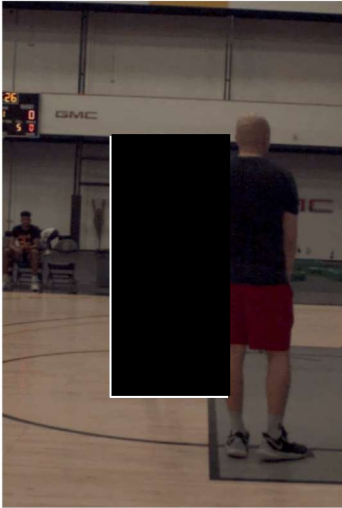
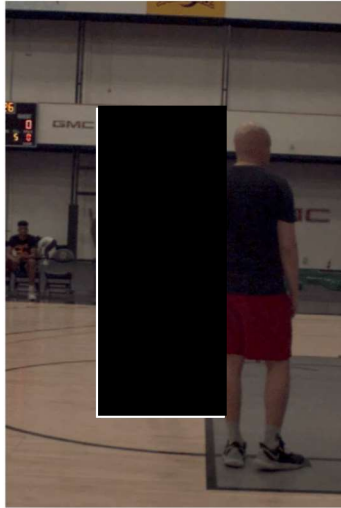




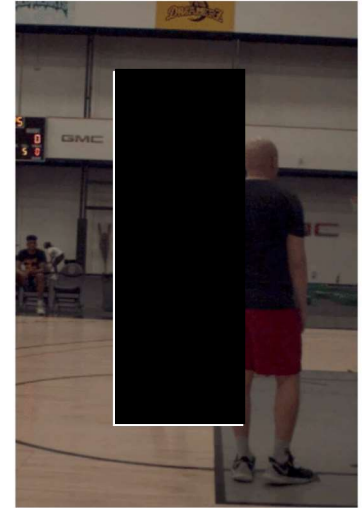
1 START



2 SET



3 RELEASE



SUMMARIZED INSIGHTS

- [Redacted] tended to miss short when he released later in the jump and not enough arm action.
- The ball entry angle for his 3-point jumpers were related to the timing of his release.
- He was average to below average in hip and wrist set point position consistency.

SHOT PROFILE



SET POINT

| Hip Set Point Location Consistency - Overall | | | |
|--|------------|-----------|-------------|
| | Free Throw | Jump Shot | Three Point |
| VALUE | 0.63 | 0.64 | 0.63 |
| PERCENTILE | 64th | 19th | 38th |

Inconsistent hip set position



SHOT SEQUENCING

| Shot Path Angle | | | |
|-----------------|------------|-----------|-------------|
| | Free Throw | Jump Shot | Three Point |
| VALUE | 75.8 | 70.9 | 72.8 |
| PERCENTILE | 88th | 69th | 88th |

Vertical shot path angle



RELEASE POINT

| Arm Release Angle | | | |
|-------------------|------------|-----------|-------------|
| | Free Throw | Jump Shot | Three Point |
| VALUE | 70.2 | 69.5 | 67.8 |
| PERCENTILE | 94th | 94th | 94th |

Vertical arm release angle



RELEASE POINT

| Time of Release relative to Jump Apex | | |
|---------------------------------------|-----------|-------------|
| | Jump Shot | Three Point |
| VALUE | -0.075 | -0.133 |
| PERCENTILE | 59th | 79th |

Releases the ball early in the jump





MAKES MISSES

2023-05-04

Biomechanics by Makes/Misses

Mid-Range Jumper

| | Shot Path Angle (deg) | Body Vert Velo at Release (m/s) | Shoulder Ang. Velocity at Release (deg/s) | Elbow Ext. Velocity at Release (deg/s) |
|----------------|-----------------------|---------------------------------|---|--|
| Makes | 69.5 | 0.60 | 296.9 | 935.8 |
| Misses - Short | 73.0 | 0.55 | 315.9 | 931.7 |
| Misses - Long | 71.8 | 0.68 | 376.5 | 990.7 |

Biomechanics by Shot Entry Angle

3-Point Jumper

| | Shot Path Angle (deg) | Body Vert Velo at Release (m/s) | Body Hor Velo at Release (m/s) | Shoulder Ang. Velocity at Release (deg/s) |
|--------------------------|-----------------------|---------------------------------|--------------------------------|---|
| Low Entry (< 44°) | 70.9 | 1.12 | 0.91 | 1001.8 |
| Medium Entry (44° - 47°) | 73.6 | 1.17 | 0.86 | 1026.7 |
| High Entry (> 47°) | - | - | - | - |

Insights

- When shooting a mid-range jumper, [REDACTED] tended to a **miss long** when he:
 - had a greater whole body contribution, and
 - had a greater arm contribution (from shoulder and elbow velocities).
- When shooting a 3-point jumper, [REDACTED] tended to a **low entry angle** when he:
 - had a shallower shot path angle, and
 - released closer to the top of his jump.



SET POINT

SHOT TYPE

Free Throw

Jump Shot

Three Point



2023-05-04

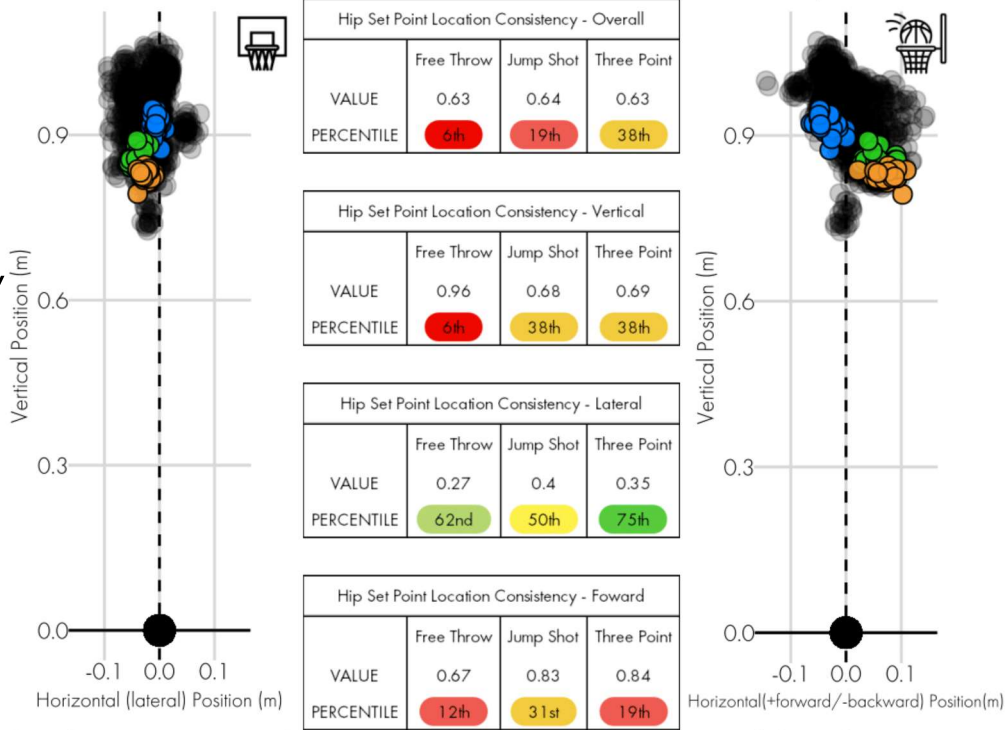
Set Point Insights

Examining the consistency of the set position

- [Redacted] had poor consistency in his hip positioning
- His hip side-to-side consistency was above average
- Average wrist set point consistency

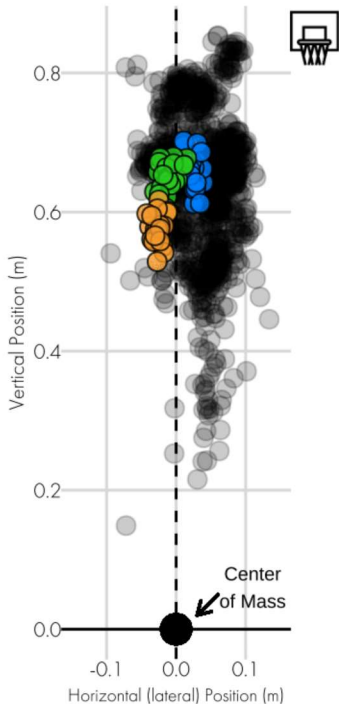
Hip Set Point Consistency: Back & Side View

Low values indicate a consistent center of mass location at the set point



Wrist Set Point Consistency: Back View

Low values indicate a consistent set point relative to the body



| | Free Throw | Jump Shot | Three Point |
|------------|------------|-----------|-------------|
| VALUE | 0.68 | 0.69 | 0.62 |
| PERCENTILE | 38th | 38th | 62nd |

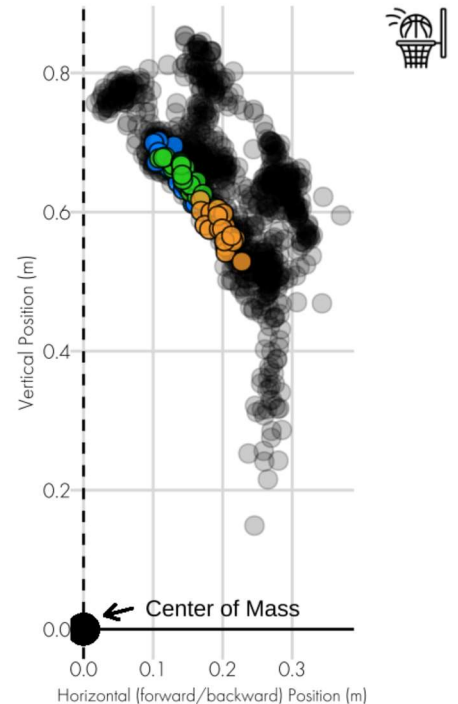
| | Free Throw | Jump Shot | Three Point |
|------------|------------|-----------|-------------|
| VALUE | 1 | 0.8 | 0.9 |
| PERCENTILE | 19th | 44th | 56th |

| | Free Throw | Jump Shot | Three Point |
|------------|------------|-----------|-------------|
| VALUE | 0.34 | 0.52 | 0.32 |
| PERCENTILE | 69th | 38th | 88th |

| | Free Throw | Jump Shot | Three Point |
|------------|------------|-----------|-------------|
| VALUE | 0.71 | 0.74 | 0.65 |
| PERCENTILE | 38th | 19th | 44th |

Wrist Set Point Consistency: Side View

Low values indicate a consistent set point relative to the body





SHOT SEQUENCING

SHOT TYPE

Free Throw

Jump Shot

Three Point

2023-05-04

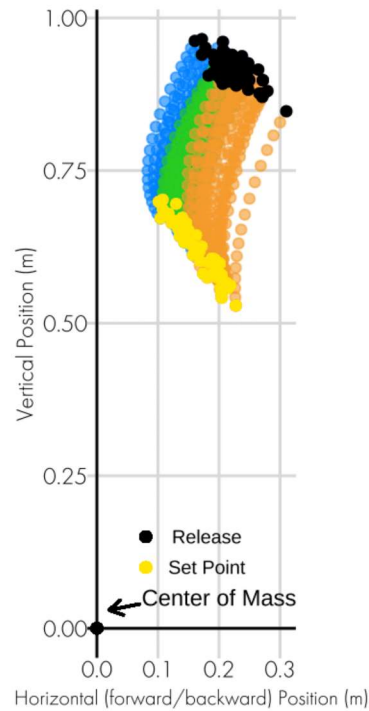
Shot Sequence Insights

Examining the consistency of the shot coordination and path

- Very vertical shot path
- Shot path tended to be a factor of where he began the push action during his upward arm swing
- Similar lower- and upper-body coordination in his jump shots

Shot Path

Higher values indicate a more vertical motion



| Shot Path Angle | |
|-----------------|------------|
| VALUE | Free Throw |
| PERCENTILE | 75.8 |
| | 88th |

| Shot Path Angle | |
|-----------------|-----------|
| VALUE | Jump Shot |
| PERCENTILE | 70.9 |
| | 69th |

| Shot Path Angle | |
|-----------------|-------------|
| VALUE | Three Point |
| PERCENTILE | 72.8 |
| | 88th |

Shot Coordination

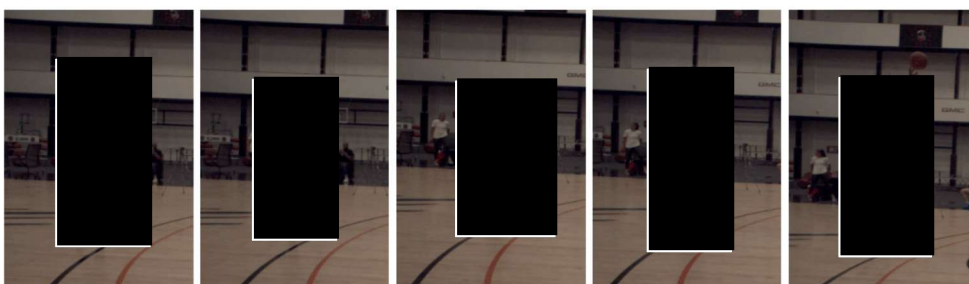
How in-sync is the lower-body (knees) and the upper-body (shoulder)

Free Throw

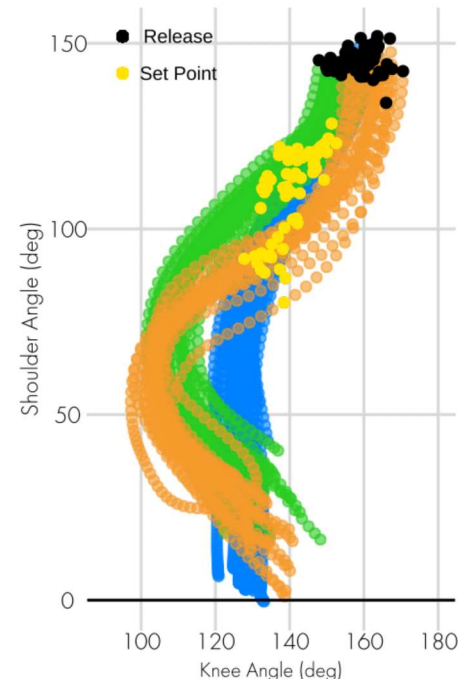


Start Start of Arm Swing Max Knee Bend Set Point Release

3-point Jump Shot - Top of the Key



Start Start of Arm Swing Max Knee Bend Set Point Release





RELEASE POINT

SHOT TYPE

Free Throw

Jump Shot

Three Point



2023-05-04

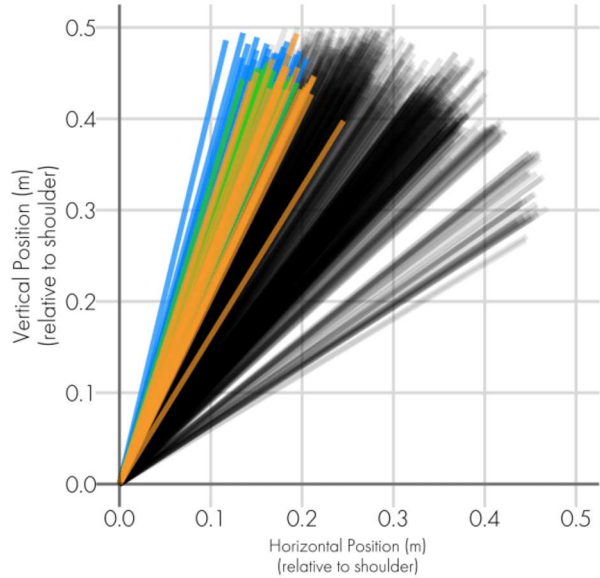
Release Points Insights

Examining the final factors influencing the ball flight

- Releases the ball high relative to his shoulder (high arm release angle)
- Solid jump during his jump shot gave him:
 - higher release heights, and
 - decent whole body contribution to the shot power

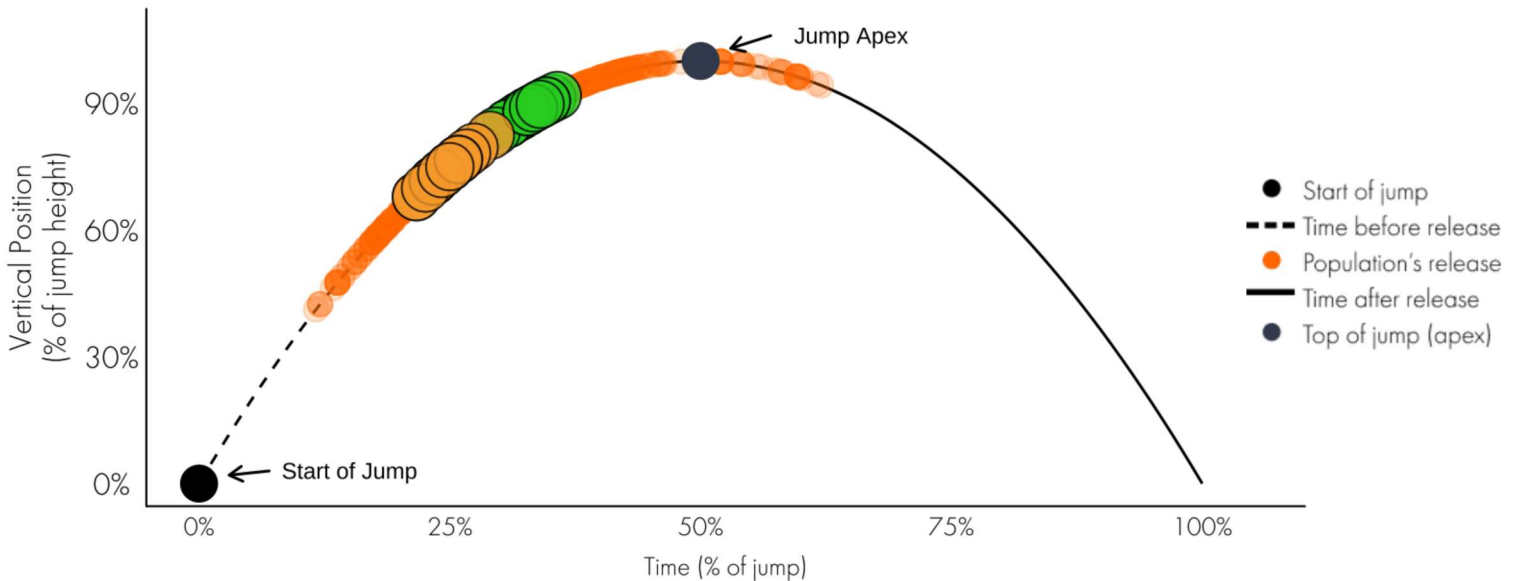
Arm Release Angle

Lower values indicate more of *push shot*



Release Point: Positioning

Releasing closer to the jump apex relies more on the arms



| Arm Release Angle | | | |
|-------------------|------------|-----------|-------------|
| | Free Throw | Jump Shot | Three Point |
| VALUE | 70.2 | 69.5 | 67.8 |
| PERCENTILE | 94th | 94th | 94th |

| Time in Air before Release | | |
|----------------------------|-----------|-------------|
| | Jump Shot | Three Point |
| VALUE | 0.142 | 0.125 |
| PERCENTILE | 41st | 46th |

| Time of Release relative to Jump Apex | | |
|---------------------------------------|-----------|-------------|
| | Jump Shot | Three Point |
| VALUE | -0.075 | -0.133 |
| PERCENTILE | 59th | 79th |