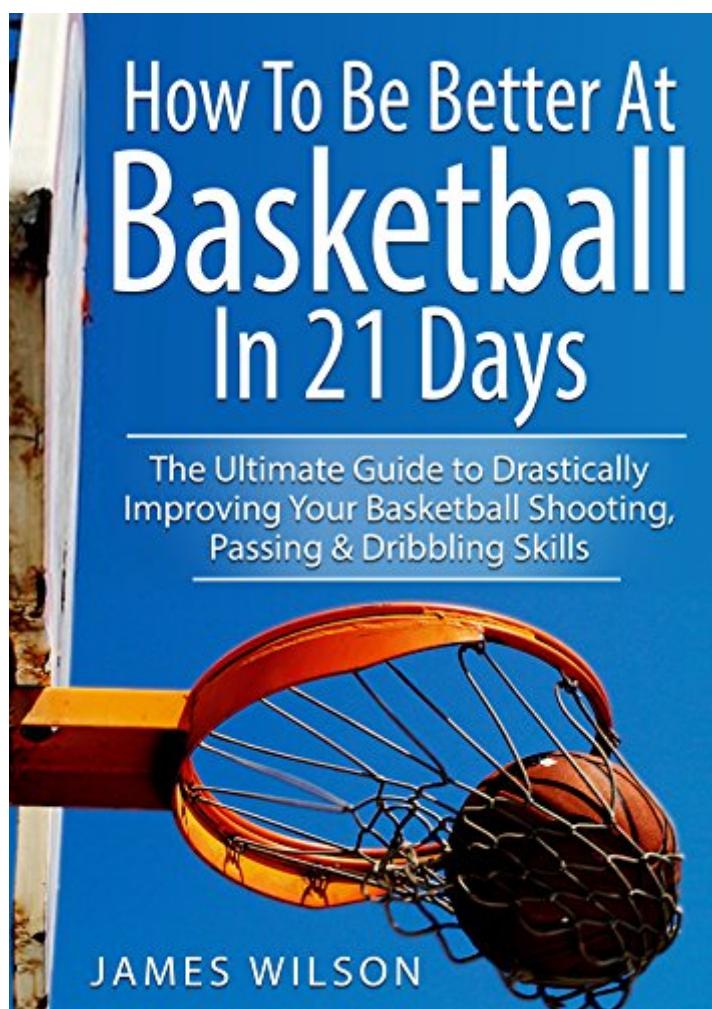


The book was found

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





## Synopsis

Basketball drills coupled with strong fundamentals are the key for any top basketball player. "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." - 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. I have been coaching basketball in 20 countries over the past 30 years and can safely say that I have considerable experience in teaching the game.

Perhaps I know more about it than an average coach. Throughout this time I have developed a core philosophy regarding the game, which works on several important skills for effective basketball conditioning. Today I want to share this unique knowledge with you. My book, "How to Be Better At Basketball in 21 days - The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills" 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:

- Basketball drills that can help you develop basic skills and challenge more advanced players.
- Tips on how to increase your basketball shooting accuracy.
- Most effective ways for better ball handling and better crossovers.
- Why you have been failing to improve your basketball skills!
- Ways to get stronger at basketball and improve your athleticism.
- How to toughen your mental state so that you play with confidence, courage, and control.
- 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

File Size: 924 KB

Print Length: 91 pages

Page Numbers Source ISBN: 1520899718

Simultaneous Device Usage: Unlimited

Publisher: Basketball Drills (September 30, 2012)

Publication Date: September 30, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B009K7ZMMK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #260,916 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Basketball #74

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Basketball #93 in Books > Sports & Outdoors > Basketball > 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 definitely recommend this book to other players and coaches I work with.

I don't often buy books, though I am glad I did this one. It'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.

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.

[Download to continue reading...](#)

How to Be Better At Basketball in 21 days: The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills (Basketball) How to Be Better At Basketball in 21 days: The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills (Basketball in Black&White) How to Be Better At Basketball in 21 days: The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy and Player Focus Handwriting Improvement: The Complete User Guide to Drastically Improving Your Handwriting and Penmanship Tiki Taka Passing Patterns & Exercises: Improving Players' Passing Speed & First Touch Youth Soccer Drills: Shooting, Passing, Skills, Small-Sided and more (500) Days of Summer: The Shooting Script (Newmarket Shooting Script) Passing the Road Test: Step by Step Guide to Passing Your Road Test Symmetric Passing: Club passing rhythms for two, three, and four jugglers Kobe Bryant: The Inspiring Story of One of Basketball's Greatest Shooting Guards (Basketball Biography Books) James Harden: The Inspiring Story of One of Basketball's Premier Shooting

Guards (Basketball Biography Books) Long Range Shooting Handbook: Complete Beginner's Guide to Long Range Shooting Blue Heron Guide to Beat Diabetes: 3 Step Method to Naturally Cure Type 2 Diabetes and Drastically Improve Type 1 Diabetes ☞ Starting Today! Combat Focus Shooting: Intuitive Shooting Fundamentals The Path of Least Resistance: Book Two of The Shooting Star Series (The Shooting Stars Series) (Volume 2) The Ultimate Guide to Weight Training for Basketball (Ultimate Guide to Weight Training: Basketball) Emotional Intelligence: Ultimate Practical Guide: How to Become A Lively And Likeable Leader By Improving Your EQ (Positive Psychology, Interpersonal Skills, Emotions) The Road to Little Dribbling: Adventures of an American in Britain Modernes Dribbling: Spiele entscheiden durch individuelle Stärke (German Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)