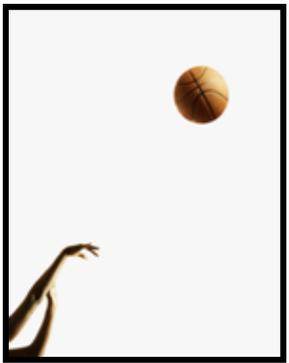


Shooting School



Year Round Professional Instruction Dedicated SOLELY to the Art of Shooting the Basketball.

LESSON I: Correct Instruction + Focus + Determination = GREAT SHOOTERS

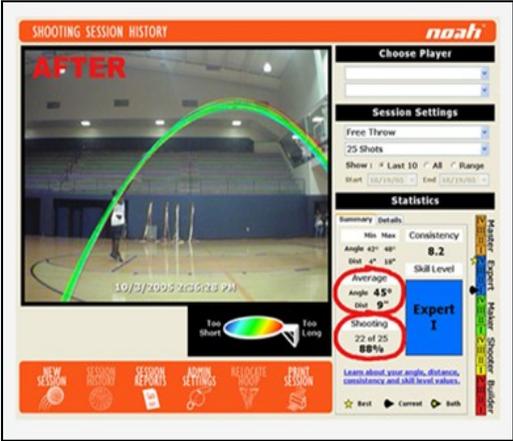
Professional Shooting Coach Lenny Holmes will be holding a Shooting Clinic in your area soon. Coach Holmes System of teaching Shooting has met with great success and incorporates the following components.

Noah Shooting Analysis

The Noah Shooting system is an essential piece to all participants in Shooting School. The Noah System is used by hundreds of Division I Schools and Professional teams the United States and the world.

The Noah system tracks and graphs each individual shot in order to give exact feedback to shooters and allow them to attain the proper "arc" on their shot. For years Shooting Coaches knew how important the correct Arc on a shot is, they just didn't have a way to give exact feedback. Now with the scientific advancements of Noah, coaches no longer have to guess what it is. The 45 Degree Arc is the ideal angle for a shooter and the immediate feedback of Noah is essential to building great shooters

Sample Noah Shooting Analysis



Video Analysis

Video Analysis is the foundation for any proper shooting instruction. "There has to be attention to detail when coaching shooting.

Coach Holmes has been using video taping for players for over 20 years. The technical eye allows him to truly "show" players what they are doing wrong. Comprehension is truly reached when the player can actually see what they are being instructed



Shooting Report Cards

Coach Holmes has designed a comprehensive Report Card that focuses on 10 Key Points to Shooting. Participants are graded in all 10 areas with a complete breakdown on how they were scored.

MESSAGE FROM COACH HOLMES:

"I'm completely amazed with the lack of good shooting instruction. I'll do a clinic with 35 or more middle school and high school players, boys and girls, and there will be only four or five who have had formal shooting lessons. Shooting is the single most important part of the game in deciding who wins and who loses. Where is the justice? "

What Parents, Coaches and Players are Saying about Coach Holmes Instruction:

"The instruction and information your clinic provides gives me as a coach and the players a ton of valuable information to build on. Any player that is serious about becoming a SHOOTER can gain from this type of clinic and get all the information they need to build from there ... for any kid that takes their B-Ball seriously and parents that are willing to put the time in and work with their kids this is a great opportunity and for me well worth the money..." "

"I am in my sophomore year (at a successful Calss A school) and I have never han anyone gime the type of instruction Coach Holmes has shared. I only wish I had started earlier."

"My husband was very impressed with your program, the two boys thought they really received a lot of information and loved it! ...They cam home excited and feeling confident..."

Clinic Details

When _____ Where _____ Times _____ Cost _____