

- 1 & 2 Handed Overhead
- 2 Handed Underhand
- 1 Handed Underhand – Layup

FIRST JUMP SHOT – 1930's

Look closely and you will find very few PURE SHOOTERS in today's world. That is because JUMP-SET-SHOOT is still taught by every shooting instructor I know. But there is a better way that will produce the silky smooth release everyone knows as...



Learn from one of the first PURE SHOOTING BIG 5 LEGENDS



Pat McFarland

Former Denver Nugget
Philadelphia Big Five Hall of Fame
St. Joseph's All Sports Hall of Fame
St. Joseph's Basketball Hall of Fame
South Jersey HS Basketball Hall of Fame

Below are my college statistics at SJU!

Season	GP	FG%	FT%	RPG	PPG
1970-1971	28	41.8	72.6	5.5	17.0
1971-1972	28	43.8	79.3	6.8	17.8
1972-1973	28	53.8	75.0	5.8	20.3

"Notice the progressive improvement of FG% over 3 years. This is when I developed the technique and drills I want to teach you that earned me the label of PURE SHOOTER!"

Call me to set-up
INDIVIDUAL, TEAM &
GROUP SESSIONS

What Is PURE SHOOTING™

The words I've heard simply describe it...



You know it when you see it, but what makes it a Pure Shot?

Everyone who shoots today's Jump Shot really uses a JUMP-SET-SHOOT motion!

The real secret is eliminating the SET in JUMP-SET-SHOOT!

I teach the stroke that produces a single, fluid motion & release that begins with the jump and ends with the ball floating to and through the hoop

Let Me Show You
PURE SHOOTING™

PURE SHOOTING™

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