The new Spalding® training aids will help take your game to the next level.

**Training Areas:**

- **Shooting and Ball Handling:** Emphasize and develop proper shooting form and strengthen ball handling.

- **Jumping and Rebounding:** Explode with power into your jumps and compete for rebounds.

- **Speed and Strength:** Develop muscle endurance and increase speed to outperform the opponent.

- **Defense and Agility:** Improve agility and decrease response time by enhancing muscle memory.

The Spalding® exclusive training aids have informative videos on use and instruction. Under each icon skill set, a player can choose their level of play and up their game. Complete all three levels of skills to advance your game!

Spalding® Basketball IQ™ was created with a single purpose: to provide innovative tools and techniques that inspire and enable those ready to take their game to the next level. Spalding® Basketball IQ™ provides players of all skill levels with unique training experiences through interactive training videos and exclusive clinics led by today’s elite athletes and trainers. Spalding® Basketball Training Aids utilize the latest in training technology and equipment to help players elevate their game.
**HANDLE SLEEVE™**
- Reduces surface grip with sleek material that is form fitting to the ball
- Designed to improve dribbling at all levels of play
- Enhances dribble strength with reduced bounce
- Fits official size 7 and size 6 women's basketballs
- 85% polyester 15% spandex material
Item# 8477S

**DRIBBLE GOGGLES**
- Increases court awareness
- Teaches better ball control with emphasis on feel, rather than sight
- Adjustable strap for comfort
- Fits most athletes
Item# 8481S
SMART SHOT™
• Designed to teach correct shooting form with sound and light
• Helps develop proper elbow shooting position at a 90 degree release
• Neoprene arm band with hook and loop fasteners fits most forearms
• CR2032 battery included

Item# 8470S

SHOT ARC™
• Helps shooters achieve approximately 50° arc trajectory into the rim

Item# 8475S

Substandard Arc Shot
• Birdseye view at 40°
• Hoop size is 11.6” in diameter

Improved Arc Shot
• Birdseye view at 50°
• Hoop size is 13.8” in diameter
SHOOTING SPOTS

- 8" shooting spots with non-slip rubber construction
- Numbers 1-5 with color coding to help during drills with call-outs

Item# 8476S

SHOT CONTESTOR

- Simulates a defender contesting a shot during training
- Allows for infinite adjustment between 35" and 54" tall
- Foam handle for comfort during drills

Item# 8484S
NBA 3LB TRAINER
- Designed to improve arm, wrist and finger strength for dribbling
- Enhances arm strength during passing drills
- Performance composite cover material, ideal for indoor training
- Bounces like an NBA regulation basketball
- Official NBA Size 3 lb weight

Item# 74-880

NBA 6LB TRAINER
- Designed to improve arm, wrist and finger strength for dribbling
- Enhances arm strength during passing drills
- Performance composite cover material, ideal for indoor training
- Bounces like an NBA regulation basketball
- Official NBA Size 6 lb weight

Item# 74-879

NBA 33" OVERSIZE BALL
- 12% larger than full-size basketball to improve shooting accuracy
- Enhances arm, wrist and finger strength for dribbling
- Performance composite cover material, ideal for indoor training
- Official NBA weight with 33" size

Item# 74-878
TRAINING AIDS
BASKETBALL

TRUEBELKERS
UNIVERSAL SHOT TRAINER

- Develop the perfect shooting form by keeping your elbow tucked using the form shooting position
- Practice your jumpshots against the extended arm defender
- Work on your cross-overs or step-backs using the guard defender
- Designed for all athletes from 4’ to 7’ in height

Item# 8482S

Form Shooting

Guard Defender

Extended Arm Defender
**BLOCKING PAD**
- 24”x18”x4” blocking pad designed to initiate contact during training drills
- Heavy duty tarpaulin cover material
- 2-1.5” handles for easy movement during drills

Item# 8483S

**STRENGTH CHUTE**
- Adjustable polypropylene belt with built-in padding for comfort
- Easy quick release allowing you to go from chute resistance to no resistance
- 360 degree loop allows for free movement of the chute
- Fits most athletes

Item# 8480S
**LATERAL RESISTOR**
- Increases strength on key muscles that help you explode
- Durable latex bands create resistance
- Heavy-duty polypropylene cuff with added padding for comfort
- Adjustable ankle straps that fit most athletes

Item# 8479S

**JUMP STRENGTH**
- Ideal for increasing vertical height for shooting and rebounding
- Includes (2) 5.5” and (2) 7.5” durable latex bands
- Built-in shoe straps for ankle cuffs for securing resistance bands
- Adjustable polypropylene belt with built-in padding for added comfort

Item# 8478S