



How to Be Better At Basketball in 21 days: The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills (Basketball)

By James Wilson



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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) By James Wilson

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)

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Editorial Review

Review

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

"Great way to refresh the fundamentals. Author keeps it simple and to the point. If you don't improve after following the book, you either didn't apply it or didn't need it." - Amazon Customer

About the Author

James Wilson is a certified personal trainer and professional basketball coach. He has been developing young basketball players to excel in their game for over 30 years. He has worked with coaches and basketball players in more than 20 countries worldwide, which has enabled him to develop a unique playing style and coaching method.

His coaching philosophy revolves on three fundamental concepts: "best possible player conditioning", "quickness" and "conviction". These key points should be followed in every aspect of the game but when they are followed in every aspect of life, a basketball player can become truly great.

There are thousands of drills that can be practiced to improve your basketball game. Even NBA players can not pinpoint the exact programs that should be selected or discarded. However, with experience, seasoned coaches can give a guideline of drills most useful at the start of a new season. Thus, this book can be looked as a summation of the most important lessons the author has meticulously taught his students over 30 years of his life.

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