

# SHOOTING TARGET TRAINING GUIDE



Thank you for choosing SKLZ Shooting Target. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

## BEFORE YOU BEGIN:

- » Read all setup and usage instructions carefully.
- » Always check equipment for wear or damage before use. If any is found, do not use product. If any components are missing, please contact SKLZ toll free at **1-877-225-7275 x128**.
- » This product is not suitable for children under 3 years of age.

## ⚠️ WARNING:

- » To avoid cord entanglement, ensure any children under the age of 12 are under close adult supervision. Store out of reach of children under 12 years of age.
- » If this product is used incorrectly it can damage the product or cause harm to the user.

VISIT SKLZ.COM FOR INSTRUCTIONAL VIDEO AND CONTENT



Training Videos & Articles: [SKLZ.com](http://SKLZ.com)  
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**LIMITED WARRANTY**

REGISTER YOUR PRODUCT AT [SKLZ.COM](http://SKLZ.COM) TO ENSURE WARRANTY COVERAGE. GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attrn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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**IDEA SUBMISSION**  
 If you have an idea for a new and innovative sports training product, visit [SKLZ.com](http://SKLZ.com) to submit your concept. Some restrictions may apply.

SHOOTING TARGET BALL



PLASTIC HOOKS

## SETUP



1 - Attach one plastic hook to a net hook on the side of the rim.



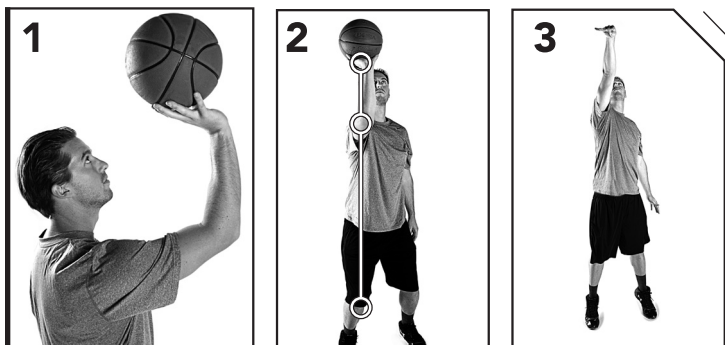
2 - Attach the opposite hook to a net hook directly across from the first attachment. When complete, the bungee should split the rim in half with the Shooting Target ball being directly centered in the rim, giving the shooter a true target.

## USAGE

When using the Shooting Target, the shooter should be focusing on the target and not the front or back of the rim. The Shooting Target represents the exact location the ball should enter the basket for all made shots.

TRAINING DRILLS INSIDE

## TRAINING DRILLS



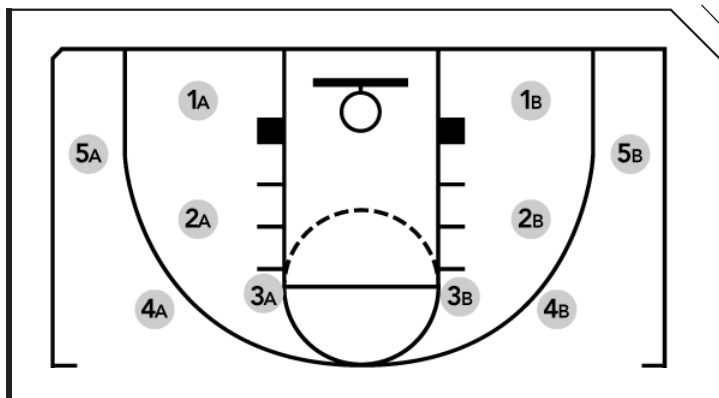
### FORM SHOOTING

#### STEPS:

- 1 – Stand 2 feet in front of the hoop.
- 2 – Using only your dominant hand, hold the ball in a shooting position with your elbow in (photo 1), making sure the ball is balanced and aligned with your dominant side leg (photo 2).
- 3 – Focusing on your target, bend at the knees and in one fluid motion extend your legs and shoot the ball (photo 3). Concentrate on snapping your wrist and locking your elbow on the release.

#### TRAINING TIP:

Make 25 shots. Advanced players should only count those shots that hit directly on the top of the target without hitting the rim.



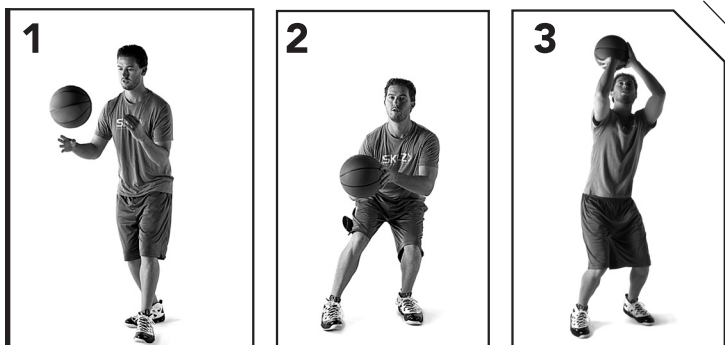
### 100 SHOT DRILL

#### STEPS:

- 1 – Mark 10 shooting positions on the court as illustrated in the adjacent image.
- 2 – Start the drill by taking a shot at position 1A, trying to hit the Shooting Target.
- 3 – Retrieve the ball and immediately move to position 1B. Take a shot and move back to position 1A.
- 4 – Continue alternating shots between 1A and 1B until you have taken 10 shots on each side for a total of 20 shots. Do this as quickly as possible while staying under control.
- 5 – Then move to position 2A and repeat the above sequence at each numbered position. At the end of the drill, you should have taken a total of 100 shots, 10 at each position.

#### TRAINING TIP:

Shooter should work on getting his or her feet set, squaring to the basket and concentrating on hitting the Shooting Target for each shot.



### CATCH AND SHOOT

#### STEPS:

- 1 – Choose a shooting position on the court, preferably from where you normally take shots in a game. Spin the ball to your right or left side or have someone pass the ball to you (photo 1).
- 2 – Staying low and in an athletic stance, step into the pass with your inside foot (photo 2) or hop into the pass, catching it off of two feet.
- 3 – Square up to the basket, and in one fluid motion shoot the ball (photo 3).
- 4 – Take 10 shots going to your left and 10 shots going to your right. Repeat this in as many shooting positions as you choose.

#### TRAINING TIP:

Shooter should concentrate on snapping his or her wrist and locking the shooting elbow on the follow through. Focus on landing the ball on the Shooting Target.