

# 10 Coaching Tips for Using Noah

Contributed by Coach George Freebersyser

## 1. Where do you start focusing your coaching attention as you watch your shooters during live or during Record A Shot sessions?

Start at their base, their footwork, then, move up (see other tips below on Ready Eyes & Hands). "Ready Feet" or Footwork and Balance are the foundation and the start of solid shooting fundamentals. Recommendations: Feet Shoulder Width, Shooting Foot Forward (about half a step) with Both Feet at Slight Angle Opposite of Shooting Hand (e.g., right-handed shooter should have feet angled slightly left), Weight on Balls of Feet, Feel a Relaxed, Strong, Jumping Position.

⇒ **Coaching Point:** "Relaxed Strong Jumping Position"

⇒⇒ **Teaching Tip:** Great way to use the "Record A Shot" function to show the shooter what they are doing and what adjustments are needed in their footwork.

## 2. Where do you start the coaching instruction AFTER you have introduced your shooters to the No-Feedback Session and their initial feedback sessions?

Start with Vision. Ask the player(s): "When you are shooting, where are you looking?" They will either answer what they are actually doing (often they aren't really looking at anything, especially in a precise way) or they'll attempt to answer like this is a test question, trying to give the "right" answer. Regardless, work with them to decide on a precise target. For straight in, consider choosing middle front or middle back of the rim.

⇒ **Coaching Point:** "Lock Eyes on Target Early" (Key distinction: Eyes need to be locked in early, ahead of the shooting rhythm; the eyes tell the body where you want to go!

⇒ **Coaching Point:** "Take Courageous Shots to Precise Targets"

⇒⇒ **Teaching Tip:** After the shooter has determined their precise target, ask them: "Out of the last 25 shots (or however many they just took or even if it has been a few sessions, whatever total number of previous shots), how many did you actually see your target?" Ouch. This is sometimes an eye-opening answer. Good comeback: "You can't hit what you don't see!"

⇒⇒ **Teaching Tip:** If they are saying they are seeing the target but you are suspicious about the inconsistency, move to tip 2.1; they may not be finishing their shot

precisely. Also, watch their eyes to determine when they are actually locking in on the target. This could apply to free throws, too. This is the essence of the "early" part of the Coaching Point: "Lock Eye on Target Early". On a game speed jumper, it needs to be as soon as they have the catch. If it is a free throw, it needs to be before they start their shooting rhythm motion.

## 2.1 What is the second thing after Vision?

If "Lock Eyes on Target Early" is the first thing to concentrate on after the No Feedback & Initial Feedback Sessions, then the second thing relates to how they finish their shot: "Locking Ls Straight & Late." Ls refer to the Shooting Hand Index Finger and Thumb which should be placed on the ball in a way that the index finger is in the middle of the ball and is aligned, with a strong, straight wrist, with the Shooting Hand Elbow. "Late" refers to exaggerating the follow through until the ball goes through the basket. When using Noah, push the player to hold the "Lock Out" until they hear the feedback. "Locking Ls Straight & Late" enhances the proprioceptive training that Noah provides; when they can connect what they are seeing & hearing with what they are feeling, the ability to make adjustments from the feedback is accelerated which means improvement accelerates!

⇒ **Coaching Point:** "Lock Ls Straight & Late"

## 3. Get Ready!

Three things need to be ready or prepared to create a great complete shooting motion: Ready Eyes (See #2), Ready Feet (See #1), and Ready Hands (See #4)

⇒⇒ **Teaching Tip:** Whatever needs adjusting can probably be found in one of these three areas; focus your attention on one area for several repetitions to see what detail needs adjusting.

## 4. Catch Ready to Shoot

The shooters hands should try to catch the ball in the same position they are going to use to shoot the ball; hopefully any adjustments (like getting fingers across seams) are minor.

⇒ **Coaching Point:** Catch Ready to Shoot

⇒ **Coaching Point:** Catch With Finger Pad Control (Finger Pads are mainly the finger print areas, plus the top and base of palm.)

## **5. Inconsistency in Angle or Distance could be because of misalignment.**

If you are seeing inconsistency - rainbow arc plots - and the player seems to be trying to make adjustments in angle or distance, first check the Vision (#2) and then the finish, "Locking Ls Straight & Late" (#2A). Without a precise target the results will be less than precise!

**6. Coach With Confidence! What is the "bridge" between Noah sessions? In other words, when a player leaves Noah to move to another basket or to head somewhere where workouts don't include Noah, how does the player try to reinforce the muscle memory they are learning and developing with Noah? They've got to coach themselves. They have to decide to be confident (see 6.1).**

Teach three coaching questions:

? **Where did the ball hit first?** Because our Noah research has helped us identify the precise target - 11" - where the sweet spot is, where the "make zone" is the biggest and best - it is important for the player to pay attention to where the ball goes into the target area. Without Noah, determine where the ball hit first against a Swish or a BRAD (Back of the Rim & Down): Sides, Long, or Short.

? **What do you need?** Remember: Arc controls distance! The shooter needs the focus of their power going to the precise target if the shot is short. Although it is hard for the player to "see" arc, their developing muscle memory should help greatly in determining if the shortness was an arc problem or power problem. If the shot is long, most of the time an adjustment in arc - higher - or touch is in order. If the shot is off to the side, the player needs to shoot straight.

? **What are you going to do?** Here is where coaching comes in. But, always encourage the shooter to make one adjustment at a time. They should have a complete framework of coaching points to apply but only apply one at a time.

⇒ **Coaching Point:** "Coach Towards a Swish/BRAD"

⇒⇒ **Teaching Tip:** Ask the player, "Are you Coaching With Confidence?"

⇒⇒ **Teaching Tip:** Once a player knows your coaching points - the adjustment instructions you are teaching - then they need to move as quickly as possibly towards asking or, even better, answering, the third question. The answer to the third question should be the positively worded coaching points that encompass your shooting instruction. Example: Where did the ball hit? Sides. What do you need? Straight. What are you going to do? Lock Eyes On Target. The answer to the third question is the coaching.

## **6.1. Confidence is a Decision.**

Because Noah gives precise, objective feedback, the player

can reinforce this feedback with constructive self-talk - let's call that coaching - and confident self-talk, with precision, before the next shot. Example: A shooter's target angle is 44. Maybe they say, as they are moving into the shot: "44 Swish". Deciding, with precision talk, to hit a precise target reinforces the proprioceptive training of Noah.

⇒ Coaching Point: "Decide To Make!"

**7. Make sure to use the "No Feedback Session" before each new shot you are measuring with the shooter. This session is the baseline for seeing improvement.**

**8. Use a muted Feedback Session after 20-50 sessions to see how a player's muscle memory is sticking. The player won't hear the feedback but you'll capture the arc plot session to see how they are doing.**

**9. Shooting Off Cuts with a Secondary Shooter. By placing a stationary secondary shooter somewhere in the middle of the FT line extended towards three point line and having that shooter shoot at about the same time as another shooter who is using a cut to catch & face and shoot, you can capture, in the Record A Shot mode, an opportunity to give video feedback on anything from the cut to the catch to the shot or even the passer.**

⇒ Coaching Point: Use this with the recorded shooter on the near side if you want to see more closely and see more of their back during the shot or on the far side if you want to see more of their front.

## **10. Ask the Shooter to Coach.**

When using the Record A Shot and when evaluating an arc plot and the data after a session, ask the player to coach.

? **What do you see?**

? **What were you feeling (balance, shooting motion, rhythm, lock out movement, etc.)?**

? **What needs adjusting?**

⇒⇒ **Teaching Tip:** Turning the player into a coach really engages their thinking skills; they'll learn more quickly and get into a better habit of absorbing your coaching.

⇒⇒ **Teaching Tip:** Challenge the player to describe the positive corrective action they are going to take. Many times players tend to describe improvement in the negative. Example: "I was off balance." Notice they are describing what went wrong in the past. This is negative reinforcement! Get them to describe what they need to do. Example: "I need to stay on balance." The more precise the description of the action needed - I call those "Coaching Points" - the more likely they are to do it.