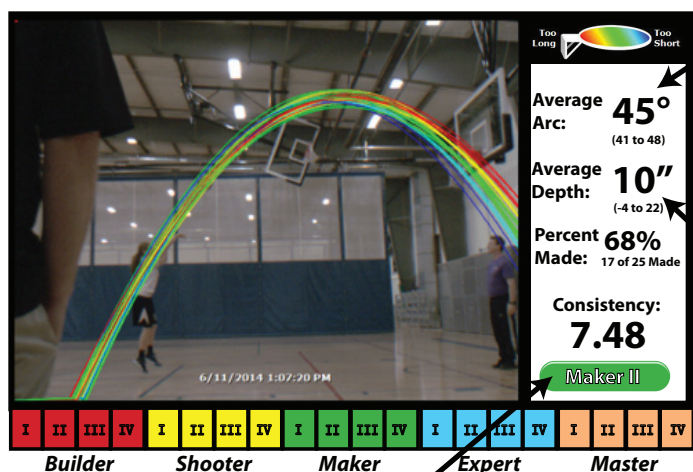




Understanding your Noah Session Report

On your Noah session report, you can see the arc of each shot you took during your session. You will notice that the arcs are all color coded. If you have a lot of blue arcs, this means you tend to miss short. If you have a lot of red arcs, this means you tend to miss long. If you are shooting the correct shot depth, you will see more Green and Yellow arcs. If you have all colors, your shot is too inconsistent.

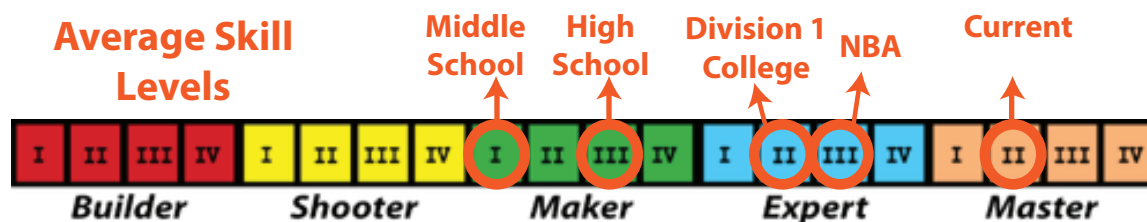
There are 3 very important things you can learn from this evaluation – 1) What is my shot arc? 2) What is my shot depth? 3) How consistent is my shot?



1. The average arc number on your report is the average entry angle of all the shots taken during your session. The ideal entry arc is 45 degrees. At 45 degrees, the laws of physics line up in your favor, which leads to more made shots. The best shooters shoot the optimal arc.

2. The average shot depth number on your report is the average depth of all the shots taken during your session. The depth is measured as how far the center of the ball goes past the front of the rim. The ideal shot depth is 11 inches, which is 2 inches past center.

3. The Noah Skill Level score is a measure of how consistently you shoot the correct arc and shot depth. The more consistently you are shooting the correct arc and shot depth the better your skill score will be and the more shots you will make. Along the bottom of your session report is a colorful horizontal bar that shows the Noah Skill Level Scale. The levels go from Builder I through Master IV. The top 1% of basketball shooters achieve the Master Noah Skill level. For example, the very best NBA and College shooters are Master level shooters.



The ideal numbers for arc and depth are 45 degrees and 11 inches deep.

So you want to shoot
45 Steep and 11 Deep!!

There is additional information on your Noah Session Report that is valuable for your training. Visit the website www.noahbasketball.com or call Noah Basketball at 1-888-TRY-NOAH to learn more.

