



***“GET
BEHIND
THE BALL”***

**User's
Guide**

This guide explains the mounting, operation,
and training uses of the Free Throw Trainer.

Get on the
PATHWAY TO ACCURACY™

Instructions

IMPORTANT SAFETY INSTRUCTIONS

Read All Instructions Before Using THE Shootingstreak® Trainer/System

For maximum effectiveness and safety, please read the User Guide before using THE Shootingstreak® Trainer/System.

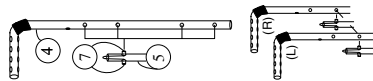
1. Use THE Shootingstreak® Trainer only for its intended use as described in the User's Guide. Do not use attachments not recommended by the manufacturer.
2. Use caution not to pinch fingers or hands when folding the unit.
3. Adult assembly/adjustment required. Never use THE Shootingstreak® Trainer if it is not functioning properly.
4. Never climb or hang on the unit, or allow anyone else to do so. Children must be supervised by an adult familiar with the proper use of this product. Do not collide with any part of the unit nor system.
5. You must lock the Spring Clips and Inverted J-Hooks into both Left (L) and Right (R) Support Assembly Vertical Arms.

Adjusting the Height

There are multiple Height Adjustment [thru] hole pairs on the sides of each Support Assembly Upper Vertical Arm #4 that allow THE Shootingstreak® Trainer to be adjusted to various board heights. To adjust an Arm's height:

1. Squeeze Spring Clip #7 in and slide Upper Arm #4 over Lower Arm #5 to desired Height holes. Release Spring Clip #7 and rotate and maneuver Upper Arm #4 until Arm #5 snap locks into correct holes.
2. Repeat Step 1 for other Arm #4. Note: refer to Parts List, UG p.3.

NOTE: In order to be level, both Left (L) and Right (R) Vertical arms must be locked into the equivalent Height Adjustment Holes prior to using the Trainer.



Dear Customer,
We hope you are happy with your product. If you have any questions, missing or damaged parts, DO NOT call the Retail Store. Your complete satisfaction is our goal. Please contact us at:

Shootingstreak Enterprises
cs@shootingstreak.com
Los Angeles, CA

This product is warranted. See Warranty Card for details.
Website: shootingstreak.com

CARE AND STORAGE

Cleaning THE Shootingstreak® Trainer

To keep THE Shootingstreak® Trainer/System looking as new as possible, wash it down with soapy water (using a neutral detergent) and rinse it off with clean water at least every 6 months.

Storing THE Shootingstreak® Trainer

THE Shootingstreak® Trainer conveniently folds flat for easy storage. To fold flat:

1. Trough Assembly (TA) unit: Start from the Alpine "A" shape position (See UG, pgs. 4 & 8: Photo b). Rotate Right (R) Panel #10.1 and Left (L) Panel #10.2 in same direction until they lie flat against each other (See UG, p. 4, Photo j & p.16: STORAGE - "Folds Flat").
2. Support Assembly (SA) unit: Squeeze Spring Clip and rotate Upper Arm #4 inward. Release Spring Clip and maneuver Arm until it locks into top, ventral, hole.
3. Repeat for remaining Upper Arm. The 2 units are now folded flat.

ADJUSTMENTS

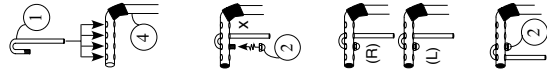
Adjusting THE Shootingstreak® Trainer for Backboard Thickness

There are multiple Backboard Thickness Adjustment Holes thru the top of each Support Assembly Upper Vertical Arm #4 that allow adjustment to various size backboards up to 4-1/4 inches thick. Select desired gap. To adjust the thickness gap:

1. Insert the Inverted J-Hook #1 thru the appropriate hole pairs atop the Support Assembly Upper Vertical Arm #4 to accommodate the thickness of the backboard. Note: Hole pair selection will affect the angle of the Trough Assembly incline/slope. Select gap size I x I for desired angle.
2. Twist Cap Nut #2 onto J-Hook threads until fastened fully (to the hilt).
3. Repeat Steps 1 & 2 for other Arm #4.

NOTE 1: In order for the gap to be even, Inverted J-Hooks for both Left (L) and Right (R) Arms must be locked into the equivalent Thickness Adjustment Holes prior to using the Trainer.

NOTE 2: For the widest gap, reverse the normal position of the Inverted J-Hook legs. Insert the longer length leg in the End Hole with the shorter (cap nut) leg inserted in the forward direction hole.



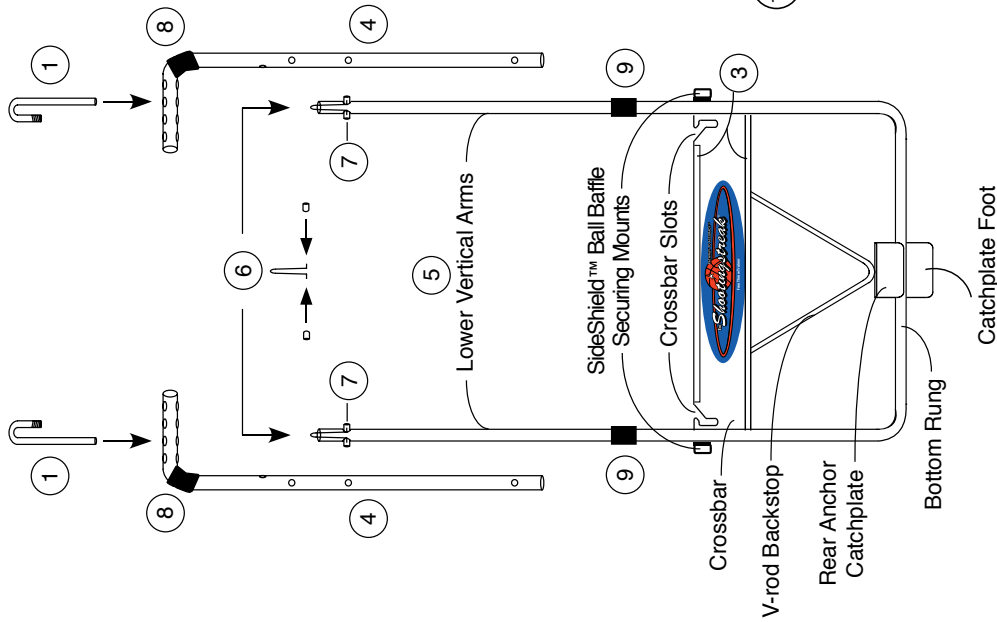
Free Throw Trainer

PARTS LIST

1. Inverted J-Hook (2)
2. Cap Nut (2)
3. Crossbar Mylar Chrome Trim (2)
4. Support Assy Upper Vertical Arm (2)
5. Support Assy Lower Arms U-Frame (1)
6. Detente Spring Clip Wire (2)
7. Detente Spring Clip Button (4)
8. Rubber Sleeve UA (Upper Arm) (2)
9. Rubber Sleeve LA (Lower Arm) (2)

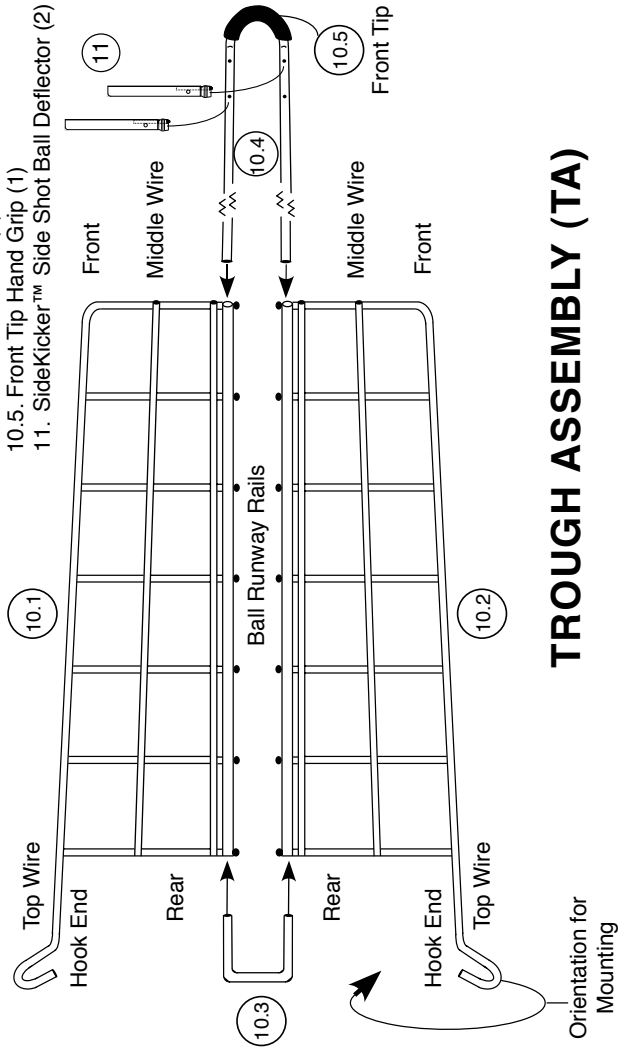
- 10.1 Trough Panel R (Right) (1)
- 10.2 Trough Panel L (Left) (1)
- 10.3 Rear Anchor (1)
- 10.4. Track Extender (1)
- 10.5. Front Tip Hand Grip (1)
11. SideKicker™ Side Shot Ball Deflector (2)

SUPPORT ASSEMBLY (SA)



SA

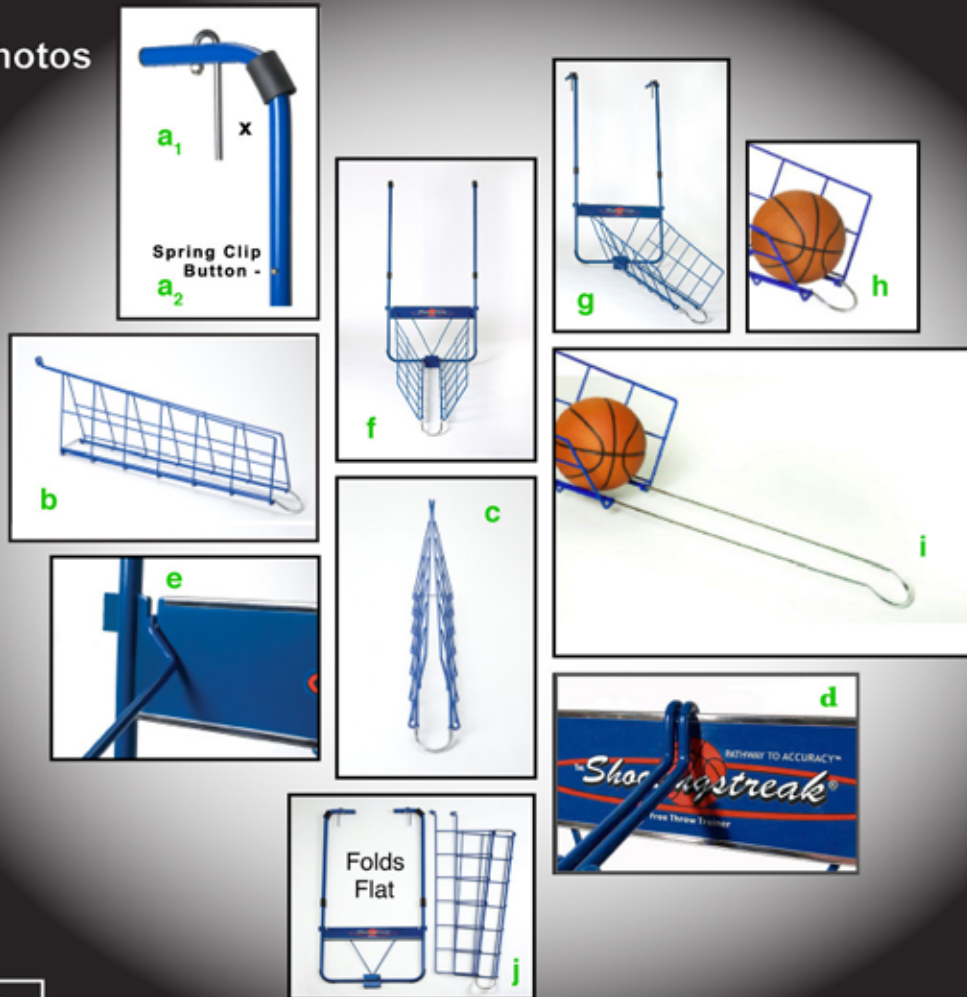
TA



TROUGH ASSEMBLY (TA)

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Detail Photos



VIEWS

- a₁** — Inverted J-Hook w/cap nut, Rubber Sleeve UA (Upper Arm), and Detente Spring Clip Button (Perspective View). J-Hook is inserted thru the appropriate pair of holes atop the Support Assembly Upper Vertical Arm to accommodate the thickness of the backboard. Note: Hole pair selection will affect the angle of the Trough Assembly decline/slope. Select gap size 1×1 for desired angle. Allows optimization of Trough front mounting slope.
- a₂** — Squeezing in the Spring Clip Button allows the Upper Vertical Arm to be maneuvered until (with release of the Clip) it snaps into place and locks into one (1) pair of multiple height adjustment hole pairs on the sides of each Upper Arm, allowing adjustment to fit various size backboards having different heights (Perspective View).
- b** — Trough Assembly (Side View). Panels are shown sitting in the 'Alpine' ("A" shape) position.
- c** — Trough Assembly in Alpine position (Front View). Panels are shown rotated toward each other until their top wires are touching; configured into the Alpine (mount) position, ready for mounting on the Support Assembly.
- d** — Start mount position of Trough Assembly, showing left and right panel top wires placed on Support Assembly crossbar center, ready for sliding into respective left and right crossbar slots.
- e** — End mount position of Trough Assembly, showing left panel top wire seated in Support Assembly crossbar slot. Right panel top wire (not shown) is similarly seated in right crossbar slot.
- f** — Trough Assembly mounted on the Support Assembly (Front View). Unit is shown assembled but not mounted on the backboard.
- g** — Trough Assembly mounted on the Support Assembly (Side Angle View). Unit is shown assembled but not mounted on the backboard.
- h** — Basketball delivery on Trough Assembly runway rails (Stop Motion View). Runway Track Extender tube is shown pushed in fully (to the hilt) (Track-In View).
- i** — Basketball delivery on extended Trough Assembly runway rails (Stop Motion View). Runway Track Extender tube is shown pulled out to its fullest extent (Track-Out View).
- j** — Support Assembly and Trough Assembly shown as separate, dismantled, units FOLDED FLAT and ready for carriage, transport, or storage.

SideShield™ Telescoping Ball Baffle

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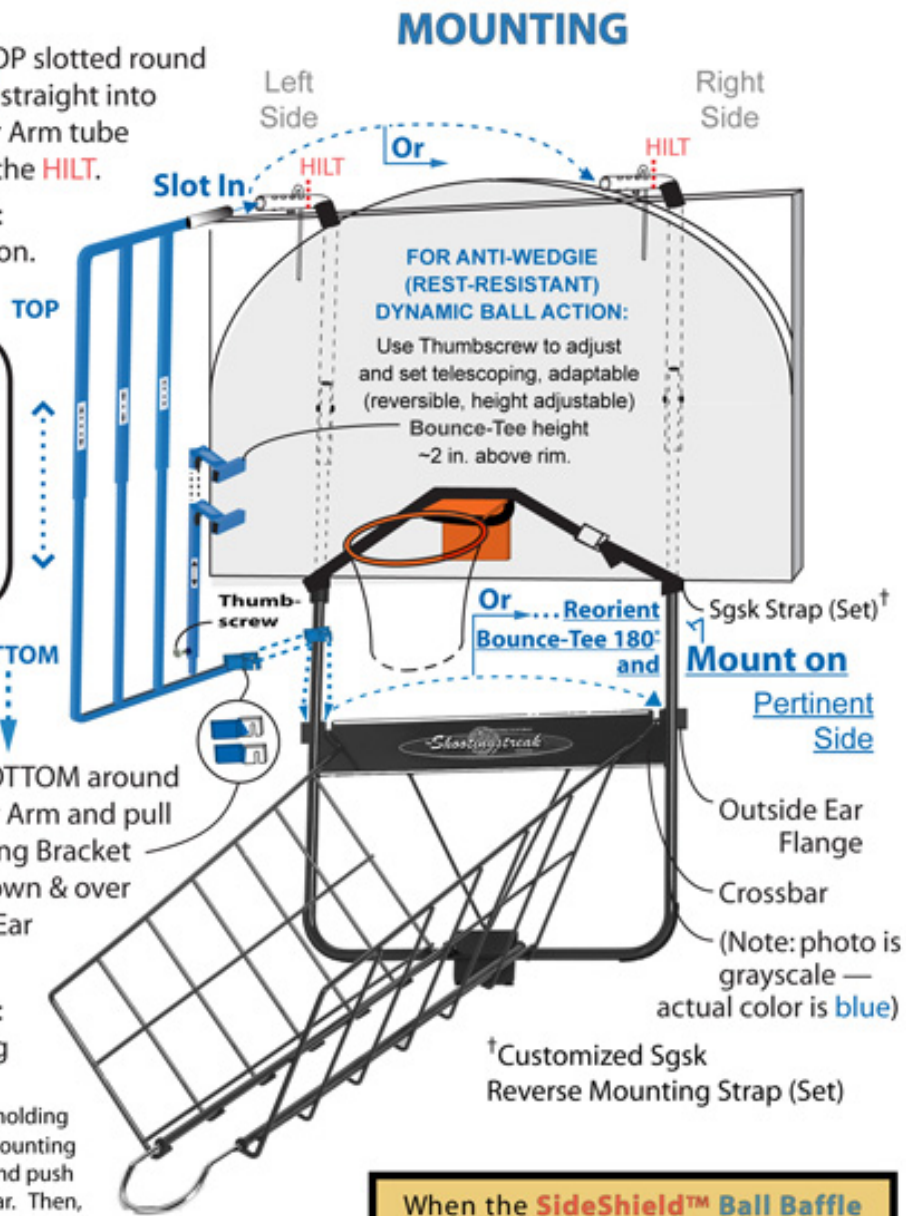
STEP 1:

Insert SideShield™ TOP slotted round mounting tube end straight into Support Assy. Upper Arm tube open end -- fully to the HILT.

⚠ REQUIREMENT:
Full slot insertion.

ILLUSTRATIVE INSTRUCTION

— Go WEBSITE —
• **Photo:**
Product Category
• **Video:**
Gallery Video #7



STEP 2:

Align SideShield™ BOTTOM around Support Assy. Lower Arm and pull down & slot mounting Bracket to be seated fully down & over Crossbar & Outside Ear Flange.

⚠ REQUIREMENT:
Full slot seating

DEMOUNTING: While holding BOTTOM, unseat slotted mounting Bracket: thrust/jar it free and push it upwards of Crossbar & Ear. Then, withdraw entire SideShield™ unit by pulling SideShield™ TOP slotted round mounting tube straight back out from Support Assy. Upper Arm tube end.

The Double Mount Advantage*

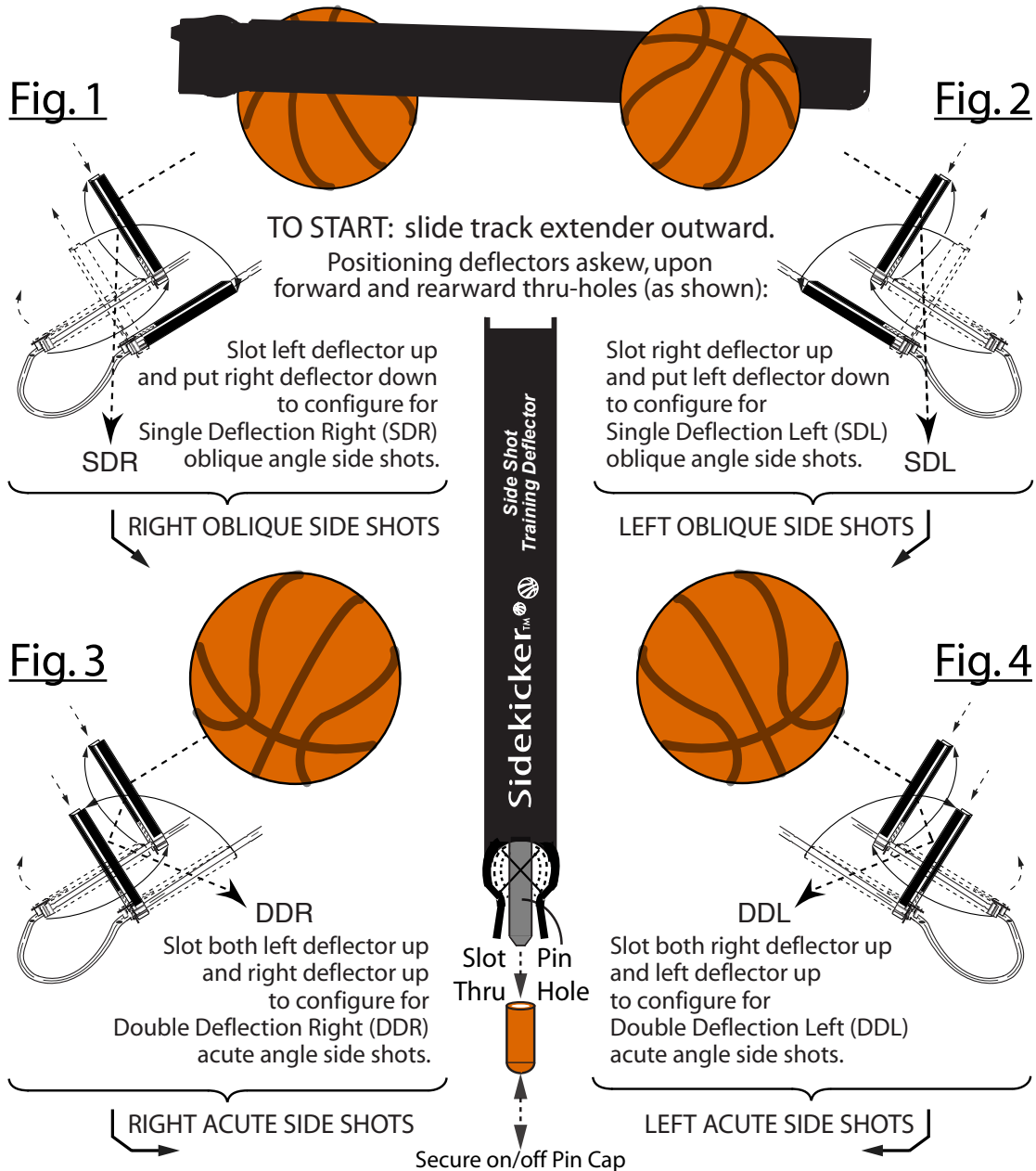
*See Gallery: User's Guide, page 11

When the SideShield™ Ball Baffle is mounted (Left Side or Right Side), a player can shoot side shots from the unobstructed, opposite, side of the court, mitigating the concern of having to chase down errant shots that could otherwise escape far away off court.

⚠ PREREQUISITE: Reverse Mounting

For Free Throw training and practicing shots to be returned straightaway without deflection, configure deflectors in their down, straightaway, horizontality position. To configure congruently down (i.e., ~flat) on track extender, pinch last inch (as needed) of top ends of walls of U-channel deflector and press body down to ensure channel walls grip the track. To practice shots from left or right side of court, follow the INSTRUCTIONS, shown below. Slide Track Extender outward to a position beyond ball dia. ($\geq \sim 1\text{Ft.}$); then, position deflectors up/down: Choose a Configuration (Fig. 1–4).

INSTRUCTIONS FOR CONFIGURING THE *Shootingstreak*® Trainer Sidekicker™ Deflector(s) FOR SIDE SHOTS



THE Shootingstreak® User's Guide, p. 6
U.S. Patent No. 7,841,957

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PATHWAY TO ACCURACY™ Trainer

1

Inverted J-Hook
Mounting Pins

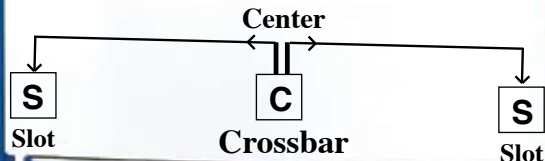
1

4

Support Assembly
Vertical Arms

4

SUPPORT ASSEMBLY



Panel (L)
Top Wire

TW

Panel (R)
Middle Wire

MW

CF
Catchplate
Foot

TROUGH ASSEMBLY

10.2
L

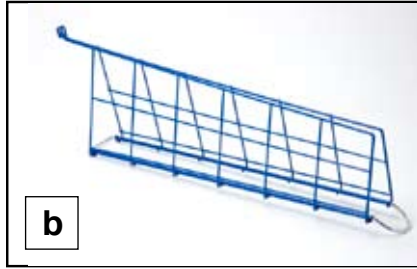
10.1
R

Trough Assembly Panels
Left & Right

THE Shootingstreak® PT



a₁ Inverted J-Hook Mounting Pin



b. Alpine "A" shape Trough Assy.



d. Adjacent Panel Hooks hung over Crossbar Center.

HOW TO USE ^{THE}SHOOTINGSTREAK[®] PERSONAL TRAINER (PT)

For symbol referents, see:

Detail Photos, p. 4,
Parts List p. 3, and photo p. 7 —
PATHWAY TO ACCURACY™ Trainer

How To Board Mount ^{THE}Shootingstreak[®] Personal Trainer (PT)

For ease, use a 4-step aluminum stepladder or if adjustable, simply lower the portable goal assembly.

- ④ Carrying the Support Assembly, step up to the 2nd or 3rd step (directly under the hoop) and hoist the Support Assembly so that its Vertical Arms straddle the basketball hoop with the crossbar of the assembly running laterally below the hoop.

- a₁** Lift the Support Assembly so that its Mounting Pins situated atop its upper arms clear the top of the backboard.

Lower the Support Assembly so that it mounts atop and against the face* of the backboard and straddles the hoop. Next, step down from the ladder and pick up the Trough Assembly (folded). See Storage, bottom p. 16.

- b** Unfold the Trough Assembly to form an Alpine "A" shape and then lower it to the ground. The easiest way to do this is to set the Trough Assembly down so that the panel runway tubes are horizontal to the ground and then to fold the panels toward each other by rotating the two uppermost panel wires so that they essentially touch each other.

PRECAUTION: DO NOT LET GO OF THE TROUGH PANEL ASSEMBLY THROUGHOUT THE FOLLOWING CRITICAL PROCEDURE UNTIL IT HAS COME TO REST.

Reposition the ladder to the left of the front of the rim. Grasp the two top panel wires with one hand and, holding the Trough's "A" shape, use the other hand to guide the Trough's Rear Anchor up into the Catchplate. Set the "A" shaped Trough Assembly into position by raising it up and then lowering it, at the center of the Crossbar, such that the two adjacent hook ends both hook themselves over the top edge of the crossbar. Allow the weight of the Trough Assembly to transfer entirely to the Support Assembly. By carefully letting go of the Trough Assembly at this point, the Rear Anchor of the Trough Assembly is allowed to safely come to rest against the Catchplate Foot at the bottom rung of the Support Assembly.

CF

TW

Finally, with the left hand grasping the Top Wire of the left panel and with the right hand reaching thru to grasp the



e. Hooks slide apart to descend into Slot(s).

- MW** Middle Wire of the right panel, push/slide panels apart until their hook ends descend into their respective Crossbar Slots and drop to their final resting positions at slot bottoms. This mechanical action should result in the rear anchor seating itself automatically against the Catch Plate of the Support Assembly.
- e**

Make certain both panel hooks are securely in place with the Trough Assembly coming to rest by its own weight against the Catch Plate of the Support Assembly.

That's all there is to it! Well, yes, but... Before removing the ladder, climb down, step back and inspect the apparatus. If its position is not centered under the hoop, return to gently lift and adjust the Support Assy to the right or left (it is not necessary to demount the Trough Assembly first) in order to insure that its position is centered.

After a few practice trials, you'll notice yourself getting it in the correct symmetrical position right away. Then it will be up and down the ladder just once. **PRECAUTION: WHEN REMOVING LADDER TO COURTSIDE, TAKE CARE TO PLACE IT SAFELY OUT OF HARM'S WAY.**
*See also: Reverse Mounting, p18.

CHECKLIST

For best results, always be sure to inspect the position of the apparatus before using. Review the following checklist of key points:

A. ^{THE Shootingstreak® PT} should be secure atop the backboard with its mounting pins inserted correctly to fit the specific dimensions of the backboard presently in use. The gap maintained by the pins normally should afford a clearance of approximately one quarter inch larger than the thickness of the backboard upon which the apparatus is being mounted. Note: gap size will affect the angle of the Trough Assy incline/slope. Select gap for desired slope.

IMPORTANT: MAKE CERTAIN THE MOUNTING PINS ARE SECURED IN PLACE! BEFORE EACH USE, TEST THAT THEIR CAP NUTS ARE UNABLE TO BE ROTATED BY HAND EXCEPT WHEN PRESSING DOWN ON THE TOPS OF THE PINS.

Although there may be no need to alter the gap the pins create, especially when used with the same (i.e., size thickness) backboard, yet it is always prudent to check that they are secured in place in the detente position, unable to move backward when under a backward directional force. Check that pin legs are inserted thru their paired holes.

B. ^{THE Shootingstreak® PT} should be adjusted to be the correct height in relation to the specific vertical dimensions of the backboard presently in use. There are four sizes of conventional backboards. Determine whether your backboard is short, medium, long, or extra long in its vertical dimension and adjust the height of the Support Assembly accordingly. Check to see that, when mounted, the Trough Assembly is situated no more than approximately one or two feet below the hoop, with the basketball net nestling comfortably down into the trough. (The crossbar of the Trough Assembly should be positioned approximately several inches down below the hoop.)

C. ^{THE Shootingstreak® PT} should be centered about the hoop so that the ball will be collected properly.

IN DEMOUNTING: Reverse mounting procedure. Start by lifting Trough Assembly off Support Assembly and then, separately, lift the latter up and off the backboard.

Goals of Training With ^{THE Shootingstreak®} Personal Trainer (PT)

Use of ^{THE Shootingstreak®} PT in training is dedicated to the accomplishment of the following aims:

- Increasing motivation.

Practicing any type of motor skill involves the element of repetition. This can often result in boredom which can inhibit improvement. By using ^{THE Shootingstreak®} PT, people who would otherwise abandon the extra repetition necessary to show improvement can become more committed to the task of training.

- Speeding Up Learning.

In addition to maintaining on task performance, by providing a positive consequence to each shot that is accurate, [by virtue of the speedy return of the ball to the shooter] and none to nearly each shot that is inaccurate, ^{THE Shootingstreak®} PT partially employs a differential training procedure based upon scientifically proven principles of behavior modification shown to have the primary effect of speeding up learning.

- Increasing Memory.

By allowing the shooter to maintain his stance towards the basket, ^{THE Shootingstreak®} PT can stabilize setting events such that a player's memory of the feeling associated with each accurate shot may be enhanced, setting the stage for practicing with self-confidence.

- Improving Concentration.

One by-product of the structural shape of the trough which provides the ball collection means is that it offers a visual guide path that can improve the focused concentration of the shooter on the path to the goal.

- Relaxing Effect.

As a labor saving device enabling return of the ball to the shooter without the necessity of chasing it down after it has dropped through the basket, this training device can be expected to reduce fatigue and increase relaxation. A separate aim would be its relaxing effect on performance of the act of shooting by enabling the shooter to retain his composure at the free throw line or at his “sweet spot” on the court.

- Time Condensation.

With each accurate shot and subsequent rapid return of the ball, the time normally consumed by the shooter, first in running up to retrieve the ball, next in running back to position with it, then in getting set to shoot again, is eliminated. By collapsing time in this fashion, training with ^{THE}Shootingstreak® PT means that the shooter can get “*twice the practice via half the time!*”

- Common Learning Procedure

Use of ^{THE}Shootingstreak® PT can fulfill the aim of coaches who wish to provide a common learning procedure in training their players. By controlling time utilizing this training apparatus, coaches

and players alike can better assess progress being made in improving shooting accuracy. After using the apparatus for a while, subsequent shooting without it can show the extent of improved performance. Alternating the conditions of learning between training with and training without the apparatus can be expected to be the procedure which would result in the highest maintenance of improvement in shooting skill.

TRAINING TECHNIQUES

Motivation

How many times in our lives have we heard how important it is to set goals? There is no better way to experience the excitement of self-improvement and growth than with the motivation provided by striving to reach goals we have set for ourselves. Training with ^{THE}Shootingstreak® PT offers a new opportunity to discover how far we can reach in accomplishing such performance goals within a basketball training context.

The best way to take advantage of this new piece of basketball equipment is to establish progressive criteria to measure your improvement.

Gradually increase the degree of difficulty of performance-based criteria such as the number of shots made in a row (i.e., the length of your “shooting streak” - 2, 3, 4, 5, etc. hit consecutively) from a particular spot on the court.

Do this within a fixed time period such as ten minutes. Gradually increase the degree of difficulty by reducing the time allowed for performance to criterion. (Ex., Knock-off one minute at a time until you can perform in half the time what it originally took twice as long to accomplish). Do this at a fixed distance from the basket such as ten feet. Gradually increase the degree of difficulty by increasing the shooting distance from the basket. (Ex., Step back a stride at a time until you can now perform the same “shooting streak” at twice the distance to the goal.)

By varying performance-based, time-based, and distance-based criteria, practice methods utilizing ^{THE}Shootingstreak® PT offer systematic training techniques that can enhance a player’s motivation and overall performance.

Preparation

Stance

One of the aims of practicing with ^{THE}Shootingstreak® PT basketball training device is to facilitate the development of a player’s unique basic stance at the free throw line. Basic is any stance that can be easily remembered, repeated, and reestablished time and time again and, most importantly, that is also comfortable.

Start by adopting a primary stance. Primary is a stance that is either (1) 90° squared-off to a reference line from the basket to the player or (2) 45° angular to such reference line.

It should be noted that there are many more sophisticated stances to varying degrees between primary stances that, ultimately, may be preferred by the player.

For the purpose of training with THE Shootingstreak® PT basketball apparatus, it is recommended that the player start training by adopting one of the two primary stances described here, in order to speed the process of locking in a singular basic stance at the free throw line.

Initially, the player should align both feet, hips, and shoulders to be parallel to the free throw line. Some practice time should be devoted to determining whether or not this primary stance is also basically comfortable. If something just does not feel right, the player should switch to a stance that is more angular, beginning with the primary angular one that positions the body to be angled at 45° to the basket until a preferred stance is located.

This is accomplished, firstly, by standing with shoulders angled at 45° to the basket and with the feet at shoulder's width apart. Secondly, slide the foot opposite the shooting hand (i.e., left foot for the right-handed person) backward until the front edge of the foot lines up with the center of the arch of the other foot. This should position the player in an angular stance, for example, that is approximately 45° to the basket, feet shoulder's width apart, one foot placed somewhat ahead of the other. This is just one typical stance.

In the final analysis, the player will need to evaluate exactly what angle proves most comfortable to one's shooting performance. Only the player can determine whether or not to adopt one of the two primary stances or to vary the angle to a more or less preferred degree until a singular basic stance is settled into. THE Shootingstreak® PT basketball training device, with its speedy return of the ball, will greatly assist the player in taking stock of his/her performance and locking in a unique, primary or preferred, basic shooting stance.

Ritual

With even just a cursory perusal of the literature on the techniques and training of shooting free throws, it becomes apparent that there is overwhelming consensus on the critical importance of establishing a set routine in preparation for shooting and then sticking with it in ritualistic fashion. The benefits of developing a specific pre-shot ritual are dependent upon the orthodoxy with which it is religiously practiced.

The orthodox coach, here as priest and doctor, prescribes for the player observance of set forms of behaviors preparatory to shooting from the foul line that aim to become a common rite quickening the player's confidence in his accuracy as he stands before the goal.

Once established, such a routine ritual serves both to relax and to ready the player

for repeating the same mechanical action for each free throw. Such a routine might be in accordance with some of the traditional prescriptions enumerated by various experts in the free throw shooting field (e.g., Coleman, 1975; Teague, 1962). Each player should develop a unique ritual. Check out one such typical ritual as follows:

1. To release tension, dry and shake hands and fingers before taking stance at the line.
2. Bending the knees slightly, take a comfortable stance just behind the line.
3. Bounce the ball a few times to get set.
4. Hold the ball, not with the palms of the hands but poised on the fingers, in order to get a grip with a sensitive 'feel' to it.
5. Gaze at the goal and take several deep breaths, exhaling slowly each time, to relax more completely.
6. Without holding the position too long, visualize the path the ball is going to take on its arc through the hoop.

After some experimentation, the behavioral ritual finally adopted by the player should be the one with the most natural feel and balance for the player if the natural routine of the ceremony is ever to exercise preeminent power

over the setting events that are the steering controls to accurate free throw shooting. The best ritual, in the end, is the one that silences the internal disquietude of the individual as well as the external noise of the fans.

Accompanying the development of a player's best ritual comes the goal of making it irrelevant, of relegating it to the status of nothing more than the practice of a set of superstitious self-adjustment behaviors that precede the really critically important mechanical actions that actually control and, in fact inherently comprise, the free throw shot.

Mechanics

The traditional literature reveals some distinguished depictions as to what constitutes the basic mechanical skills that should become part of the player's repertoire when shooting free throws.

See Comparative Chart p. 14

Training Steps

Step (Consecutive Alt. Days)

- A. (*DAY 1*) : Take 25 shots with ^{THE}Shootingstreak®PT basketball self-training device. Do this 4 times totaling 100 shots.
- B. (*DAY 2*) : Take 25 shots without ^{THE}Shootingstreak®PT basketball self-training device. Do this 4 times totaling 100 shots.
- C. (*DAY 2*) : • Analyze shot failures.
(Outlined in next column)

- a. Be aware of your body.
- Stance addressing hoop
 - Position on line to hoop
 - Balance over feet
 - Strength behind shot
 - Wrist flop follow-thru
- b. Be aware of what you perceive.
- Distance to hoop
 - Line of sight to hoop
 - Visualization of ball arcing thru hoop
 - Hearing swish of net
- c. Change the sense of your mechanics.
Take 25 shots with ^{THE}Shootingstreak®PT basketball self-training device and make shot corrections where needed in the areas listed above and per the Mechanics' Comparative Chart (See: page 14).
- D. (*DAY 3*) : Remove ^{THE}Shootingstreak®PT basketball self-training device and shoot without it.
- E. (*ALTERNATE ON/OFF*) :
Alternate daily for at least the first week.
Then regularly alternate ON/OFF weekly.

GENERAL PRACTICE INSTRUCTIONS:

To integrate improvements, spend about half your time practicing without the self-trainer. And remember, it is your shooting percentage that counts. You want your shots to fall, not your percentage. To assure this, first shoot close to the basket, then, extending the track as you go, backaway gradually.

PROGRESSIVE TRAINING

When a single SideShield™ Ball Baffle is mounted (Left or Right Side) for side shot training, the player can utilize the Track Extender ball deflectors which deposit the ball to side court(s) (see: Sidekicker™ Deflectors, p. 4) to shoot side shots from the unobstructed, opposite, side of the court without the concern of having to chase down errant shots that would otherwise run far away off court. Moreover, the player can advantageously deploy the ball baffle(s) for straightaway shots as well.

The Double SideShield™ Ball Baffle Advantage

Players who practice straightaway shots with two SideShield™ Ball Baffles mounted (both Left and Right) have the advantage offered by setting up non-contingent, non-differential, reinforcement conditions, whereby, even missed shots bouncing off the rim, may be frequently rewarded with the return of the ball by ^{THE}Shootingstreak®PT.

Starting with non-differential reinforcement makes it easier to experience a rewarding practice and to stay on task and sets up performance conditions for enabling the gradual shaping of shots that are missed to become accurate shots that are made.

Just as for any target behavior, shaping the target behavior of an accurate shot requires the progressive restriction of rewards to those shots that are accurate; hence,

the reward experienced by the player should be increasingly restricted to those shots that are hit and not missed.

Progressive differentiation: adjusting your reinforcement paradigm from Double Ball Baffle, to Single Baffle, to No Baffle (^{THE}Shootingstreak® PT, alone); making it, respectively, relatively more or less likely to get the reinforcement of the return of the ball, you can determine the reinforcement contingencies for the schedules by which you practice.

The recommendation of scientific principles of learning are to begin with immature (general, unrestrictive) contingencies of non-contingent reward and progress to mature (specific, restrictive) contingencies of contingent reward. This means going from a non-contingent, non-differential, [partial] reinforcement regimen as just a **Ball Return** for [most] shots at the basket (made or missed) to one as a **Trainer** restricted to, primarily (~95%), continuously rewarding just accurate shots.

Under standard practice conditions for free throws and other straightaway shots, (i.e., using ^{THE}Shootingstreak® PT alone), emphasis can then be placed on building accuracy by utilizing the Trainer in the 99% continuous reinforcement of purely (~95% discrimination) accurate shots. The remaining 5% or so of missed shots that are spared the effect typically consequent to an inaccurate shot (i.e., the response cost of chasing after the ball) is due to the trough under goal design,

whereby the trough assembly extends forward below the goal hoop and allows "air balls" or "short shots", which miss in front of the rim but fall into the access path of the retriever, to be collected and returned to the player. Thusly, ^{THE}Shootingstreak® PT is both structurally and functionally designed to benefit all players, but particularly beginning players or those with difficulty, for whatever reason, of having their shot reach the goal hoop (especially younger children), whereby, the rewarding return of a short "air ball" shot can act to provide encouragement for a shot proximate to an accurate shot; that is, for a shot falling short of the goal but directionally on the **PATHWAY TO ACCURACY™** track [to goal].

Like training wheels on a bicycle for a beginner, the guidance offered by ^{THE}Shootingstreak® PT may be appreciated when a good effort is made but falls just short of the goal. It provides a step along the way enabling the progressive shaping of more accurate shooting; the inside track to better results.

This is another way in which ^{THE}Shootingstreak® PT can effectively function as an ancillary mechanism of reinforcement within the operant conditioning model of learning to reward successive approximations to accurate shooting.

Noteworthily, the nearer the shot to the rim, the farther up the runway the ball is collected and its subsequent descent is directly related in terms of the vigor of the ball's delivery to

the player. The faster the delivery service, the more immediate the consequential reward delivered to and received by the player ("immediacy" being a salient factor; having been empirically well established as having a positive influence on the effectiveness of response consequences).

Perhaps the significance of the positive correlation between memory decay and reinforcement delay is not lost on keen players, which may be why, as their focus turns, while yet confident in the memory of their previously successful shot, to the next shot for which they ready themselves, they await with eager expectancy the rapid return of the ball from ^{THE}Shootingstreak® PT.

Additionally, by utilizing the Trainer's Track Extender slide out feature which, when deployed gradually, with each small step back from the rim, allows the player to progressively shape successive approximations to more distant shots, a player's marksmanship then can be shaped to extend from close to the basket all the way to the free throw line or, actually, considerably farther.

For the 'hack-a' player, in the application of this progressive learning principle called "**shaping**", by rewarding successive approximations of the target behavior of accurate shooting, ^{THE}Shootingstreak® PT can be a valuable assistant in helping the player transcend historical self-expectations and change nightmare shots at the foul line into dream shots at the free point line.

Mechanics

Comparative Chart of venerable expert knowledge (See References):

| Consentient Mechanics for the Free Throw Shot | | | | | |
|--|--|--|---|---|---|
| Sports Illustrated Basketball: The Perfect Free Throw (1971) | Basketball: Skills Essential for Every Player (Wilkes, 1984) | Basketball: Skills Essential for Every Player (Wilkes, 1984) | Basketball: Techniques, Teaching, and Training (Coleman, 1975) | Winning Basketball: How To Shoot (Sullivan, 1976) | Sports Illustrated Basketball: The Perfect Free Throw (1971) |
| <ul style="list-style-type: none"> • <u>SIGHT TARGET</u> <p>"The player's eyes target the spot over the front rim. The eyes should never leave this target spot throughout the shot."</p> | <ul style="list-style-type: none"> • <u>GRIP THE BALL</u> <p>"Ball held by both hands with support hand under the ball and back of dominant [shooting] hand facing you. Ball positioned in front of face with fingers spread comfortably wide, palms off ball."</p> | <ul style="list-style-type: none"> • <u>FLEX ELBOWS</u> <p>"Elbow is positioned directly below the shooting hand, forearm pointing straight downward. Avoid the mistake of pointing the elbow to the right or left resulting in poor leverage and disrupting rhythm."</p> | <ul style="list-style-type: none"> • <u>BEND KNEES</u> <p>"The drive from straightening the legs will be used to obtain distance. The further the shooter is away from the basket, the more he should use the drive from his legs to obtain distance."</p> | <ul style="list-style-type: none"> • <u>COCK WRISTS</u> <p>"As you raise the ball into shooting position, cock your wrist. the forearm snaps forward and downward at the same time the wrist uncocks."</p> | <ul style="list-style-type: none"> • <u>FOLLOW-THRU</u> <p>"When...push is imparted, the ball is not thrown. The wrists are snapped and the player rises a bit ...but the feet do not leave the floor so balance is maintained. At release, the ball rolls off the thumb, index, and middle fingers, giving the ball a reverse spin to soften the shot. The arm finishes fully extended and in a straight line."</p> |

Mechanics: A Descriptive Picture

The Consentient View

(A Melding of Harmonious Opinion)

With the player's weight balanced slightly forward, on the balls of the feet, the action begins with the legs straightening as they push upwards and with the ball passing in front of the face and turning above the forehead so as to position the shooting hand behind and basically under the ball. As the other hand simultaneously supports the ball from the side, the ball is released in flight, with a rolling snap of the wrist and fingers as the arm, fully extended, reaches towards the goal. The last parts of the hand to leave the ball are the finger tips. Attention should be given to the follow through, assuring that both hands are pointing straight towards the basket. In finishing the shot, the weight should be transferred forward as the player rises up slightly off the balls of the feet and onto the toes. The aim is to maintain a continuous flow in action from the moment the shot is started until the release of the ball.

The player starts the shot by facing the basket, gripping the ball with two hands and taking a stance either square to the basket or at an angle with one foot forward of the other. Care is taken to bend the knees slightly.

Note that just as all authors cited attend to the basic mechanical elements of the free throw shot by focusing on the body parts: eyes, hands, arms, legs, wrists, and fingers, so should the player.

Shooting Technique

Free Throw Shooting

Step 1: Stand directly in front of **The Shootingstreak® PT** with the track at its minimum extension.

Step 2: Set yourself in line with the center of the goal and with both shoulders and feet squared off vis-à-vis the goal hoop, and knees slightly bent, shoot the ball so as to allow it to fall far short of the goal hoop but into the access path of **The Shootingstreak® PT**.

Step 3: Each time the ball returns, catch it and shoot again and again, each time shooting a little closer to the goal hoop, until a shooting rhythm is established.

Step 4: Raise the arc of the trajectory of the shot by following through with the forward motion of your arm.

Step 5: Add forward wrist motion to your follow through and aim to shoot the ball just over the front rim of the hoop.

Step 6: Pull the track extender out a short distance to increase the lateral run of the ball and step back a little. Repeat steps 2-5. Do this each time stepping back a bit further.

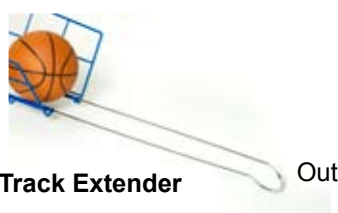
Step 7: With the track extender nearly at its maximum position, beyond three-quarters out, take a position at the free throw line. Repeat steps 2-5.

NOTE: THE TRACK EXTENDER HAS A SAFETY FEATURE WHEREBY IT CANNOT BE PULLED OUT BEYOND ITS MAXIMUM POSITION TELESCOPING OUT FROM RUNWAY TUBES.



Perimeter Shooting

A salient factor inhibiting the successful practice of perimeter shooting (i.e., 3-pt. shots) is that the player has a long distance to travel to retrieve his shot from under the basket and then to return to his position to repeat his successful shot again. The development of this new training apparatus allows the player to practice longer distance shots more efficiently and with much less hassle. The process of “getting your shot down” requires much repetition and dedication but such demands upon a player should be placed upon his performance time and techniques and not squandered on the time a player wastes getting ready to perform.



Use of **The Shootingstreak® PT** can dramatically reduce the time between successful shots. Especially in the case of perimeter shooting, where longer distances are involved, it is important for a player to be able to recall his immediately prior success in order to repeat it with reliability. It has a certain “feel” which is best when not disrupted.

Exercise: shoot straight-on from the center perimeter. When the ball returns, take a step to the left and shoot. Next time, step to the right. Alternate a few steps at a time moving from left to right and back again, shooting on the arc of the perimeter while “on the run.”

Evaluation of Technique

Every time a player takes a shot an instant inner evaluation of his technique can occur allowing the next shot to benefit through the making of a corrective adjustment. Players who are attentive and can recall the direction and arc of a previous shot are able to adjust and rapidly see improvement. Because this process involves the memory of subtle self-orienting cues which can quickly decay over time, it is critical in training to minimize the time that elapses between a player’s shots.

Just as players and coaches are naturally inclined to encourage this process to speed improvement, **The Shootingstreak® PT** is parallelly inclined, both structurally and functionally, to accomplish such improvement by enabling practice time to collapse. To sustain this process toward improvement in practice, rather than the player hustling after the ball,

Training

The Shootingstreak® PT is able to fillip such improvement by hustling the ball to the player. This allows the player's technique retention to expand by virtue of the reduction in both memory decay and reinforcement delay. The result is a great improvement in the overall efficiency of useful practice time. This time reduction would be additionally helpful when videotaping a practice session in order to analyze the biomechanics of a player's technique.

SPECIFIC STUDY PROGRAMS

In order to improve, players need the discipline of study programs. Such study plans can offer the opportunity to exercise and chart shooting improvement. The following are examples of some lesson plans for realizing progress.

Lesson Plan I

For Groups From Various Ranges.

3 shots x 3 variably set distances*

| | | ○= Miss ⊗= Hit | | EX: Total 50 PTS / Possible 90 PTS | |
|--------|------------------|-----------------|-----------------|------------------------------------|--|
| DIST. | Short [5] | Medium [10] | Foul Line [15] | | |
| POINTS | Shot Total [15] | Shot Total [30] | Shot Total [45] | | |
| SHOT | Ex. Total = [10] | | [10] | [30] | |
| 1st | ⊗ 5 | ○ 0 | ○ 0 | | |
| 2nd | ⊗ 5 | ⊗ 10 | ⊗ 15 | | |
| 3rd | ○ 0 | ○ 0 | ⊗ 15 | | |

*Distances:

Short .. (Track Extender IN)

Medium (Track half OUT)

Long (Track maxOUT)



Note: Players standing in line go to back of line when they miss a shot. Players can set a criterion of 3 in a row before advancing to the next distance; or in a variation on this plan, can set a time limit and continue their cycle of trials until time expires and the winners are declared by virtue of being ahead on points at the end of the period.

Lesson Plan II

Jump Shots From A Set Position.

There are 3 distance positions*, each with 3 shots. If you hit a shot, you advance to the next position. If you miss a shot, you drop back a distance position. The table below is a graphic description of this plan.

| | | ○= Miss ⊗= Hit | | EX: Total 60 PTS / Possible 70 PTS | |
|--------|------------------|-----------------|-----------------|------------------------------------|--|
| DIST. | InPaint [5] | Foul Line [10] | 3Pt Line [15] | | |
| POINTS | Shot Total [15] | Shot Total [30] | Shot Total [45] | | |
| SHOT | Ex. Total = [10] | | [20] | [30] | |
| 1st | ⊗ 5 | ○ 0 | ○ 0 | | |
| 2nd | ⊗ 5 | ⊗ 10 | ⊗ 15 | | |
| 3rd | ○ 0 | ⊗ 10 | ⊗ 15 | | |

Lesson Plan III

Hook Shots Moving To A New Position: Left, Center, Right.

The above lesson plans also can be employed in training hook shots at the bottom of the key (the area "in the paint" below the foul line).

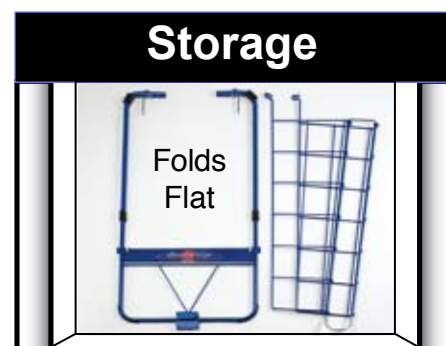
Coaches and players are encouraged to conceive of other such disciplines or training games in the tradition of "Around-the-World" and "Twenty-one." In the former, the player moves from one pre-designated position to another on court, contingent upon hitting each shot. When the player misses a shot, he can risk taking a second shot but, if he misses

this, he must return to the original starting position. If he is fortunate and makes his second shot, he can continue on to the next position and so on "Around-the-World". Of course, the player does not have to risk a second shot and can simply stand pat, beginning to shoot again at his next turn at that same position rather than returning to the starting position.

In the game, "Twenty-one", the player shoots from the foul line and scores 2 points for such a successful long shot. This is followed by a short shot, usually a simple lay-up, which the player scores as 1 point. These points accumulate to a maximum of "twenty-one." Players compete against each other in reaching this goal first.

Another interesting game is called "H-O-R-S-E." This is where one player shoots from wherever he chooses on court and, if he makes it, the second player must duplicate the same style shot from that position. If the second player misses, he unfortunately earns a ('scarlet') letter "H". This process continues until one player is the first to be labeled a "H-O-R-S-E" and is eliminated from the game. This game can be played with several players at one time.

When all is done, and everything must be put away, storage is easy.



Coaching

ATHLETIC DIRECTION

Selection of Most Proficient Players

One of the basic responsibilities of the basketball coach is the selection of the most proficient players for the team. In order to accomplish this, coaches have learned to continually monitor the actions and skill level of their players throughout practice sessions. Although it might be presumed that this would be the case for shooting performance, in reality, many coaches do not attend to this. They are so focused on the instruction involved in guiding players toward building sound fundamental habits: dribbling, screening, and rebounding on offense and boxing out, cutting off lanes, stealing the ball, and shot-blocking on defense, a player's shooting skills are often an afterthought.

Such an attitude is understandable in-so-far as it has as its basis a justifiable respect for the individual player's inclination to develop his own unique shooting technique. However, more likely, this is a rationalization for not having at hand a methodology for improving shooting performance that can be applied to different individuals and across sundry shooting styles.

By using ^{THE}Shootingstreak® PT to condense shooting practice time, coaches are afforded a concise method of observing who's hot and who's not. A player who is struggling with his shot can be identified and then can be given additional instructional guidance.

Similarly, players who are performing well can be selected and paired with those needing help. Advice from a peer can be of assistance when the coach is called away to attend to other duties.

Coaches also can arrange periodic shooting contests or challenges in order to conduct on task measurement of shooting accuracy and provide an objective record of each player's comparative shooting skill. This can help objectify the coach's notions as to who are his most proficient players in terms of shooting reliability, an obviously important aspect of the game.

Specialized Coaching Methods

There are specialized methods that coaches can use to assist the slumping player. Although there are several of special importance, the most primary of these, of course, is to reinstruct the player in his/her active meditation technique.

Relaxation involves changes in breathing, usually several slower and deeper breaths prior to shooting--in any case eliminating any bad habits such as holding one's breath--and remembering to shoot during the exhalation, rather than the inhalation, cycle of breathing.

Muscles that are taught may need to be slackened a bit by shaking or stretching. Feet may need to be repositioned to adopt a new (usually slightly wider) stance and other adjustments made, such as squaring off the line of fire to the basket, in order to establish a comfort zone with greater latitude.

Visualization is a method that, when added to relaxation, can become the basis for a very powerful shooting technique. One question for the coach and issue for the player is, "To what extent is visualization being done consistently, and in a disciplined manner, before each free throw shot?" Since this is a subjective methodology, the answer lies inwardly with the player. It is only through honest self-observation that the extent of adherence to effective visualization can be both assessed and actualized.

Sometimes just a change in visualization perspective can be the adjustment needed, where the player pictures the self more holistically from a position of observation behind the ball.

In seeing one's shooting technique, the self is repeatedly pictured standing and shooting accurately, with arm extended and wrist flopped over. Thus, this mental imagery could include seeing one's shooting form, as well as the trajectory of the ball passing thru the air and falling thru the basket into ^{THE}Shootingstreak® PT and, finally, returning to the player.

Hypnosis is a further specialized method that incorporates both relaxation and visualization along with other important elements including attentional focusing, concentrated effort, and confidence enhancement.

It was dramatically reported in the Los Angeles news that one (football) coach turned to hypnosis as a way of giving his high school team the competitive edge they would need to defeat their cross-town rivals. The contest, coming at

Reverse Mounting

season's close after both teams had amassed comparable records and traditionally close in scoring, the game was this time a lopsided affair: 52 - 0. The (hypnotized) players reportedly felt as if they could do no wrong and the shutout of their widely respected opponents belies the fact that there wasn't much they did do wrong.

Though no one can know for certain, it appears that specialized coaching methods along the lines of hypnosis can make a radical difference in the performance level of a team.

It should be pointed out that use of ^{THE}Shootingstreak® PT is like hypnosis in that both are aimed at:

- Increasing motivation (as players become more committed to drill-like tasks they would otherwise likely abandon).
- Speeding up learning (as a function of reduced learning curve difficulty commensurate with massed practice).
- Increasing memory (as laws of association are allowed to play their role).
- Improving concentration (as players are led to channel their attention along a selective pathway to the goal).
- Relaxing effect (as a consequence of the establishment of a natural, rhythmic flow).
- Time condensation (as a result of more repetitions in less time).
- Instructional booster (as a player's normal desire to excel is further intensified with the enhancement of self-esteem boosting reinforcement).

The important benefit to be gained by these specialized coaching methods and such self-training equipment as ^{THE}Shootingstreak® PT is the building of self-confidence and increased self-composure when the player is on the line—especially the free throw line!

Reverse Mounting:

Alternatively, for unobstructed angular shots off the backboard, the Support Assembly can be placed on the backside of the backboard (See Figure column right). The procedure for backside mounting is basically the same as for front mounting except that the upper arms are rotated 180° and locked into position with the detente buttons. When lowered to rest atop the backboard, the mounting pins come to rest on the front side of the board, with the tubes running down the backside instead of the front.

To pull the lower part of the Support Assembly snugly against the bottom of the board, cinch it into the correct position using a polyester nylon strap which loops around the arms of the Support Assembly and then passes around the rim of the basket; specifically, wrap one end (encircling) the plate of the rim near where it meets the backboard. Then buckle and cinch the strap tight. The strap should be ~6 feet long and at least 1" wide with an adjustable (length) safety buckle. Alternatively, a strap set customized to fit ^{THE}Shootingstreak® PT can be ordered on the website: shootingstreak.com. See also, p. 5.

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Wrap Strap Around Rim Plate



**Reverse Mounting:
Behind the Backboard**

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