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Jump-Dunk-Score! How You Can Make It Happen

Few things feel better than watching the ball go through the hoop after you jumped so high you could dunk the ball right straight down through the net. It always brings the

crowds of fans to their feet, and rightly so, as it's an amazing and spectacular thing to watch — and an even more amazing and spectacular thing to do!

If you've ever dreamed of making that shot, then you're going to need a lot of practice because it's an athletic achievement that, though not easy to accomplish, *can* be accomplished.

It All Starts With Diet Exercise

For dunking and for playing the game of basketball in general, you must be physically fit. Regular aerobic and strengthening exercises are a must if you want to pursue the sport.

And before you can even begin exercising, you need to properly fuel your body. For anyone, a proper balance of protein, fruits and vegetables, whole grains, and healthy fats are essential to staying healthy. But for an athlete, it's even more important. You can't push your body to perform at athletic levels if you don't fuel it like an athlete. You may want to try a Mediterranean Diet or a [Flexitarian diet which is semi-vegetarian](#). Consult with a nutritionist/dietician and let them plan a healthy diet for you.

Now that you're eating properly, you'll be ready to begin your exercise regimen. Jump squats, box jumps, and calf raises will all prove helpful in getting you ready for those dunks. [You can also use resistance bands](#) and a jump rope to help you with that burst, or explosive nature of a dunk shot. For upper body strength, you can do bench presses and pull-ups, while squats and lunges are good for strengthening the lower half of your body.

Tips for Success

Practice dribbling to where you want to be to make the shot, usually one meter or about three feet from the rim. Dunk with one hand to begin since grabbing the rim with two hands is more difficult, and you'll need to work up to that.

Try dunking with a smaller ball, to begin with. You'll still want to dribble with your regulation-size basketball, but practicing dunking with the smaller ball means you'll be able to palm it better and have more opportunities to succeed. This will go a long way in boosting your confidence, so you don't give up in frustration.

[Practice palming the ball](#) until you feel like you're able to control it and maintain a good hold on it.

Then it's time to [focus on the landing](#). You'll fall on your backside often enough, but the more you work on your landing, the less that will occur.

Don't worry that you're not tall enough. Yes, being very tall has its advantages when it comes to dunking a basketball. But that's not everything. In fact, you may be surprised just how close you measure up to some of the most famous celebrities. Go to [HowTallHeight](#) and get the most accurate and well-researched information about just how tall the celebrity you're thinking of is.

And finally, set incremental goals. Start with the hoop lower than ten feet and work your way up. It's easier to practice technique that way too. Maybe try touching the rim with your wrist, to begin with, in order to get the feel of how high you'll need to jump to make the shot.

Make It a Family Affair

Shooting hoops by yourself is fine for practicing, but it's a lot more fun when you have a team. And what better team than family members? It's a great way for the whole family to have some fun, get in shape, and stay healthy and fit.

You can purchase a [portable or curbside hoop](#) with a weighted bottom so you can move it from the driveway to the street if you're not able to install an in-ground hoop where you are. However, keep in mind that a portable hoop won't be as safe as an in-ground hoop if dunking is your goal. And in-ground hoops feature glass backboards that simulate a collegiate or NBA basketball experience.

If you're planning on moving to an area that has more opportunities for sports, like basketball, make being near a park or sports arena a priority. Plenty of neighborhoods have recreational areas within walking distance, like parks, basketball and tennis courts, and pools.