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The Perfect Shot

The purpose of this project was to see which arm position was the most accurate for your shot. The researcher thought it would be better to shoot from your chin and head better than your chest because you would have better control. The researcher tested three different arm positions using three subjects shooting from the chin, chest, and head height. Each of the three subjects shot ten shots from each of the positions. The data was then analyzed by calculating the total number of shots made at each arm position. The researcher then took it a step further calculating the arc of each shot at the release angle and entry angle. The researcher also tracked how many dribbles they took on each shot, as well as the foot positions of each shooter. The researcher found that it was better to shoot from your chest. Shooting from their chest they shot 12% more than the chin. The three subjects also made 16% more from their chest rather than from their head. After calculating the entry and release angle of each shot from all three arm positions it was determined that there was no correct arm position, it was more important to have a consistent arc.