



## *Digital Jump Shot Analysis*

### *Shooting Your Video*

1. Print calibration placard from our options page if it has not been sent to you through e-mail at purchase
2. Tape it to a box or picture frame
3. Place box with calibration placard on the foul line, facing the basket, or anywhere on the court facing the camera
4. Place video camera directly under the basket (if a ball is shot through the hoop it would hit the camera- so be careful!)
5. Make sure you see the entire player and the calibration box in the camera before starting to video the players. A helpful tip is to have the calibration placard near the very bottom of the shot in the camera starting near the calibration box.  
(You may need to have the players move further from the basket if they can shoot from that distance comfortably- or you may move the camera straight back away from the shooter towards the baseline if player is shooting from the foul line. This will not affect accuracy!)
6. Use our video on our homepage at [www.betterjumpshot.com](http://www.betterjumpshot.com) as a guide, note that in the video you see the calibration block and the entire player in the entire video

Questions? Call 732-310-6888 or e-mail [all1star@optonline.net](mailto:all1star@optonline.net)