

Meet Shoot 360: The Basketball Training Experience at California Family Fitness



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Basketball is a game of accuracy and precision. From shooting to ball-handling, the more you fine-tune your game, the better you'll perform. Not only does California Family Fitness offer basketball courts at their Roseville, Rocklin, and [Elk Grove gyms](#), but they also offer Shoot 360 at their Rocklin Sports Complex. Here's why Shoot 360 is the best way to elevate your skills on the basketball court.



Shoot 360 Combines Science, Technology, and Real-World Training

From the arc of your shot to the location of your pass, basketball is a game of measurements. Shoot 360 combines the best of science, technology, data, and real-world coaching to give you the best results.

Their system uses motion tracking cameras to record millions of data points and provide real-time feedback on your shot, helping you find your "Splash Zone," the optimal combination of arc, depth, and alignment.

In-person coaches will help you use the data from Shoot 360's system to level up your game so the next time you're at the best [gym Roseville](#) has to offer, you'll be hitting shot after shot.

Work on Every Area of Your Game

Shoot 360 doesn't just help your shooting. This training experience can also help you work out some of the most important areas of your game.

The cutting-edge technology and science that gives you instant feedback on your shooting, as well as one-on-one coaching, helps you become the sharpshooter your team needs.

Then, there is Shoot 360's high-tech passing skill court. The drills you run on the screen can help improve your decision-making, reaction time, speed, and accuracy with both hands. You'll be dishing out assists in no time.

Finally, a virtual trainer runs you through ball-handling workouts aimed to improve your positioning, ball speed, accuracy, and control with either hand.

Expert Floor Coaching Provides the Tips and Pointers You Need

If you've participated in California Family Fitness personal training at the best [gym Rocklin](#) has to offer, you know how important one-on-one coaching can be. And at Shoot 360 at the Rocklin Sports Complex, you get personalized help to work on your game.

Not only will the Shoot 360 coaches help you get acclimated to the system, but they can also help you use your data and results to refine your game and improve your skills. With their tips and pointers, it'll be like a real basketball practice.

Compete with Shoot 360 Users Everywhere

If competition is what drives you to improve, Shoot 360 offers the chance to compete with friends and other members around the world. With their digital technology and the Shoot 360 app, you can measure your progress and compete in real-time competitions with other players. It's a great way to discover your clutch gene and practice your skills in a competitive environment.

Check out Shoot 360 and all the other amenities Cal Fit has to offer at <https://www.californiafamilyfitness.com/>

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