



Get serious about
improving your game

“The Ultimate Defender is an extremely effective device in the discipline of visualization training. The Ultimate Defender works as a replay system, simulating what could happen in real competition, therefore “training the mind” and enhancing muscle memory.”

- Ed T. Rush, NBA
Development and Recruitment



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For more information and
demonstration videos, visit
www.theultimatedefender.com

The Ultimate Defender

A multi-sport training partner



- Active Visualization
- Realistic Simulation
- Immediate Results
- Enhances Muscle Memory
- Builds Confidence
- Develops Proper Technique

The Ultimate Defender is a simulated-defender training device for athletes of all kinds. This device was developed to help young players build skills necessary to throw, kick, and shoot more accurately, thus, making the player a formidable offensive threat for his/her team. The training device can be used as part of a training regimen both on the practice field and at home.

The Ultimate Defender Experience

It takes more than talent to be a great player. Among many other things, it takes determination, hard work, and countless hours of practice. In a game of inches, preparation can be the difference between winning and losing. And although there is no substitution for live competition, bridging the gap between practice and game day has just gotten easier with The Ultimate Defender.

LIVE COMPETITION SIMULATION

The Ultimate Defender is a revolutionary new training device



that creates the most effective and realistic way to prepare for the big game.

Originally developed for basketball and football, The UD creates a challenging practice experience by simulating live

competition and promoting *active visualization*.

ACTIVE VISUALIZATION

The Ultimate Defender enables a player to use visualization training while actively competing, which

prepares the athlete mentally while physically improving technique. Using The UD during practice provides a visual defending opponent and instantaneous feedback for players and coaches to make key adjustments to techniques and strategies.

VERSATILE TRAINING AIDE

Great technique is the foundation for success in all sports. The Ultimate Defender can be used to help develop that technique using training exercises for just about any sport, including football, basketball, golf, volleyball, baseball, soccer, and many others.



- Improves fundamental skills for various sports, age ranges, sizes, and playing abilities
- Provides a consistent defensive visual at a low cost that is affordable to everyone
- Easily adjustable height of torso and rotation of arms makes The UD highly customizable for each training exercise
- Made from plastic resin, the patent-pending UD is durable and weather resistant
- Lightweight and portable design includes wheels for convenient transport
- Collapsible design allows for space-saving storage
- Colors can be customized to match school or team colors

“The Ultimate Defender is the most exciting product I have seen for sports training. This product is so unique because it can be used for multiple sports. Whether it is basketball or football...this product offers kids the chance to hone their skills. I can see schools across the U.S. having this product!”

-David Mika, Jr., Owner,
easternpafotball.com
& westernpafotball.net

