Understanding the Noah Session Report

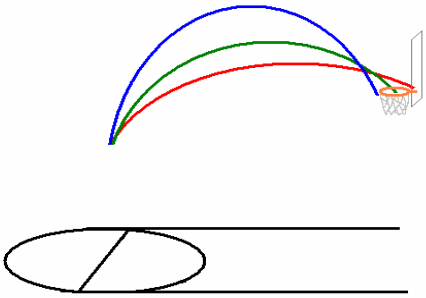
1. In the large photo of the Noah session report, you see the arc of each shot taken during a practice session.

2. Along the right side of the Noah Session report is the average arc (angle and distance) of all the shots in the session. To understand these numbers, read the Definition of Arc below.

Definition of Arc

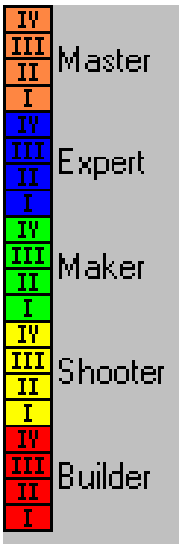
Noah defines arc as the angle and the distance the ball enters the hoop, because what matters most is what the hoop sees. The front of the rim is 0" and the back of the rim is 18". In the diagram to the right, you can see some example arcs:

Red = 30° and 20"
Green = 45° and 9"
Blue = 60° and -2"



3. In the far lower right hand corner of the Noah session report is a colorful vertical bar that shows the shooter's Noah Skill Level. The levels go from Builder I through Master IV. The higher the score shown on this bar, the better the shooter's ability to repeat the same arc every time they shoot the ball. The top 1% of basketball shooters achieve the Master Noah Skill level. For example, Chris Mullin of the Golden State Warriors is a Master level shooter. The chart on the right shows the typical Noah Skill Level for middle school through the NBA.

Noah Skill Levels



Typical Skill Levels

Shooting Skill Level	Noah Skill Level
Current Noah Record	Master II
NBA Average	Expert III
Division 1 College Average	Expert II
High School Average	Maker IV
Middle School Average	Maker I