

# Nebraska Cornhusker MVP Uses Noah™

## Dourisseau Increases Free Throw Shooting 22 Points



**Jason Dourisseau**  
**MVP, Former Senior**  
**Guard**  
**University of Nebraska**

### Before Noah

**Pre-Conference**  
**46% Free Throw Shooting**

### After Noah

**In-Conference**  
**68% Free Throw Shooting**

Jason Dourisseau, former senior guard for the University of Nebraska, improved his free throw percentage 22 points, shooting 68% from the free throw line, after a rough pre-conference start his senior year. Dourisseau credits his improvement to his work with Nebraska University's, Noah Select™ system and hard work.

"My senior year I was shooting badly from the free throw line, I was inconsistent," said Dourisseau. Dourisseau, a poor free throw shooter throughout his career, shot only 46% from the free throw line in pre-conference games.

"In December, I started coming in a half-hour early to work with the Noah™ system." By mid-January, 2006, Dourisseau was shooting 68% from the line. The improvement took place over a 3 to 4 week period. During this time, Dourisseau consistently used the Noah™ system to practice his free throw shooting.

"When I got in the gym alone, and I could hear Noah™ measuring every shot, I got a feeling for what the shot arc and distance should be. It's all about getting the mental picture," said Dourisseau.

The University of Nebraska went on to finish the season, 19-14. Dourisseau won Nebraska's prestigious, Jack Moore Award, as the team's co-most outstanding player. Dourisseau ranked in the top 13, in Big 12 free throw shooting his senior season, a vast career shooting improvement.

Jason Dourisseau currently plays in the Bundesliga, for EnBW Ludwigsburg, in Germany. Dourisseau recently signed a two year contract with EnBW.

**noah™**  
**BASKETBALL**