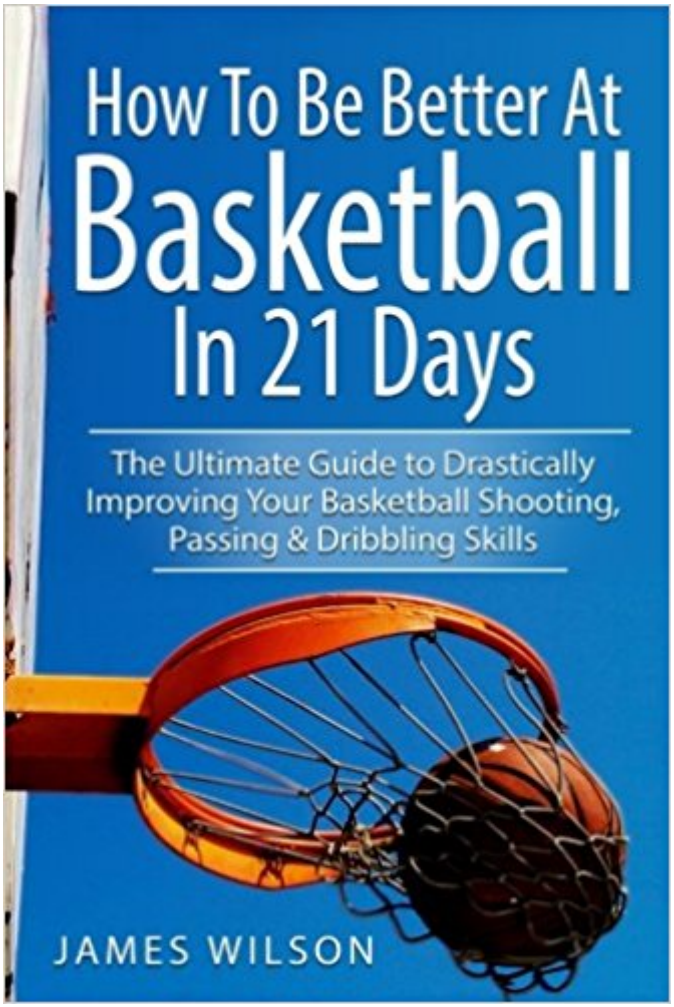
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How To Be Better At Basketball In 21 Days: The Ultimate Guide To Drastically Improving Your Basketball Shooting, Passing And Dribbling Skills




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Synopsis

Basketball drills coupled with strong fundamentals are the key for any top basketball player. Ã¢â ¬Å“You can practice basketball shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.Ã¢â ¬Â•- Michael Jordan. People believe that in order to excel at anything in life practice is absolutely essential. What most people will not tell you is that without technique, discipline and character no amount of practice will help you achieve your goal, especially when it comes to basketball. James Wilson has been coaching basketball in 20 countries over the past 30 years and can he has got considerable experience in teaching the game. Perhaps he knows more about it than an average coach. Throughout this time James Wilson has developed a core philosophy regarding the game, which works on several important skills for effective basketball conditioning. Today he wants to share this unique knowledge with you. This book, "How to Be Better At Basketball in 21 days" is a rigorous program designed for amateurs and professionals alike. It is guaranteed to improve your form, develop new basketball skills and get you in perfect conditioning before the start of a new season. You will also discover: Ã¢â ¬Â¢ Basketball drills that can help you develop basic skills and challenge more advanced players. Ã¢â ¬Â¢ Tips on how to increase your basketball shooting accuracy. Ã¢â ¬Â¢ Most effective ways for better ball handling and better crossovers. Ã¢â ¬Â¢ Why you have been failing to improve your basketball skills! Ã¢â ¬Â¢ Ways to get stronger at basketball and improve your athleticism. Ã¢â ¬Â¢ How to toughen your mental state so that you play with confidence, courage, and control. Ã¢â ¬Â¢ How to be a key player in helping your team win basketball games! Grab your copy now and follow our unique 21-Day Program that will take your basketball skills to the next level. Check Out What Others Are Saying... "Everything any basketball player that wants to improve needs to read. This will help any player at any level of play." "This book is the best. If you want to get better at basketball get this book. I highly recommend it." - Rocko (USA)

Book Information

Paperback: 90 pages
Publisher: CreateSpace Independent Publishing Platform (April 11, 2017)
Language: English
ISBN-10: 1545291578
ISBN-13: 978-1545291573
Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.7 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 32 customer reviews

Best Sellers Rank: #465,411 in Books (See Top 100 in Books) #110 inÃ Â Books > Sports & Outdoors > Basketball > Coaching #1421 inÃ Â Books > Sports & Outdoors > Coaching

Customer Reviews

"How to Be Better At Basketball in 21 days - The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills"This is a good book for review and developing fundamentals with your game. Showing many ways to improve your game in a very short time or even better over time if you stick with the ideas presented here. Give it a read i recommend it as a whole. The 21 day training plan and illustrated workouts come in handy making it easier for your training regement. This should be able to assist you in honing skills in the fundementals of the game and being able to gain traction quickly seeing results in points on the board and being a more competitive player.

This book has a lot of great drills to help someone to improve the basketball skills. My favourite or at least one of the most favourite are the illustrated workout plans this book gives to the reader. Also, enjoyed the well thoughtout 21 day training regime. I would definitlely recommend this book to other players and coaches I work with.

I donÃƒÂ¢Ã â ¬Ã â„¢t often buy ÃƒÂ¢Ã â ¬Ã ËœhelpÃƒÂ¢Ã â ¬Ã â„¢ books, though I am glad I did this one. ItÃƒÂ¢Ã â ¬Ã â„¢s structured well enough for me to navigate through easily, and the content inside has been of great help to both my basketball knowledge and technique. The 21 day training plan, as well as the workouts, were of particular help. I would highly recommend this book to any who consider themselves basketball players!

Great source for my basketball hunger to be feed to be better than my previous self. I highly recommend it.

From my 10-year old son:"This is a superb book it really helped me excel from the rough position I was in when I played basketball now I know what to practice everyday and will soon be trying out for a travel basketball team and I know what to do in games thanks to this fantastic book.ÃƒÂ Ã Å¸Ã ËœÃ â ¬"

This book has something in it for every level of skill. The links to the YouTube videos helped me to further understand how and why I'm doing the drills throughout the 21 day period. I've seen a great improvement in my dribbling and understanding of defense.

Son never read. It think it's too heady for kids.

Great book of techniques.

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