Noah™ Brings out Team's Competitive Spirit

Coach Has "Tried it All" — Uses Noah to Motivate Players

Dennis Connor
Head Coach,
Muscle Shoals HS
Muscle Shoals, AL

Before Noah

Team FT %
68.2%

After Noah

Team FT %
73.7

Coach Dennis Connor, head boy's coach for Muscle Shoals High School has never seen anything motivate a team to shoot like his Noah™ system. "I've been coaching a long time," said Connor, an 18-year coaching veteran. "I've tried shooting 100 shots a practice, or 5 shots a practice; I've made them run when they missed — I've tried it all. We use Noah™ during our P.E. athletic period just about every day. The kids get in there and they compete with each other, to get the highest consistency score with the Noah™."

"You can watch the kid's face as the Noah™ calls out the arc. Noah™ calls out "43—44—43," and the kid is on the mark, but when it calls out a "47" or something else off the mark, you can see the kid grimace. I think the highest consistency score we got was 9.1, which is at the master level," said Connor. "Those kids really work to get that consistency score."

MSHS finished the season 25-7 and advanced to the Regional Finals last year. "I know the Noah™ system helped our season. I could count on us making our free throws," said Connor.

Connor allows one or two of the players to set the Noah™ system up for practice. "It takes us 3 to 4 minutes to set the system up and we are ready to go," said Connor.

MSHS lost 7 seniors this year, including Greg Johnson who shot 86.5% from the free throw line last year. "We will definitely be using the Noah™ a lot this year."

noah™ BASKETBALL