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(54) **FREE THROWS WITH SOLE**

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(57)

ABSTRACT

(21) Appl. No.: **10/711,158**

Technically, this is simply a hard plastic (rigid) 1/8" insert (all sizes/men and women) placed in basketball shoes. It is used to practice free throws, not for play. When teaching the method, the insert reinforces the physical aspect of stability.

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FREE THROWS WITH SOLE

[0001] This is a teaching method using an insert (orthopedic 1/8" hard plastic)

[0002] that trains the lower body to maintain stability (heels keep in touch with floor-never lifting) while shooting free throws.

What is claimed is:

1. The method, using the insert, incorporates leverage and stability in shooting free throws. Benefits: effortless shot and a repetitive point of release improving accuracy.

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