Former “X-Man” has 87% Free Throw Shooting Senior Year

Coach Knows Team Will Make Free Throw Shots

Greg Johnson
Muscle Shoals HS,
Muscle Shoals, AL

Coach: Dennis Connor

Before Noah

Free Throw %
79.5%

After Noah

Free Throw %
86.5

Greg Johnson, former Muscle Shoals High School player, began his high school career with the name, “X-Man,” due to his unusual shooting form. Johnson later shook the name, and the bleachers, shooting 87% from the free throw line his senior year.
“Greg’s arms would actually cross when he shot the ball; there was no way he was going to be a good shooter with that form,” said Coach Dennis Connor, head coach for Muscle Shoals High School. “He got busy his freshman and sophomore year and worked really hard on his form. He corrected that ‘X’”.

“I worked with the Noah™ every day after we got the system,” said Johnson, who starts college this fall. “It got to where we [the team] would compete for the highest consistency score when we practiced.”

During the 2005-06’ season Johnson shot 79.5%, from the free throw line. After using the Noah™ system for two months Johnson’s free throw shooting percentage was 86.5%. “I always knew we were going to make our free throw shots,” said Coach Connor, “the Noah™ helped the kids find their confidence.”

“I would recommend the Noah™ to any player that wanted to shoot better,” said Johnson, “it’s worth it when you use it like you’re supposed to and you work hard.”

MSHS advanced to the regional finals last year with a, 25-7, winning season. Greg Johnson will play for, Northwest-Shoals Community College, next fall.

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