

HOW TO MAKE FREE THROWS

[Buy Now for \\$30.00](#)

HOW TO MAKE THREE-POINT SHOTS

[Buy Now for \\$30.00](#)

Both strongly recommended by Nancy Lieberman

[View Bio](#)

THIS PROVEN TEACHING SYSTEM WILL HELP ANY PLAYER

Shoot Threes and Free Throws Better,

THE TWO MOST IMPORTANT SHOTS IN THE GAME!



Make More Shots

Identify your shooting faults and improve your shooting – fast!



Learn From The Legends

All players have different shooting faults. This custom teaching system can help them all – young or old, male or female!



Coach Yourself

All you need is a hoop, a smartphone and a determination to become a better shooter.

Helping Players Shoot Better

Young or Old, Male or Female, Any Nationality Helps Players, Parents, Coaches, Fans, and the Game Worldwide

<https://vimeo.com/551284513>

Del Harris Introduction to How to Make Three-Point Shots

Del Harris Introduction to How to Make Free Throws

EACH INCLUDES:



Self-filming Instructions



LIST OF THE

Most Common Shooting Faults



VIDEO SHOWING

Shooting Corrections Needed



LIST OF THE

Practice Drill

Learn From Our Team

- Over 550 wins with Houston Rockets, Milwaukee Bucks and Los Angeles Lakers
- NBA Coach of the Year 1995
- NAIA Basketball Hall of Fame 1996
- Head Coach Chinese National Team in 2004 Athens Olympics
- Coached With 5 Different Countries' National Teams
- Jerry Colangelo Award for Leadership and Character 2010.
- John Wooden "Keys to Life" Award Winner 2014
- NABC International Lifetime Achievement Award 2017
- Hall of Fame John Bunn Lifetime Achievement Award 2019
- Tennessee Independent College and University Association Hall of Fame 2020
- NBA Coaches Association Chuck Daly Lifetime Achievement Award 2020

- Naismith Memorial Basketball Hall of Fame 2022
- Lifetime Ambassador Award for Milligan University 2024



Del Harris

- At 18, youngest ever U.S. Olympic basketball player, Silver Medal 1976
- Three-time College All American
- Two-time National Player of the Year and Two-time National Champion 1979, 1980 at Old Dominion University
- Founded basketball camps for boys and girls 5-17 1980
- MVP in Women's NBA, 1981
- Naismith Basketball Hall of Fame 1996, 2023
- WNBA Head Coach and GM Detroit Shock 1998
- Women's Basketball Hall of Fame 1999
- Head Coach NBA G League Texas Legends 2009
- [Founded Nancy Lieberman Charities in 2009, have donated 129 basketball courts to date.](#)
- Author of *Playbook for Success* 2010
- Assistant Coach Sacramento Kings 2015
- Basketball Hall of Fame Mannie Jackson Human Spirit Award 2017
- Head Coach Big3 Champion "Power" 2018
- Big3 Coach of the Year 2018
- Broadcaster for ABC, Bally Sports, ESPN, Fox Sports Southwest and NBC
- International Motivational Speaker
- Board of Governors, Naismith Basketball Hall of Fame and NBRPA Executive Committee
- Coach Wooden Citizenship Cup Award 2023
- National Civil Rights Museum Sports Legacy Award 2023



Nancy Lieberman

- Free Throw Coach Golden State Warriors 1993-95
- Free Throw Coach USA National "Dream Team II" World Champions 1994
- Free Throw Coach New York Knicks 1995-96

- Free Throw Coach USA National Women's Team, Bronze Medal 1996
- Free Throw Coach Dallas Mavericks 1997-2017
 - 2003 set NBA record – Mavericks made 49 consecutive free throws in one game
 - Dallas Mavericks – 2011 NBA Champions
- Co-Author with Denny Price *Basketball Shooting* 2001
- Free Throw Coach Los Angeles Clippers 2003-2006
- Benevolent and Protective Order of Elks Distinguished Citizenship Award 2013



Gary Boren

- Girls High School Coach (52 Years)
- 1,416-355 (80%) Wins, the Most in High School History
- 16 Final Fours, Texas State Champion 1990
- Walt Disney National Teacher of the year 1993
- High School Basketball Hall of Fame 1995
- NHSCA Coach of the Year 2007
- Morgan Wootten Lifetime Achievement Award 2008
- Women's Basketball Hall of Fame 2010
- Texas Sports Hall of Fame 2012
- Texas Women's Hall of Fame 2023



Leta Andrews

- Coached Youth in the Dallas-Fort Worth Metroplex For Over 40 Years
- Two Time Teacher of the Year
- Five Time Co-District Coach of the Year
- Head Coach for Dallas Mavericks Hoop Camp for Youth for 20 Years
- Past President of the Dallas High School Coaches Association
- Clinician for Several AAU Teams
- Guest Speaker for Many Schools And Organizations
- Brownwood, Texas Gordon Wood Hall of Champions 2021



Val Rhodes

- NCAA Champion with Duke in 2001
- 15 years playing for NBA Golden State, Toronto, Indiana, Milwaukee, Chicago, Cleveland and Atlanta
- 38% on Three-Point Shots in Regular Seasons, 45% in NBA Playoffs
- General Manager – Golden State Warriors



Mike Dunleavy, Jr.

- 11 years playing for NBA Philadelphia, Toronto, Houston, San Antonio and Milwaukee
- Three-Point Champion one year
- NBA Coach of the Year 1999
- 17 years Coach Milwaukee Bucks, Portland Trail Blazers and Los Angeles Clippers, with over 600 wins



Mike Dunleavy

- NBA All-Star 4 Times
- USA National “Dream Team II” World Champions 1994
- Winner, Three-Point Shooting Championship Twice
- NBA Playoff Free Throw Record 94.4%
- Career NBA Free Throws 90.72% (1st)
- John Wooden “Keys to Life” Award Winner 2002
- Member of the Super-Exclusive 50-40-90 Club



Mark Price

- Shooting Coach
- Author of *Straight Shooter*
- [Holds 14 Free Throw Speed-Shooting Guinness World Records](#)
- [Bob Fisher After Demonstration in Beijing, China](#)
- [Speed-Shooting Demonstrations](#)



Bob Fisher

- Founder NBA Orlando Magic 1987
- NBA executive with Philadelphia 76ers ('83 NBA Champions), Chicago Bulls, Atlanta Hawks
- MLB executive with Miami Marlins, Philadelphia Phillies, Minnesota Twins / Professional Baseball player
- 2012 Naismith Memorial Basketball Hall of Fame John Bunn Award
- Wake Forest Sports Hall of Fame
- 1995 Hubert H. Humphrey Humanitarian Award
- Author of over 100 books and Corporate motivational speaker
- 51 years in the NBA, including 30 years as senior executive with Orlando Magic
- 19 former players became NBA Head Coaches
- Deceased 7-17-24



Pat Williams

Previous

Next



Free Throw Time-Lapse Picture

DALLAS MAVERICKS HOME COURT

How To Be A Great Shooter



Be Filmed On Your
Smartphone As Directed



Identify Your Faults
From The Lists Provided



Watch The Videos To
Confirm Your Shooting Faults



Correct Your Shooting Faults
With Dedicated Practice

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