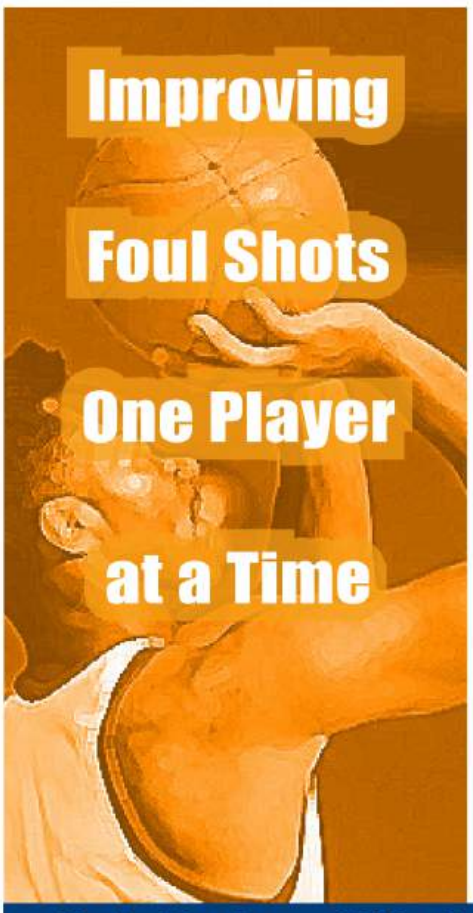
THE FOUL SHOT DOC

BARRY WOLFSON



Focus Under Pressure… Confidence When It Counts.

The world is full of experienced coaches and personal trainers, but how many of them combine high-level basketball coaching, with an academic foundation that includes teaching the mental strategies for building repeatable habits? Habits that a player can take to the foul line in any situation regardless of the pressure.

The Foul Shot Doc

Barry Wolfson is the Foul Shot Doc. Trained in sports psychology and the methods that have enabled professional players like NBA All-Star Jameer Nelson of the Orlando Magic and Trevor Ariza of the Los Angeles Lakers to improve performance and results for themselves and their teams. Coach Barry Wolfson has helped youth, college, and professional teams and players in a variety of sports and at all levels improve form and technique to reach peak performance.

Coach Wolfson has 11 years of basketball coaching at the college level (including NCAA tournaments and both men's and women's teams) and 40 years in mental health counseling. He combines his expertise in both fields to help players optimize their talent, visualize their success, and score under pressure.

Coach Wolfson's approach is grounded in the fundamentals that good practice is driven by a positive mindset. Using corrective techniques, creative visualization, positive imagery and reinforcement, and progressive relaxation, The Foul Shot Doc can reset a player's approach, both mentally and physically, so that each shot is a new shot...and a new shot is a good shot.

The Mind/Body Connection

Foul shot success is about having both technical skills and mental preparation. The Foul Shot Doc brings a mental perspective to a physical exercise by helping players understand and tap into the mind/body connection. In anything, believe you can't, and you won't...believe you can, and you will.

Services

Focus under pressure...confidence when it counts. Player consulting is customized to meet individual needs. Beginning with an initial consultation to develop a strategically sound program for best results, services may include coaching for a technique for mindset, or a combination of the two. Programs may be conducted during the season or off-season and may range from one-day clinics, on-site training sessions, phone consultations, and customized tapes and CDs to help when The Foul Shot Doc is not on the court with you.

Step to the line with confidence. Tell the Doc you need a house call.

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