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# Basketball Shooting

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Using Your Mind and Body Together to Reach Your Potential As a Shooter  
Journal with Shooting Charts to Track Your Shots  
Improving Free Throws and Midrange Jump Shots  
The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills  
Methods for Improving Basketball Goal Shooting  
The Sniper's Handbook: The 3 Laws of Basketball Shooting Power & Accuracy  
The Basketball Shooting Guide  
Basketball Shot Charts  
Better Basketball Shooting  
Basketball Drills  
James Harden: the Inspiring Story of One of Basketball's Premier Shooting Guards  
Using Your Mind and Body Together to Reach Your Potential As a Shooter  
A Shooters Guide to Understanding Mechanics  
Swish  
Unstoppable Factors of Basketball  
The Effects of a Cold Hip Bath on Accuracy in Basketball Shooting  
Basketball Shooting Progression  
The Fundamentals Needed to Become an Excellent Shooter  
Erick Butler Basketball: Shooting 101  
Basketball Skills and Drills  
Special Drills and Mental Training to Reinforce Great Shooting Habits  
Zen-Sational Basketball Shooting  
Straight Shooter  
The Road to a Successful Shooting Technique  
Blank Game Shooting Tracker Scorebook  
Basketball Shooting  
The Quest for Basketball's Perfect Shot  
City Streets, Basketball Dreams  
A Game-Changing New Approach to Basketball Shooting  
Sweet Shot: The Basketball Life and Legacy of Melvin Sugar McLaughlin  
Basketball  
Basketball Skills & Drills-4th Edition  
Swish the Ball  
Shoot Like the Pros  
Better Basketball Shooting  
The Short, Chaotic Run of the American Basketball League  
Sharman on Basketball Shooting  
Pro Basketball's Early Years  
Basketball Shot Charts - Full Court - 200 Pages

## **SIMPSON HARTMAN**

### Using Your Mind and Body Together to Reach Your Potential As a Shooter

Lulu Press, Inc

Basketball

Shooting Human Kinetics

Independently Published

Sports education and

instructional book

designed to help

basketball players

develop the most

powerful, accurate, and

energy-efficient jump shot

possible.

### **Journal with Shooting Charts to Track Your Shots**

AVCSS Sports Club, LLC

Shooting is the most

important fundamental

skill in basketball, but

despite being the skill

players are the most

willing to practice,

shooting technique is

perhaps the least-taught

fundamental of the game.

In addition, there are very

few instructional

basketball books

dedicated exclusively to

shooting. Shoot Like the

Pros is perhaps the most

detailed analysis of

shooting mechanics,

covering every aspect of

shooting, ever published.

Divided into seven

sections, it covers

shooting mechanics, the

mental aspects of

shooting, free throws,

game situations, strength

and conditioning, teaching

methods, and finally

workout drills for

advanced levels. Including

tips from some of the

NBA's biggest stars, this is

a book that will give both

players and coaches at all

levels proper direction on

how to improve shooting

technique.

*Improving Free Throws*

*and Midrange Jump Shots*

Houghton Mifflin Harcourt

"Erick Butler Basketball:

Shooting 101" will be a

groundbreaking look into

the mechanics of form

and technique that will

make it easy to

understand of the how's

and why's of shots being

made and missed.

The Ultimate Guide to

Drastically Improving Your

Basketball Shooting,

Passing and Dribbling

Skills Human Kinetics

Learn the Incredible Story

of Basketball Superstar

James Harden! Read on

your PC, Mac,

smartphone, tablet or

Kindle device! In James

Harden: The Inspiring

Story of One of

Basketball's Premier

Shooting Guards, you'll

read about the

inspirational story of one

of basketball's premier

shooting guards James

Harden. James Harden

has been making a splash

playing in the National

Basketball Association for

the Houston Rockets. In

this short book, we will

learn about how James

became the star shooting

guard that he is today.

Starting first with a look

into his childhood and

early life, we'll learn about

James Harden prior to

entering the NBA, along

with his time in the NBA

as a sixth man for the

Oklahoma City Thunder

behind Russell Westbrook

and Kevin Durant to his

time leading the Houston

Rockets. James Harden has

revitalized and ignited a

fire in Houston, leading

the Rockets alongside

Dwight Howard into the

2013-2014 NBA Playoffs. It

will be exhilarating to see

how James and the

Rockets do in this year's

NBA playoffs. Here is a

preview of what is inside

this book: Early Life and

Childhood High School

Years of James Harden

College Years at Arizona

State James Harden: Draft

Bust? Harden's NBA

Career Fear the Beard and

Unique Fashion Style

Impact on Basketball and

Beyond James Harden's

Legacy An excerpt from

the book: On April 4, 2014,

the Houston Rockets were

in trouble. With the arrival

of superstar center

Dwight Howard, the

Rockets were looking to

win a championship for

the first time in 20 years.

Yet while the 2013-14 NBA season had gone smoothly for the Rockets, a potential catastrophe loomed on the horizon. They had just lost three straight games for the first time all season. Dwight Howard was not playing due to ankle issues. And if that was not bad enough, the Oklahoma City Thunder, led by probable MVP Kevin Durant, were in town. The Thunder had defeated the Rockets in all three of their earlier games, blowing them out by 31 points in the first contest. Houston faced the very real possibility of losing the first-round home court advantage that they fought so hard all season to earn. But James Harden would have none of it. He knew how important it was for the Rockets to break the three game losing streak, and he also knew that Houston would clinch a playoff spot with a win. So he got to work immediately. On the first possession, he passed the ball so Terrence Jones could hit a wide-open jump shot. On the second possession, he drove the ball in for a layup. Whenever Houston needed points, Harden was there hitting 3-point shots, drilling free throws,

and charging to the basket. His former teammate Kevin Durant finished with 28 points for the night, his 40th straight 25-point game - but it was James Harden, with 39 points, who led Houston to the huge 111-107 win. As the seconds ticked off the clock, he hugged his teammates, and then went over to acknowledge another former Thunder teammate, Serge Ibaka, before walking off the court. The Rockets had just clinched the playoffs, and Harden had shown another example of how he is one of the best shooting guards in the NBA today.

Methods for Improving Basketball Goal Shooting  
Basketball in Black&white  
Before great basketball players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game. Basketball Skills and Drills provides a blueprint for building the foundation that every well-rounded basketball player needs. The book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection,

and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

The Sniper's Handbook: The 3 Laws of Basketball Shooting Power & Accuracy  
Book Rivers  
Basketball is now over a century old. Cages to Jump Shots offers an unforgettable glimpse of its exciting and eccentric early years, beginning in 1891 when James Naismith drew up the first rules, through decades of growing popularity and professionalism, and culminating with its fundamental transformation in the 1950s, when the twenty-four-second shot clock and team foul limit were instituted. Along the way we learn about all those who were drawn to the game?players, officials, owners, and fans?and why so many came to love it. ø  
Drawing on extensive research and a host of interviews with veteran players, Robert W. Peterson vividly recreates the rough-and-tumble basketball games of long ago and shows why basketball has become such a celebrated part of American life today. This Bison Books edition features an updated

appendix of early pro basketball teams.

*The Basketball Shooting Guide* CreateSpace

A detailed analysis of shooting.

*Basketball Shot Charts* Human Kinetics

7 easy drills and tips for becoming a better shooter.

### **Better Basketball**

**Shooting** U of Nebraska Press

Why Go Another Day

Missing Basket After

Basket And Free Throw

After Free Throw? Want

To Learn A Better Way Of

Shooting? Using Zen

principles, like being in

the present moment, non-

judgment, enhanced

focus, awareness and

letting your body flow are

centuries old ideas that

lead to peak

performances. The

lessons in my book will

help you achieve these

states of being. It's time

to reach your potential.

Get going on improving

your shooting. Can you

see yourself making more

baskets, more free

throws, and helping your

team win more games?

You will learn how to: Use

your mind to make more

baskets What to focus on

when you shoot Breathe

properly when shooting to

attain spectacular results

Make more free throws

using a routine that really

works Reach your

potential as a shooter

Shoot as well in your real

games as you do when

you practice Shoot better

under pressure David

Ranney is an author,

professional speaker,

baseball, basketball &

tennis coach and

entrepreneur. As a junior

tennis player, he was

ranked nationally 6th in

Singles and 3rd in

doubles, represented the

U.S. at Junior Wimbledon,

and played tennis for the

University of Southern

California when they were

National Champions.

However, after years of

playing with intense

frustration, he took two

lessons from Tim Gallwey,

Author of *The Inner Game*

of Tennis. That experience

changed his life forever.

He coaches athletes of all

ages in peak performance

techniques. He lives in

Bellingham, Washington.

Visit David's Website:

[www.PurePerformanceSports.com](http://www.PurePerformanceSports.com)

With this book as

your guide, let David

Ranney show you how to

reach your potential as a

shooter. Scroll up and

grab a copy today.

### **Basketball Drills**

CreateSpace

In *Better Basketball*

*Shooting*, Dave Hopla,

professional shooting

coach and one of the best

shooters in the world,

offers the expertise to

help players at any level

elevate their shooting

percentage. *Better*

*Basketball Shooting:*

*Improving Free Throws*

and *Midrange Jump Shots*

provides detailed

instruction featuring

seven shooting drills and

33 color photos from NBA

shooting coach Dave

Hopla. Hopla has worked

with some of the game's

biggest names, including

Kobe Bryant, Carmelo

Anthony, and Jason Kidd.

Now you can benefit from

his coaching insights.

With this mini e-book

you'll learn the physical

skills and techniques for

improving your shooting

percentage from the line

and from inside the arc.

You'll perfect your

midrange shooting

techniques to sink your

stationary jump shots as

well as your shots coming

off screens and off the

dribble. Take your game

to a whole new level by

mastering these shooting

techniques and leave your

opponents confused and

frustrated. Let *Better*

*Basketball Shooting:*

*Improving Free Throws*

and *Midrange Jump Shots*

take you from being a

mere shooter to becoming

a reliable scorer. The mini

e-book *Better Basketball*

*Shooting: Improving Free*

*Throws and Midrange*

Jump Shots is an abridged version of the comprehensive book Basketball Shooting (Human Kinetics, 2012).

**James Harden: the Inspiring Story of One of Basketball's Premier Shooting Guards**

Basketball Shooting

Purpose: The purpose of this study was to determine if collegiate and recreational basketball players shooting accuracy improved after consumption of breakfast (BF) compared to no-breakfast (No-BF).

Methods: 24 male and female collegiate and recreational basketball players completed a three-week intervention study with a crossover design. Subjects were randomly assigned to a four-day BF or No-BF treatment starting on Monday and completed testing that included a free-throw drill and timed 2-point and 3-point drills on day four. Treatment switched the following Monday. Food intake records were collected during each treatment phase. Results: There was no difference between BF and No-BF treatments in amount of shots taken and percentage of shots made during free-throw, 2-point and 3-point drills.

In addition, no difference was observed between BF and No-BF treatment when the number of shots taken during 2-point and 3-point drill was combined. There was a significant difference observed between BF and No-BF in mean percentage of shots made during the free throw, 2-point and 3-point drill combined, (BF=  $59.2 \pm 6.8$ , No-BF=  $48.3 \pm 5.4$ , p-value

**Using Your Mind and Body Together to Reach Your Potential As a Shooter** Millbrook Press <sup>TM</sup>

Basketball Skills & Drills is your guide to mastering the basics of basketball, including footwork, ball handling, player positioning, post and perimeter play, rebounding, plus offensive and defensive individual and team tactics.

*A Shooters Guide to Understanding Mechanics* Human Kinetics

To become a clutch shooter, you must master certain fundamental skills. You must practice these skills until you develop a repeatable, accurate shot. Inside this guide are the basics of good shooting. Plus there are several drills that you can do by yourself to help you internalize all of this. And finally, to truly become a

great shooter that your team can count on no matter what the situation, you must develop a strong mental game.

There are specific drills inside to help you develop this for all of your shots (2 pointers, 3 pointers, free throws). \*\*\*For Coaches and Basketball Trainers - you can get reprint rights to this book, branded with your name and info, so you can give copies to your players. Details are inside the book.

*Swish* Human Kinetics Jump Shooting to a Higher Degree chronicles Sheldon Anderson's basketball career from grade school in small-town Moorhead, Minnesota, in the 1960s, to inner-city high school and college ball in Minneapolis, to a professional career in West Germany, and finally to communist Poland, where he did PhD research while on a basketball junket behind the Iron Curtain in the late 1980s. Because he was the only American player in the league at the time, and with help from a Polish scholar, Anderson was one of the first Western scholars to gain access to Communist Party documents. He's also likely the only American scholar to have

funded his research by playing semi-pro basketball in a communist country. *Jump Shooting to a Higher Degree* is much more than a basketball story. Anderson provides insights into the everyday lives of people behind the Iron Curtain, such as the English coach he played for in West Germany, an elderly woman he visited many times in East Germany, and a sailmaker's family he lived with in Warsaw. He reflects on German, Polish, and Cold War history, providing a commentary on the times and the places where he lived and played, and the importance of basketball along the way.

*Unstoppable Factors of Basketball* Lulu.com

Describes the skills and strategies for effective basketball shooting, covering long-range three-pointers, jumpers, bank shots, and free throws, and includes tips, techniques, and drill exercises for individuals and teams.

[The Effects of a Cold Hip Bath on Accuracy in Basketball Shooting](#)

Twigallamerican Incorporated

Track every shot that your basketball team takes with this blank shot chart scorebook. This book is

filled with 200 pages of scoring sheets that allow you to keep track of the shooting for two teams. Each page represents a different game. Keep a detailed account of field goal attempts, field goals made, turnovers and shot location. Easily calculate field goal percentage after a game of keeping score. You also have the option of using a new sheet for each half. Keep all your shot charts in one location with this easy to carry around book. Shot charting is an effective method used by many basketball coaches as a teaching tool for their players. Identify areas of strength for each player and team. Easily figure out which shots your team and players should be working for. Shot charting also helps coaches show their players the shots that they should be taking more often with data to back it up. If using a shot charting app is too complicated, you can use this book and have someone else put the shots in an app later on. Shot selection has been identified as a key component of today's game of basketball. Taking the best shots every game and limiting turnovers is a key to victory for many teams.

Use this important tool in practice or on game day.

*Basketball Shooting Progression* Coach Schuck Basketball

Want to learn the exact basketball skills, strategies, and techniques the pros use? Discover a 21-day fast-track program to break through your basketball barriers. Struggling to nail that winning shot? Can't seem to pull off the spectacular passes and incredible crossovers you see on TV? James Wilson is a 30-year veteran of basketball coaching with experience gained in 20 countries. Wilson's genius, laser-focused 21-day program is designed to improve your game no matter your current skill level. *How to Be Better At Basketball in 21 Days: The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills*, teaches you precision drills and specific exercises to stack skill after skill. Using Wilson's special core philosophy, this thorough system will improve your form, develop new skills, and help you challenge even the most advanced players. In *How to Be Better At Basketball in 21 Days*, you'll discover: Expert techniques to dramatically increase your

basketball shooting accuracy How to crush your crossovers and handle the ball like a boss How to toughen your mental state and play with courage, confidence, and control How to challenge those more advanced players and succeed while doing it How to be that go-to player who takes the winning shot and much, much more! How to Be Better At Basketball in 21 Days is the definitive manual for any basketball player from amateur to pro. If you like learning practical, step-by-step, no-nonsense techniques straight from an expert, then you'll love Wilson's easy-to-follow guide. Buy How to Be Better At Basketball in 21 Days to slam dunk the competition today! Don't forget to claim a FREE Kindle version with your purchase of Paperback copy!

The Fundamentals Needed to Become an Excellent Shooter Hans Sanne

West Michigan legend Melvin "Sugar" McLaughlin developed his unparalleled shooting range after falling in love with basketball as a four-year old. His long-range

marksmanship and charismatic personality have been filling gyms and arenas since middle school. He's played with and against some of the game's all-time greats, including Magic Johnson, Isiah Thomas, George Gervin, and Dominique Wilkins. In his sixth decade, Sugar still lights it up, as a role model for players and dreamers of all ages. In *Sweet Shot*, Dr. Vernon Wendt reveals the secret behind the motivation of the greatest long-range shooter who never played in the NBA. Discover with Sugar a greater purpose for your gifts than personal glory. *Sweet Shot* will inspire you to chase after your own dreams, re-visit past or discarded dreams, and dream even more dreams. To dare to be great like Sugar and keep on shooting until you realize the sweet shot of discovering God's purpose for your dreams. Swoosh! Your own "nothing but net" shot just might change the world! *Erick Butler Basketball: Shooting 101* Triumph Books Learning and teaching basketball skills and tactics can be

challenging. Executing them in competition can be troubling. Mastering them can be a career-long quest. Is it possible that a single book can provide all the instruction you need to conquer these basketball roadblocks? First you must know exactly how the skill or tactic is properly performed. Check! Then you need to attempt it again and again, with corrective advice through those trials until you get it right. Check! Next comes practice. Lots of practice, with drills designed to make performance of the skill or tactic efficient and effective. Check! In *Basketball: Steps to Success*, Coach Hal Wissel covers the entire progression of technical and tactical development needed to become a complete player. From essential footwork to key principles of defense, this guide details the skills and tactics needed to excel in today's game. Shooting off the catch and creating shots off the dribble, running two- and three-player offensive plays, and many more topics in the book will prepare players to succeed in every situation on the court.