

## Coach Jason Simons

# PRECISION SHOOTING

"WORKING WITH COACH SIMONS WAS THE MOST IMPACTFUL AND IMPORTANT PART OF MY BASKETBALL CAREER. HE'S A UNBELIEVABLE SKILLS COACH THAT PROVIDED ME WITH THE TOOLS I NEEDED TO BE BEST PLAYER I COULD BE. I GIVE HIM A LOT OF CREDIT FOR THE BASKETBALL PLAYER I DEVELOPED TO BE AND THE PERSON I AM TODAY."  
-NOAH VERRAL



6 week program option (recommended)- \$175/ 3 training sessions per week and unlimited use of Noah Analytics. Sessions start the week of March 23rd. Three time slots will be offered. 6-7:00, 7-8:00 and 8-9:00 pm. (\$50 donation per/player to Sister Michelle Fund.)  
Pay by session option \$40/session

## Objectives

- Develop a "Explosive Jump Shot"
  - off the pass and off the bounce
- Develop Precision Shooting
  - with precise muscle memory and focus techniques
- Develop Overall Confidence and increased Awareness of shot selection

## Equipment

3D Noahlytics  
Video Analysis  
Monthly Objective skills testing  
Dr. Dish



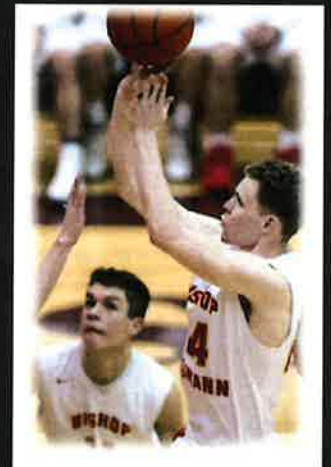
## About The Sessions

Precision Shooting is a customized individual or small group workouts to improve your shooting technique, help you develop the mid-range game with an Explosive Jump Shot. Coach Simons has spent years learning the essence of shooting and will incorporate the most current shooting techniques using modern technology to practice it. Shooters will learn to shoot off two feet, and the explode 1-2. This is the progression based shooting program that Coach Simons used to teach his own sons.

## About Coach Simons

Coach Jason Simons has spent 12 years coaching the Bishop Neumann Girls Basketball Team. He has also helped to develop the Cavalry youth program.

His High School girls teams have qualified for state six straight years, finishing as the 2019 State Champions!



**FOR MORE INFORMATION CALL OR EMAIL COACH: 402-616-0766**

[jusimons@yahoo.com](mailto:jusimons@yahoo.com)