



Filming your Shot is Very Important

Three players are needed – the shooter, a person filming the shooter, and a rebounder. By rotating positions and sharing the instruction information, all will benefit. Each shooter should be filmed on his or her phone, for follow-up reference, as they will all be doing different things incorrectly. The instructions offer a great value, as follows: One player buys both instructions, each at \$19.99, plus tax, for about \$42. Each of his or her friends pays the buyer \$14.00 so each of the three players benefits from both instructions at a total cost of only \$14.00. If you are only interested in one instruction, do the same approach and the cost is only \$7 per person.

Use a Computer for Analysis of your Shot

For the analysis of every detail about your shot, a larger computer screen is better. It will also be easy to collaborate with a friend, parent or coach.



Work on Each Shooting Fault Until it is Corrected

Go through every shooting fault listed to see which ones apply to you. Of those that do, some will be easy to correct and others will take more time, but they are all important. You will be changing your muscle-memory, so if it takes longer than you want on some of the items, don't be discouraged. You are your own coach, so focus your practices on every item identified until they are all corrected. Making shots is fun and we want you to have as much fun as possible.