



FINISHING BETTER:
SHOT SELECTION AND
DECISION-MAKING

PICK
&
ROLL



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Introduction

One of the biggest mistakes in basketball is believing that all shots are equal.

Two shots may both result in points, but one may come from a well-created collective advantage, while the other may be the product of a rushed decision.

The most efficient teams are not necessarily the ones that shoot the most.

They are the teams that select their shots better. They know when to attack quickly, when to make one more pass, and when to pass up a good shot in search of a great one.

This Pick & Roll will help you train shot selection and offensive decision-making to improve team efficiency and reduce wasted possessions.

The Problem: Confusing an Available Shot with a Good Shot

Many players think:

"If I can shoot, I should shoot."

However, modern basketball requires a different question:

Is this the best shot available?

Common mistakes:

- Contested shots with plenty of time on the clock.
- Quick shots without creating an advantage first.
- Driving into established help defense.
- Rushed three-pointers after a single pass.
- Ignoring advantages created by teammates.

The goal is not to shoot more.

It is to shoot better.

What Is a Good Shot?

A good shot usually includes several factors:

- Enough space to execute comfortably.
- Good body balance.
- A previously created offensive advantage.
- The right shooter taking the shot.
- A favorable game context.

Not every good shot is completely open.

But almost every good shot comes from an advantage.



Principles for Improving Shot Selection

1. Attack Advantages, Don't Force Them

- Advantages appear when:
- The defense rotates late.
- A numerical superiority exists.
- A mismatch is created.
- A closeout arrives out of control.

Players must learn to recognize when a real advantage exists.

2. The Extra Pass as a Weapon

Many defenses survive the first pass.

Few survive the second.

The extra pass:

- improves spacing,
- shifts defensive help,
- creates cleaner looks,
- increases offensive efficiency.

Sometimes the best decision is not to shoot.

It is to pass.

3. Understand Who Is Shooting and From Where

Not every player has the same strengths.

Shot selection also means:

- recognizing individual strengths,
- identifying high-percentage areas,
- avoiding shots that do not fit a player's profile.

Efficiency starts with self-awareness.

4. Read the Context

The same shot can be good or bad depending on the situation.

For example:

- End of the shot clock.
- Final minutes of a game.
- Negative scoring run.
- Comfortable lead.

Decision-making is always context dependent.

Types of Shots That Should Be Trained

Shot After an Extra Pass

Created through quick ball movement.

Objective:

Punish defensive rotations.

Shot After Penetration

Después de colapsar la defensa.

Objetivo:

aprovechar ayudas tardías.

Tiro en transición

Created after collapsing the defense.

Objective:

Take advantage of late help defense.

Transition Shot

When a numerical or spatial advantage exists.

Objective:

Finish before the defense is organized.

Shot Under Time Pressure

Late shot-clock situations.

Objective:

Maintain decision quality despite limited time

Drills to Train Shot Selection

Drill 1 | Good Shot or Turnover

Structure:

5v5 game where baskets only count if they come from high-quality situations defined by the coach.

Objective:

Value decision quality over results.

Coaching Focus:

Advantage recognition.

Drill 2 | Mandatory Extra Pass

Structure:

The offense must make one additional pass after creating the first advantage before being allowed to shoot.

Objective:

Develop offensive patience.

Coaching Focus:

Reading help defense and ball movement.

Drill 3 | Finish Based on Advantage

Structure:

3v2, 4v3, and 5v4 situations.

Objective:

Learn when to finish and when to continue moving the ball.

Coaching Focus:

Selecting the optimal option.

Drill 4 | Efficiency-Based Game**Structure:**

Baskets are worth extra points if they come from a clearly created advantage.

Objective:

Reward collective offensive construction.

Coaching Focus:

Quality of the offensive process.

Common Mistakes When Teaching Finishing

- Correcting only whether the shot goes in or misses.
- Rewarding difficult shots simply because they are made.
- Ignoring the process leading to the shot.
- Confusing aggressiveness with impatience.
- Ignoring game context.

A made bad shot is often still a bad decision.

How to Integrate It into Practice

A useful progression could be:

- **Beginning of the week:** simple advantages and basic shot selection.
- **Midweek:** reading help defense and the extra pass.
- **End of the week:** realistic game situations with score and time pressure.

The key is helping players answer one question:

Is this the best shot available for the team?



Applying It with bcoach Basket

With bcoach, you can:

- **Design drills** focused on shot selection.
- **Tag exercises** as “decision-making,” “offensive advantages,” “extra pass,” or “efficiency.”
- **Create methodological** progressions around finishing.
- **Track offensive patterns** during games.
- **Analyze shooting behaviors** according to game context.

The task creator allows coaches to visually represent advantages and finishing options, making learning more effective.



CONCLUSION

The difference between a good offense and a great offense often comes down to one decision.

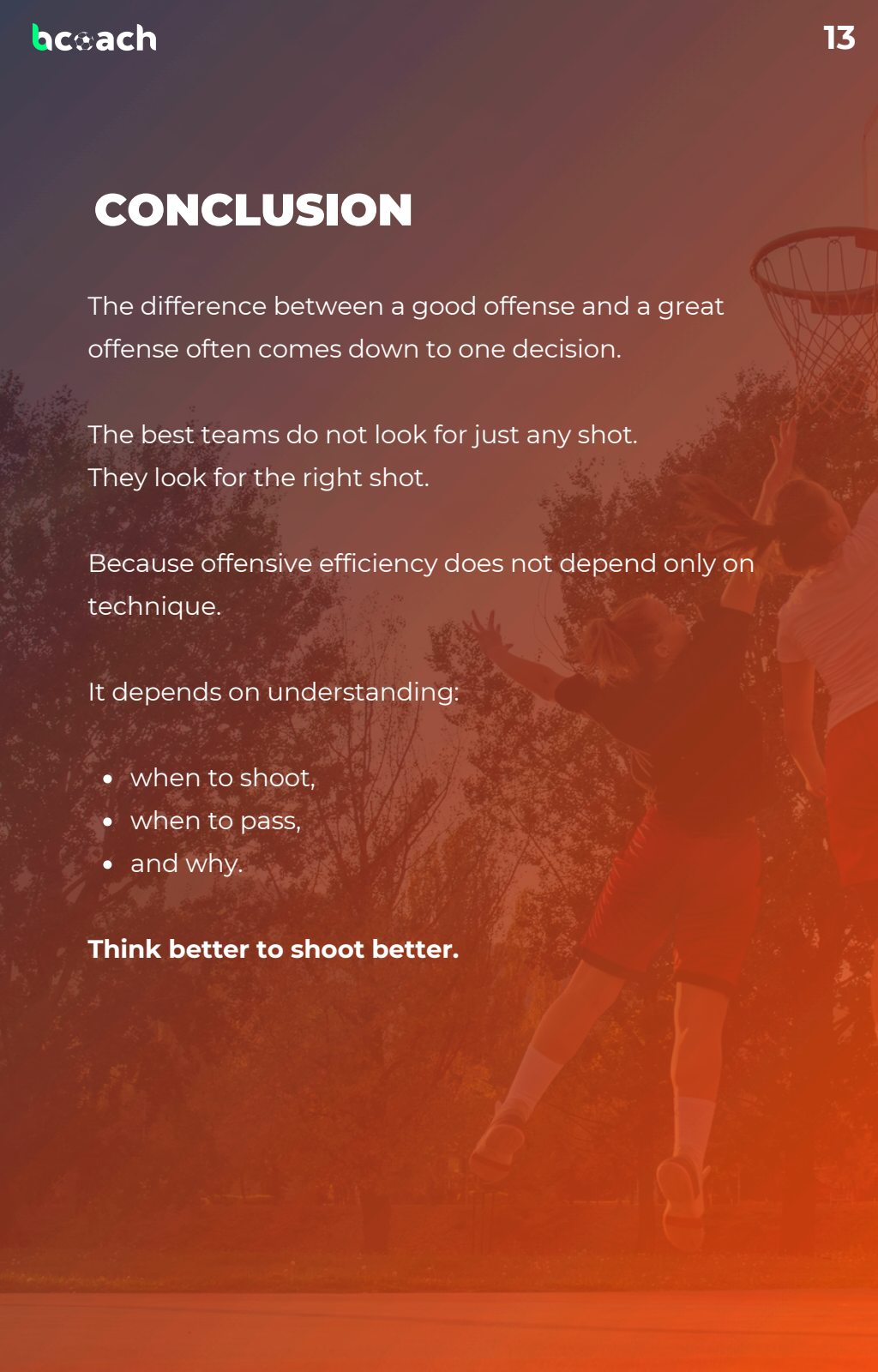
The best teams do not look for just any shot. They look for the right shot.

Because offensive efficiency does not depend only on technique.

It depends on understanding:

- when to shoot,
- when to pass,
- and why.

Think better to shoot better.



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