

HoopHandbook #3- Shooting (Hoop Handbook Basketball Training Programs)



A reliable outside shot will last you longer than the ability to fly through the lane and dunk. And there are lots of great players (Steve Nash, Isiah Thomas come to mind) who dominate games with, among other skills, great Ball Handling (See the Ball Handling Handbook) and shooting ability. Players who can only shoot always stick around longer than players who can only jump, right? Think about it. The most important factor in your shooting is consistency: Shooting the same way (whatever way that may be) every time and practicing it enough that your shots go in the basket at a high rate. We all face an issue when working out alone and shooting - chasing down rebounds and made shots. Well, Michael Jordan chased his rebounds. Kobe too. And I do also. So if you want to be a good shooter, you can, and will, do the same. If you have a rebounder, that's great too. Taking into account that many of you work out alone, each day's drills will not exceed 200 made shots (not counting free throws, or extra shots for the ladder drills). What matters is what you can do on a consistent basis -- so making 500 shots on Monday, and only 50 the other 6 days of the week, is not more productive than making 150 on each of 7 days. Now let's get started.

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#2 (Hoop Apr 10, 2017 //HoopHandbook-Handbook-Basketball-Training- #31- Left/Weak Hand #2 (Hoop Handbook Basketball Training Programs) August 5, 2014 793.15 kB HoopHandbook #31- Left / Weak Hand #2 PDF - 2 0 3 4s HoopHandbook #3- Shooting (Hoop Handbook Basketball Training **Basketball skills and training video thread - Page 21** Words by the Wayside HoopHandbook #3- Shooting (Hoop Handbook Basketball Training Programs) Ralph Waldo Emerson: The Preacher, and What He **The Crown Series Book 1 - Amazon Web Services Handbook Basketball Training Programs** (English Edition) [eBook Kindle] book. . online HoopHandbook #3- Shooting (Hoop Handbook Basketball Training **HoopHandbook #10- Defense (Hoop Handbook Basketball Training** Mar 26, 2011 The Ultimate Crossfit Training Program: Increase Muscle Mass learning HoopHandbook #3- Shooting (Hoop Handbook Basketball Training **Dre Baldwin: Hoop Handbook #5 - The Ultimate Athlete Basketball** October 3, 1998 73.33 kB : Hoop in tye van nood . 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