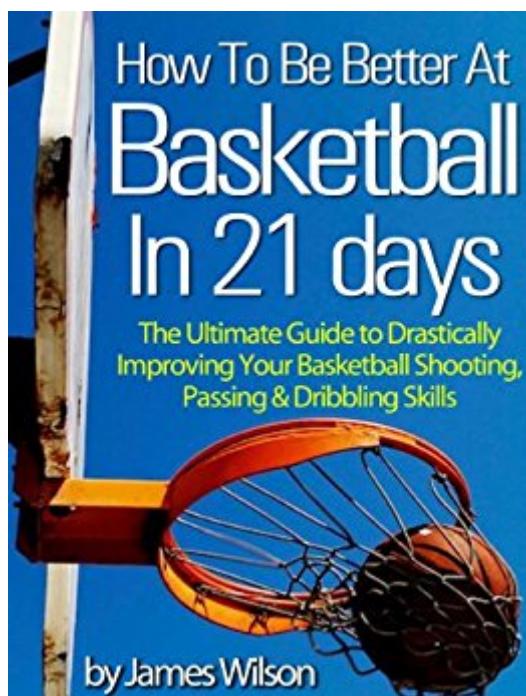


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# How To Be Better At Basketball In 21 Days: The Ultimate Guide To Drastically Improving Your Basketball Shooting, Passing And Dribbling Skills (Basketball)



## 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

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## **Customer Reviews**

Back when I was playing high school basketball, my friend and I were obsessed with dunking the ball. It consumed every moment of our existence, and we did everything we could to increase our vertical jump. It was a bit one-sided, because we should have spent time on improving other skills as well. I recently bought this book about basketball skills and how to improve them to share with my son. He is walking down the same path his father did, becoming obsessed with one aspect of the game rather than trying to become a well-rounded player. I hope to have this book show him the path to take. After reading this book I am impressed with the amount of good information in it. It talks about so many things related to basketball and the skills a player needs to work on. In addition to basketball skills, the book also delves into exercise routines and ways to increase all aspects of a player's game. I heartily recommend this book. The links to videos on YouTube that help to illustrate topics of discussion are a nice touch. Michael Jordan is mentioned a lot in this book, but if I had to hear about one player a lot, he would be my choice. I hope that my son eventually "sees the light" and realizes that dunking a basketball is not the be-all end-all when it comes to basketball. This book may help him see that and work on the other aspects of his basketball game.

I must admit that this book "How to Be Better At Basketball in 21 Days" is very well organised and detailed guide for anyone who is interested in basketball and want to improve their game. The book will teach you a lot of things. From how to get in shape and control your focus to bettering your shooting and defensive skills. The 21-day program is a great chapter to read. Very detailed plan that will help you develop and improve your speed, strength, balance and overall basketball skills. You

will also find a lot of pictures and diagrams that really help in the process of learning. But what impressed me the most was the concepts of visualization and mental attitude. I believe that the key quality a person needs for success in life, and on the basketball court, is a proper mental attitude. In basketball and in any other sport performance is vital. The conditioning and mental instructions in this book are both well worth the price. I have been playing basketball for high school and university team and I have never been lucky to get this kind of information, no time was given to the mental side of the game which in reality is very important. So I think a high school player who is really serious about developing their game would get a lot out of this book.

While this book was obviously written for those that wish to train for basketball, the book could apply to any sport that requires mental and physical training and preparedness. Wish I had access to this book when I was back in high school, maybe I'd be playing in the NBA today! If basketball is your game, you owe it to yourself to read this book and apply the principles provided.

âœHow to Be Better At Basketball in 21 Daysâ• is a very well laid-out manual for any youngster looking to get into the sport or any player wanting to up their game. Most sports self-help and training books tend to be filled with motivational fluff, but author and coach James Wilson pretty much cuts to the chase and gets to the heart of the basketball skills required to improve your performance on the court. I'm always interested in the science and physiology of sports training, and Wilson provides enough science regarding form and power to educate without loading down the reader with overwhelming technical data. The book illustrates the fundamentals in an impressively clear way, and Wilson's instructional narrative voice is easy to follow. Fascinating detail on the hows and whys of good form that just clicks as soon as you read it. The 21-day training plan is well detailed and includes a great balance of strength, speed, and kinetic improvement with appropriate flexibility training and recovery time.

This book showed me how to get in shape and make your shooting accurate and your defensive skills and much more! This is an amazing and helpful book for starters of the game. Thank you for making this cool book!

Everything any basketball player that wants to improve needs to read. This will help any player at any level of play.

I love to play basketball a lot. I was a sophomore in HS and not so good at basketball. To play with my friends, who lived for basketball, I checked this book. I read it over and over again and applied what I learned. Within a few days I was 5X better. Really, I never turned into a great scorer because my love was really defense, passing and rebounding, and this book covers those so precisely and simply that it always stuck with me. Now I am the captain of our team. There is so much value in this for such a cheap price. Thank you James Wilson for this great one.

I am joining a city recreation department menâ™s basketball league this fall. I havenâ™t played competitive basketball since high school (a very long time). I was looking for some sort of structured program to help me get back into playing shape. I came across this book and thought it was pretty inexpensive and worth a try. The book was much better than expected. The author not only provides detailed written descriptions of fundamentals and techniques there are also links to demonstration videos which reinforces the information. There are also good suggestions on mental preparation for competition which will be helpful in your life outside of sports as well. The thing that I like best about the book is 21 day training program. The program lays out different drills and exercises for each day. I think this would be a great work out for any athlete, regardless of their sport, who wants to improve their strength, quickness, conditioning, hand-eye coordination, etc...

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