

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

Basketball player,

You can watch another good free throw shooter for hours and never get better yourself. In this easy-to-use teaching system, a coach, teammate or parent films you on your smartphone from different angles, so you can compare exactly what you are doing vs our list of the most common free throw shooting faults. You are now your own shooting coach and if you work on your easily identified faults, you will improve and have more fun. Plus, you can film and review your shooting form as many times as desired at no extra cost.

The Shooting Instruction Team

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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

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You can watch another good free throw shooter for hours and never get better yourself. In this easy-to-use teaching system, a coach, teammate or parent films you on your smartphone from different angles, so you can compare exactly what you are doing vs our list of the most common free throw shooting faults. You are now your own shooting coach and if you work on your easily identified faults, you will improve and have more fun. Plus, you can film and review your shooting form as many times as desired at no extra cost.

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