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## Underhand free throw shooting

(Getty Images) In early November games in the NBA d rarely create headlines, but in a game between the Rio Grande and the Viper Valley and los Angeles de Fenders (now South Bay Lakers) last season, there were some unexpected fireworks. It wasn't until two minutes later that IICA Zubac Chinanu Onuaku - both of which were on a mission from their NBA affiliates - missed sending the latter to the free throw line. Free-throw attempts are not usually illegal shock and horror, but after Onuaku released the first one clearly rocked The Blue Vander turned to the bench and mouth, what fuck? Blue had never seen Onuaku play before that shock wave hit him when he saw him under his hand free throws and he couldn't contain himself. That's right - an NBA professional basketball player shoots his deceptive free throws. Onakucho sprayed each of those free throws and finished with 14 points and 22 rebounds in a 133-120 win for the Vibes. Since then, it has become accepted that Onuaku was about to shoot novelty style free throws and was changed a story until he did the same little thing a little more than a month later, this time for the Rockets. People tend to make fun of things they don't understand and an NBA player shoots underwater free throws, which have been crafted novelty style, and certainly opens the door to the finger and laughs. Onako can care less, because the change in style has increased exponentially in the free throw bar. Any negative interest he received for the shooting movement was short-lived when people saw its effectiveness and Onuaku's laser focus on mastering his craft. The shift is like the one Onuaku chose to make happen only when a player puts his team's goals and individual craft above any backlash he may receive. Of course Onako knows he'll make fun of, but after shooting a 46.7 percent porous shot from his free throw line for a freshman season in Louisville, he's willing to put himself there for improvement. He, and the Los Angeles Training Staff, spent the entire summer before his visor season studying an old film of Rick Rees and honing his new craft. Just like standard shooting motion, there is a process, fire mechanics and flow he had to learn and develop. Onwaku ended his second-year campaign with a free throw rate of 58.9. In just one season his efficiency in the charity bar jumped 12 percentage points. The sample size was very small - he made 33 of 56 attempts - but the rapid improvement was there for everyone to see, and it was enough to keep Onuaku working in making it better. After a successful season in his sophomore year in Louisville, Onuaku announced the 2016 NBA draft and was selected by the Rockets with the 37th overall pick. Although it was a promise, it was clear that Onuaku would spend most of his rookie season with his D-League affiliate and he So he played 46 games of the 50-game schedule. Now on a much larger stage, Onuaku will get a chance to test his deceptive style again. His sample size for viper was much larger as he tried 177 free throws during the regular and postseason. Add four free throws (he went 4 of 4) took for the Rockets and he collected 181 attempts to gather more knowledge than. Onawako rose again to 72.4 per cent. This means he was able to raise his efficiency by nearly 26 percentage points in two years of shooting underfree throws, which is amazing to understand. After reaching out to his teammates and opponents of Onuaku last season in League D, it became clear that they didn't really care about the shooting movement. One of his colleagues told us: Yes, it was funny at first. I mean, most of us thought he was messing around, but after he said that's how he shoots, I just moved in. As long as it goes in the collar I don't care what it basically looks like. I spoke to some of his opponents who confirmed the same thing but added a new expected wrinkle: I mean, we talked to him when he went up to the line because of grandma's shot, but if he's my teammate, I won't care about him. There is clearly a stigma around the underwater shooting. Rick Barry holds the fourth highest career free throw ratio at 89.9 (only Steve Nash, Mark Price and Stephen Curry are the best) yet any NBA player has chosen to adopt his correct anatomically. Barry is a clear supporter of the style says Sporting News, it's a much more efficient shot. It's much more efficient than over-the-top. There are a lot of positives to it because it's a much softer shot. It's one non-fluid movement and it's not a bunch of different suggestions you should make. Even with Barry being a strong advocate of style, only one of his five sons will take on the challenge of shooting undercover, which tells you everything you need to know about the difficulty of using the wide range of style. The biggest name to use was the technique of free throwing underwit Chamberlain who used grandma's shot during the 1961-62 season where he shot 61.3 percent -- his only season above 60 percent. He used it for one year and stopped because, as he wrote in his autobiography, I felt ridiculous, like Cece. This is the problem with hidden free throws - no matter how effective they can be, players always push back because of negative perception. So still, Onuaku's recent success forces me to think about how this hidden option would help current NBA players who struggle strongly from the line. Guys like Andre Drummond, DeAndre Jordan and Dwight Howard can really benefit from putting their pride aside and improving their efficiency on the line by shooting grandma. While it is important to note that Onuaku was already the best free throw A pivotal observation of the withdrawal of this table is the noticeable improvement Onuaku was able to see after switching methods. Drummond has essentially seen no improvement over this period. Jordan has raised its efficiency by 10 percentage points and Howard has risen by about four percentage points but all remain significantly ineffective overall. Drummond is only 23 years old and is likely to be the last 10-12 years of his career left. Even if it improves to 52-60 percent, it will benefit him and his team significantly. Jordan is 28 years old and at the height of his career. It is still possible to make a change to him as well. Howard is 31 years old, although the transformation can help him as well, he is the least likely of the three if we have to sort out the possibility. At all frankly, there's one percent chance of any one of these three - or any other struggling free throw shooter (I'm looking at you Andre Roberson) - adopting this style and pride is the culprit. But just for fun, let's look at the potential impact of these three guys if they were to start shooting free throws under, and the same success rate onuaku.Stan Van Gundy might kiss me on the mouth if this works. Drummond shooting nearly 61 percent of the free throw line would help their team a lot. He will be able to stay on the court in late-game situations with far less fear of a Drummond hack, which will eventually help their club achieve more victories. The above figures affect the project if all else remains exactly the same, which of course does not happen from year to year. However, it is encouraging to see how things can be shaken. Evidence shows that anyone who tried to use the lower free-throw technique saw an improvement in its overall efficiency at the free throw line. During my research I couldn't find one subject that tried it, and it got worse, so there's nothing to lose - besides personal dignity maybe. The impressive thing for Onuaku is that he saw this improvement while he seems to be using a bad form. Rick Barry himself told The Washington Post last December: I admire the fact that he [Unaku] was willing to try something different. Unfortunately, his technique leaves much to be desired. So, can he get better? Maybe the Rockets should hire Barry to work with Onuaku this summer to keep his development heading the right path and apparently to fix his style. Or maybe they're more than happy with 72.4 percent of the charity bar for their 20-year-old player role. As for the Pistons, he should have added a clause to Drummond's contract stating if he could shoot 55 percent or better than the free throw line, he would get a \$10 million bonus or something closer. If the big bear himself can't change the course of the big men shooting underfree throws, it's very unlikely Onawako courage moves the needle for others, but it can be, players always push back because of negative perception. So still, Onuaku's recent success forces me to think about how this hidden option would help current NBA players who struggle strongly from the line. Guys like Andre Drummond, DeAndre Jordan and Dwight Howard can really benefit from putting their pride aside and improving their efficiency on the line by shooting grandma. While it is important to note that Onuaku was already the best free throw A pivotal observation of this table is the noticeable improvement Onuaku was able to see after switching methods. Drummond has essentially seen no improvement over this period. Jordan has raised its efficiency by 10 percentage points and Howard has risen by about four percentage points but all remain significantly ineffective overall. 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