

## Instruction Offered

- Shooting Evaluations
- Individual Instruction - 1 Hour Min, Includes Personal Coaching Instruction, Noah Evaluation and Tracking, Video Analysis, Shooting Report Card and Personal Data and Video Tracking.
- Noah Shooting Sessions - 30 minutes using the Noah System
- Shot Gun Sessions - 60 minutes with the Shot Gun
- Spot Shooting - Keep detailed records of your shooting sessions.
- Small Group Instruction - Sessions with 2-6 people
- Advanced Instruction - Instruction based for the advanced shooter, geared at improving in game performance.

## How Do I get Started?

Getting started is really easy, contact Lenny at [betershooters@gmail.com](mailto:betershooters@gmail.com) to set up an initial consultation/evaluation. All plans are individualized based on skill levels and the Goals of the players involved. Call Lenny at 207-749-9492 for more information.

## Formula for Success

Correct Instruction +  
Focus +  
Determination =

**GREAT SHOOTERS!!!**

## What Parents and Players are Saying about Shooting School and Coach Holmes.

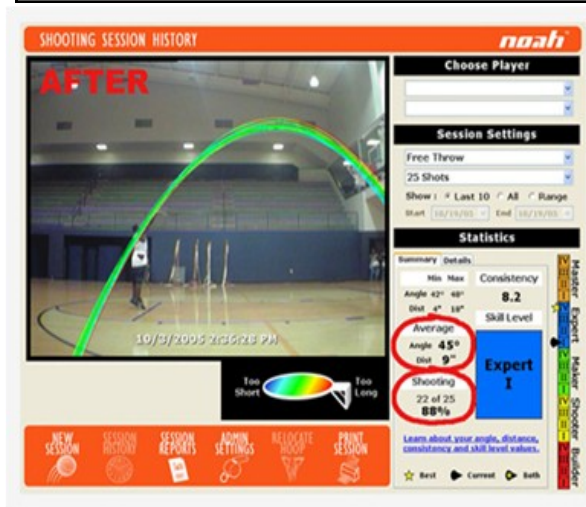
*"I can't believe the detail that Coach Holmes breaks shooting down to, the Video Analysis was completely Eye Opening!"*

*"I am in my sophomore year (at a successful Class A school) and I have never had anyone give me the type of instruction Coach Holmes has shared. I only wish I had started earlier."*

*"My husband was very impressed with your program, the two boys thought they really received a lot of information and loved it! ...They came home excited and feeling confident..."*

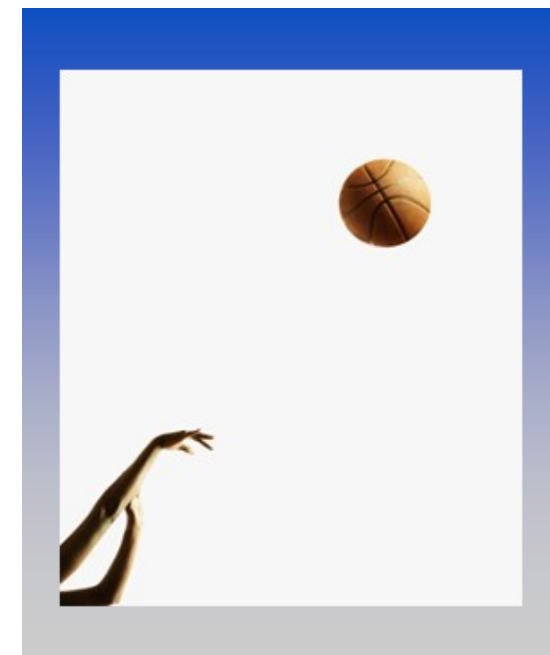
*"I love the detail and clear explanations as to why Shooting is being taught incorrectly by so many others. Everything Coach Holmes does, he gives reason for and makes sure there is complete understanding of the concept. I love the "Navigation System" approach."*

### Sample Noah Shooting Analysis



# Shooting School

**Maine's ONLY Professional Instruction dedicated SOLELY to the Art of Shooting the Basketball!**



**LENNY HOLMES  
PROFESSIONAL  
SHOOTING  
INSTRUCTOR**

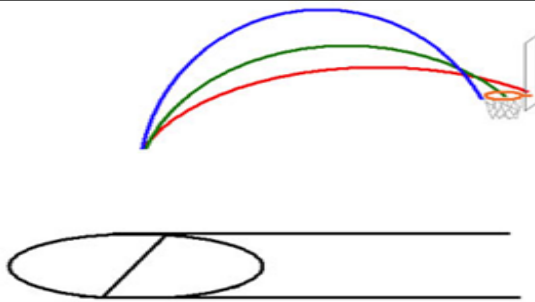
[betershooters@gmail.com](mailto:betershooters@gmail.com)

## Noah Shooting Analysis

The Noah Shooting system is an essential piece to all participants in Shooting School. The Noah System is used by hundreds of Division I Schools and Professional teams throughout the United States and the world.

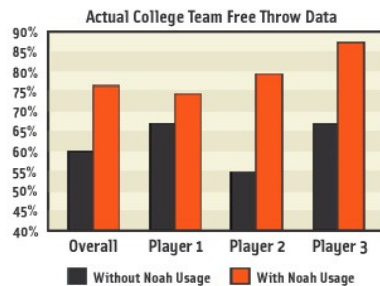
The Noah system tracks and graphs each individual shot in order to give exact feedback to shooters and allow them to attain the proper “arc” on their shot. For years Shooting Coaches knew how important the correct Arc on a shot is, they just didn’t have a way to give exact feedback to players.

Now with the scientific advancements of Noah, coaches no longer have to guess what it is. The 45 Degree Arc is the ideal angle for a shooter and the immediate feedback of Noah is essential to building great shooters.



- 30-degree arc or FLAT ARC
- 45-degree arc or OPTIMAL MEDIUM HEIGHT ARC
- 60-degree arc or HIGH ARC

With Noah, identical team members shot **17% better** during the 6 weeks of the season that they used Noah.



## Staff

**Director, Lenny Holmes** - Coach Holmes basketball career began at Presque Isle High School where he was an All-State player in the early 80’s. He went on to be an All-Conference collegiate player at the University of Maine Machias. Coach Holmes Coaching experience includes years as the Head Coach at Windham High School and as an Assistant at the University of New England. Coach Holmes later began coaching AAU basketball and has coached several State Champion AAU teams. Many of these teams have gone on to play in National Level Events. Coach Holmes has helped many of the states top players over the last decade in both boys and girls basketball.

### MESSAGE FROM COACH HOLMES:

“I’m completely amazed with the lack of good shooting instruction. I’ll do a clinic with 35 or more middle school and high school players, boys and girls, and there will be only four or five who have had formal shooting lessons. “

“Shooting is so important to the game that it blows my mind so little work is done with it. Where’s the justice? Most coaches don’t teach shooting because they are afraid to teach something they don’t have confidence in themselves to do.”

“Shooting is the hardest thing to coach correctly, but with Noah, Video Analysis and other tools I will show you what it takes to be a great shooter. **I have never seen a bad shooter who had correct form.** I tell all players, ‘forget about the ball going in, just focus on your form, and then it will all come together.’”

Professionally Lenny has a Masters of Science in Educational Administration and has served as a Teacher, Athletic Director and Assistant Principal. He moved into the private sector in 2005.

## Shooting Tools

### Video Analysis

Video Analysis is the foundation for any proper shooting instruction.

“There has to be attention to detail when coaching shooting. If you are giving shooting lessons without the use of video, you are not really teaching the player.”



Coach Holmes has been using video taping for players for over 20 years. The technical eye allows him to truly “show” players what they are doing wrong. Comprehension is truly reached when the player can actually see what they are being instructed.

### Shooting Report Cards

Coach Holmes has designed a comprehensive Report Card that focuses on 10 Key Points to Shooting. Participants are graded in all 10 areas with a complete breakdown on how they were scored. Players can see their improvement as their Report Card improves with periodic check ins.

### The “Gun”- by Shoot-A-Way

Shooting School houses the renown “Gun” - the basketball training device used by every major program in the Country.

Shooting is about repetition and the Gun is the best method available to get up a bunch shots in a short amount of time.



Shooting Evaluations - \$25

Contact Lenny today at [bettershooters@gmail.com](mailto:bettershooters@gmail.com) to set up your Evaluation Session.