From Sub to 3 Point Specialist

Practice (by itself) was not making perfect...

Audrey Proulx
Pinewood High School,
Los Altos, CA

Coach: Doc Scheppler

Before Noah

0% 3-point
1 minute per game
Erratic Distance Control

After Noah

46 % 3-point
10 minutes per game
Consistent Distance Control

Audrey Proulx was a freshman on the Pinewood High School varsity basketball team. She was frustrated that she was not reaching her potential, especially as a shooter. Her shooting mechanics were sound but in the game she could not convert, shooting a disappointing 0% in her first 14 games of the season. More practice by itself was not helping.

After analysis with the Noah Select system, Audrey learned that her shooting arc was too high at 52 degrees, making it very difficult to control the distance of each 3-point shot. The diagnosis was helpful, but how could she re-train herself to a lower, more forgiving arc?

The instant feedback of Noah Select as a training aid turned her game around. After only 5 Noah sessions Audrey adjusted her arc to 48 degrees and dramatically improved her distance control. The result: In the final 18 games of the season Audrey shot an amazing 46% from 3-point range (18 for 39). Her playing time increased substantially, and she was the first player off the bench during critical playoff games as Pinewood played to defend their state championship title.

The plan going forward is weekly Noah Select workouts to keep the muscle memory dialed in just right. And based on her Noah experience, Audrey recommended Noah workouts to a professional basketball player, who has since purchased his own Noah system.

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