



THE ARCHER

ADJUSTABLE BASKETBALL TRAINING STICK

DESIGNED & DEVELOPED BY
MATTHEW D. FOGARTY



WHAT IT TRAINS



SHOOTING ARC

Eliminates flat shots by forcing a 45–50° trajectory over the obstacle



RELEASE POINT

Demands full arm extension and a high release to clear the crossbar



SHOOTING RHYTHM

Trains the arms-first, legs-follow timing sequence for smooth, repeatable form



LEG POWER TRANSFER

Forces players to generate lift from their legs instead of pushing with their arms



CONTESTED SHOTS

Simulates a defender's hands-up contest at game-realistic distances



DEEP-RANGE CONSISTENCY

Maintains proper arc at 20–25+ feet by training correct shot peak at the midpoint



FLOATERS & RUNNERS

Adjustable height allows training for touch shots in the lane over length



MENTAL FOCUS

Creates a visual obstacle that builds concentration, confidence, and composure



WHAT IT IS

The Archer is an adjustable-height training tool that builds the skills that win: proper arc, higher release, better rhythm, and game-ready shot mechanics.



WHY I BUILT IT

Flat shots are the #1 fixable problem in basketball. The Archer builds repeatable mechanics and muscle memory so you can shoot with confidence.



HOW IT WORKS

Place The Archer between you and the hoop. Shoot over the crossbar, adjusting height and distance to match your training goal.



CLOSE PLACEMENT (2–10 FT FROM SHOOTER)

Challenges your release point and corrects flat or pushed shots.



MIDPLACEMENT (MIDPOINT BETWEEN SHOOTER & RIM)

Simulates game situations and builds reliable arc, rhythm, and consistency.



BASE

18.9 x 18.9 x 6.69 in
Heavy-duty plastic
8.8 lbs
Fillable with sand / water

ADAPTER REDUCER

4 in length
201 stainless steel
Connects pole to base

TELESCOPIC POLE

4–18 ft adjustable
Aluminum with ABS foam grip
Four 42 in extending sections

JOINT ANGLE ADAPTER

7.91 x 3.23 x 1.89 in
ABS plastic
Rotatable and lockable at 90°

CROSSBAR

13 in bendable
Flexible rubber with microfiber padding
Anti-scratch
Washable

PRODUCT SPECIFICATIONS

RESULTS WITH MY PLAYERS

- ✓ Players produced proper arc within the first week — habits that verbal coaching alone had not fixed.
- ✓ Rhythm and timing improved across the board, generating power from the legs — not the arms.
- ✓ Shooting percentages improved from mid-range and three-point range with better backspin and softer touch.
- ✓ Younger and less experienced players showed the fastest improvement with faster form correction.
- ✓ Players gained confidence shooting over length and in contested situations.



BUILT BY A COACH, FOR COACHES.

Designed to fix the most common shooting problem in basketball.