

Lifetime access to the free throw teaching system video with self-filming instructions, perfect form demonstrated and a complete list of the most common free throw shooting faults. Instruction for Email Notification **INSTRUCTIONS FOR MOST EFFECTIVE USE**

THANK YOU FOR BUYING OUR FREE THROW SHOOTING INSTRUCTIONS

For our free throw instructions, our goal is to help as many players as possible improve their free throw shooting. We offer what we know about free throw shooting in a format intended to help male and female players of any age, skill level or nationality. **The most important free throw shooting fundamentals are items 2, 7, 11, 22, 29 and 36.**

FILMING OF YOUR SHOT IS VERY IMPORTANT

It is important that the person filming you is doing so with your smartphone.

If you are filmed as described in our instruction, it will be easy for you to identify which of the most common shooting faults you need to correct.

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 coach, teammate, or parent.

WORK ON EACH SHOOTING FAULT UNTIL IT IS CORRECTED

Go through every shooting fault listed to see which ones apply to you. **The most common free throw shooting faults are items 5, 18, 23, 25 and 33.** Some faults will be easy to correct and others will take more time. 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.

The Del Harris Shooting Instruction Team

Lifetime access to the three-point teaching system with self-

filming instructions, perfect form demonstrated and a complete list of the most common three-point shooting faults. Instruction for Email Notification **INSTRUCTIONS FOR MOST EFFECTIVE USE**

THANK YOU FOR BUYING OUR THREE-POINT SHOOTING INSTRUCTIONS

For our three-point shooting instructions, our goal is to help as many players as possible improve their three-point shooting. We offer what we know about three-point shooting in a format intended to help male and female players of any age, skill level or nationality. **The most important shooting fundamentals are items 2, 3 and 21.**

FILMING OF YOUR SHOT IS VERY IMPORTANT

It is important that the person filming you is doing so with your smartphone.

If you are filmed as described in our instruction, it will be easy for you to identify which of the most common shooting faults you need to correct.

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 coach, teammate, or parent.

WORK ON EACH SHOOTING FAULT UNTIL IT IS CORRECTED

Go through every shooting fault listed to see which ones apply to you. **The most common shooting faults are items 8, 11 and 22.** Some faults will be easy to correct and others will take more time. 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.

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