Subscription to the free throw teaching system with self-filming instructions and a complete list of the most common free throw shooting faults.Instruction for Email Notification

Thank you for your subscription to our teaching system.

The following is the most important part of what you just purchased. All smart athletes know that “muscle memory” exists. Whatever you have been doing is okay with your muscles and they don’t want to change anything.

For permanent improvement, you need to know exactly which of your shooting motions need to be changed, and our proven self-filming program offers the best way to determine those facts. Then you must work on those changes until they become a new part of your “muscle memory”.

Some items will be easy to change, but others will take more time, because there is no “quick fix” regarding free throw or three-point shooting. However, now that you know exactly what you need to do, be persistent until you have improved on every item noted regarding your shot. Follow this advice and you will enjoy the great game of basketball more than ever.

Your “digital” shooting coaches,
Del Harris, Nancy Lieberman and Gary Boren

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