

Here's a new coaching service we're offering via the Internet:

Video Analysis by Tom!

REMOTE COACHING FOR "PURE" SHOOTING!

Tom is now offering a video coaching service for \$97 where he will analyze videos of a player shooting and give two cycles of remote coaching. A requirement is that the player has viewed Swish 2 and worked with the teachings for several days or weeks. That will improve the odds that this remote coaching will work its magic.

\$97 Package includes:

- 1) Initial analysis of video** supplied by parent, player or coach.
- 2) Tom will then send an email with personal coaching for the player.
- 3) Player spends some time working on the instruction and viewing the Swish video(s) again, then makes a second video.
- 4) Tom then analyzes 2nd video and gives additional coaching, as needed.
- 5) Student works with this additional instruction and self-coaching.

That should be all that's needed for most students, as the awareness and self-coaching (plus viewing and re-viewing the videos) will lead to the subtle or profound changes desired. If an additional (third) video/ coaching cycle is deemed necessary, the extra cost will be \$50.

**The video is one taken on a court from at least two angles, from the side and from either front or back. From the side, show a few close-ups and some with a wider view showing the player, the basket and the trajectory of the ball flight. Show a few Free Throws, mid-range jumpers and 3's from these angles. The quality has to be fairly good so Tom can see alignment, the hand action, etc. Game footage is not acceptable, being too far away to see what's going on.

DELIVERY OF VIDEO

This could be by:

- (1) A DVD mailed to me (325 Crows Nest Drive, Boulder Creek, CA 95006)
- (2) A YouTube video URL
- (3) Emailing a video file (assuming it's not overly big) to: Tom@swish22.com
- (4) Call me for other options

ORDERING

Order normally via our Swish Store page. We will confirm the order within a day and send you more information about how to proceed.

Cheers,
Tom

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Tom Nordland, Swish International, Inc.
Website: <http://www.swish22.com>
Tel: 888/SWISH-22 (888/794-7422)
Creator of the Swish approach to shooting
For a Basketball Shooting Renaissance!!!

FIVE EXAMPLES OF EXTRAORDINARY SWISH SHOOTING!

1) This 30-second clip is of a high school and AAU player from Indiana demonstrating the Swish Free Throw in three stages: a "Mini" Free Throw, then a "Medium" Free Throw, and then a "Full" Free Throw. This sequence and many others like it is in Swish 3. She learned this in a 2-day Camp with me. Look at the beautiful form, the full extension of the arm, the relaxed wrist and hand, the open stance.

<http://go.webvideoplayer.com/view/WSf8DZizB5e4kPvOMct0>

Can't you see her making 50, 100 or 1,000 in a row?

2) Swish Free Throw by Laura in this 31-second clip, practicing from four different distances. Note the same Release action as with clip #1 above, elbow locking at the same speed easy time, hand flopping straight forward, being totally relaxed.

<http://www.youtube.com/watch?v=JLAdnbJjDoo>

Here she shoots from four different distances, working on the Swish Free Throw motion, first with no leg action (UpForce) or Inertia at what I call the Pure Release Distance (now I prefer "Sweet Spot"). Then she begins moving back, first to 1/3 of the way to the Line and adding a little UF/ Inertia, then more and more as she moves back in two more steps. Her goal is perfect swishes, not just making them! She achieves that ... mostly!

ORDINARY +

I'm tempted to call Laura's performance "Extraordinary," but I feel most anybody can do this with a little "Swish" coaching and practice, so it's more like "Ordinary Plus!"

(3) Swish Free Throw by Mary-Eileen in this 1:10 minute clip, practicing the same Swish Progression:

<http://go.webvideoplayer.com/view/FzXA0ko3sKnh8jBPaHQm32032>

ORDINARY +

I'm tempted to call the girls performance above "Extraordinary," but I feel most anybody can do this with a little "Swish" coaching and practice, so it's more like "Ordinary Plus!"

4) Here is video footage of 14-year-old "Swish" shooter, recorded three years after learning the Swish Method from Tom in Maryland. To this day he and his dad continue using the tools and methods they learned, and Gavin here brilliantly demonstrates the technique. Look at the beauty of his shooting!

<http://go.webvideoplayer.com/view/RHZhKYJ0tiD4Ec9CTkaW23246>

5) Here's a clip of a 12 year old boy named Joe from Palo Alto (93 lbs, says his dad). I've coached a few times. Just see the control and confidence this young boy has. It's the confidence of "knowing." He recently won a shooting championship at a big sports academy in Florida, beating boys up through high school, some of whom are committed to Division 1 schools.

<http://go.webvideoplayer.com/view/eGB9csEvgAmqRfTanxIY23668>

Anybody can learn to do this kind of shooting. And then you learn to do it faster and quicker, and then with a defender in your face, and, voilà, you're "A SHOOTER!"