

BASKETBALL - IT'S ALL ABOUT THE SHOT

**** TRAIN YOUR BRAIN TO SHOOT ****

By Coach (Dave) Jones
www.BasketballShootingCoach.com
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YOU ARE EMBARKING ON THE MOST INNOVATIVE
AND CONTROVERSIAL APPROACH TO SHOOTING A BASKETBALL
SINCE THE ONE-HANDED JUMP SHOT.

BASKETBALL - IT'S ALL ABOUT THE SHOT

ANYONE CAN SHOOT ... ARE YOU A SCORER?

BASKETBALL SHOOTING BOOK
INDIVIDUAL AND TEAM BASKETBALL SHOOTING DRILLS

**** TRAIN YOUR BRAIN TO SHOOT ****

BE BOLD, FEARLESS, TENACIOUS, PREPARED, RELAXED, FLUID,
PERSISTANT AND ENTHUSIASTIC.

When you shoot better than 60% from the field and 90% from the free throw line
basketball coaches will fight to get to you.

Everyone can shoot. USE THIS SYSTEM TO LEARN HOW TO SCORE.
This system works. It works fast. It works easily. It works for everyone.

You want to be a GREAT shooter?
First train your body. Then train your brain to use your body.

BASKETBALL – IT'S ALL ABOUT THE SHOT is NOT designed as basic
basketball training. This book *IS* designed to teach ALL basketball players how to
shoot a basketball. You'll find basketball skills training along with researched and
approved books and websites at www.BasketballShootingCoach.com.

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**** Introduction ****

READ THIS FIRST

Other basketball shooting coaches teach extremely complex shooting mechanics. I say shooting a basketball accurately is not difficult at all. Does this mean all the other basketball shooting coaches are wrong? Yes, their teachings are incomplete.

Many players after attending famous basketball camps can shoot 40% to 50% from the free throw line with their eyes closed. What's wrong with that? They only improve a few % points with eyes wide open! Why? They were taught only shooting mechanics. Shooting mechanics can help any athlete become a little better at shooting a basketball, but even perfect shooting mechanics do not account for the 'Mental Aspect' of shooting a basketball.

You want to be a GREAT shooter?

First train your body - then train your brain to use your body.

To get the most from this basketball shooting book read it from beginning to end, then return to the beginning and implement chapters 1 and 2.

Before Doing Anything Else - Train your body!

Train your body first - then train your brain to use your body.

STAY WITH CHAPTERS 1 AND 2 until you're ready to move onto vision training (you've actually begun training your vision in Chapter 1). Then train your vision to train your brain.

Follow the progression of shots as written, the order is intentional. If you pick a specific shot to study while ignoring others you are limiting your abilities and sabotaging your shot.

For example, a center that never shoots set shots may wish to study hooks before studying other shots. Keep in mind if this center (after becoming an expert at shooting hooks) follows this teaching to the letter, that center can simultaneously be shooting set shots at a 60%+ clip while also improving the hook shot.

Once you've implemented every shot in this book, re-read the entire book. You will positively discover missed information and find alternate applications for the knowledge you've gained from your new found shooting abilities. Every time you re-read this book you will discover something new. Every single time!

Continually re-reading this basketball shooting book is the only way to absorb everything I teach in a one-on-one environment. Everything is here, nothing is held back, but every time you re-read you'll be reading this book from a new perspective, a perspective that will alter your perception of these written words. Every single time!

This book is being shared by basketball players and basketball coaching staffs around the world. If you and your team are not taking advantage of this valuable information – your competitors will be taking advantage of you.

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****Debunking Basketball Shooting Myths And Legends****

Shooting Myth; some players just can't shoot.

While it's true some players are better shooters than others, ALL players can shoot 50% or better from the field. Shot selection and shot timing (when to shoot) are integral to every shooters scoring percentage. If you find specific shots that simply do not FEEL natural, then don't shoot 'em.

Even high percentage scorers have favorite shooting positions on the court and find a way to shoot these favorite shots as often as possible, that's why they're high percentage scorers.

There are six shots every basketball player should be able to shoot at a 90% clip, shoot these six shots as often as possible.

What six shots? Patience Grasshopper, patience.

Shooting Myth; square yourself (shoulders, feet, hips) to the basket.

Do you know why basketball coaches, basketball players, basketball announcers and basketball analysts all talk about the importance of squaring up to the basket before shooting? *Someone* told them it was necessary. So what do they all do? They blindly repeat everything they've been told.

Why do baseball coaches tell batters they must step into the pitch? Someone told them it was necessary. [In 1993 Paul Molitor won the World Series MVP Award and tied a World Series record by batting .500 \(12-24\) in the six-game series.](#) Paul Molitor never stepped into one single pitch. Does stepping into a pitch work? Yes. Does not stepping into a pitch work? Obviously. There's more than one way to skin a cat.

What you learn about shooting mechanics in this book should be called 'Popular Mechanics,' but that name is already taken. Drat! Hmmmm, how about 'Popular *Shooting* Mechanics?'

Some of the greatest shooters in basketball history had the most horrendous looking shots ever seen. Some of the greatest shooters in basketball history had the sweetest looking shots you ever saw. Were the shooting percentages of the pretty shooters higher than the ugly shooters?

No. Good solid shooting mechanics can be defined as [muscle memory](#). Muscle memory creates consistency. If you consistently hit your target using the world's ugliest shot who cares if your shot is ugly? It's still muscle memory.

Granted, your shot will come around faster if you use solid shooting mechanics, but having your shoulders, your toes, your hips or your nose square to the basket have nothing at all to do with solid shooting form and this book proves it!

Thinking about squaring your shoulders to the basket before shooting, or while shooting, gets in the way of what you should be doing while taking a shot.

OK. What should I be doing when going up for a shot?

Tweeeeeeeeeeeeeeeet. Coach calls a time out and draws up a play to get you open at your favorite spot on the floor. As both teams take the floor every player on the court knows the play is designed to get you the ball. Only your team knows how that's gonna' happen.

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Tweeeeeeeeeeeeeet. The ball is inbounded – you run by one pick, cut by another and just like that you're at your favorite spot. In one motion you receive a pass and you're up in the air wide open and - and - and - what are you thinking?

Right now! What are you thinking ?

IF YOU'RE THINKING ANYTHING, ANYTHING AT ALL - IT'S WRONG!!!

OK. Then what should I be doing when going up for a shot?

Well, that's what this book is all about; what you should be doing when going up for a shot, or standing on the free throw line and shooting.

I'll tell you right now what you should avoid doing while shooting... You should avoid thinking about squaring your shoulders; avoid thinking about your follow through; avoid thinking about your opponent; avoid thinking about how your feet are positioned; avoid thinking about the score; avoid thinking about your hand positioning; avoid thinking about backspin.

YOU SHOULD AVOID THINKING.

Thinking is the worst thing you can do while shooting. This book will spell out specifically what to do while shooting, but we have to take it one step at a time.

Once you understand it's easy. I promise.

Shooting Myth; adjust your shooting form if you missed your last shot.

If you try adjusting your shooting form or shooting mechanics while taking your shot what does that mean? It means you're thinking. Thinking is the worst thing you can do while shooting. If you find yourself missing consistently you need only adjust your focus. That statement will be repeated in this book time and time again. At the next mention you will fully comprehend it's meaning.

Shooting Myth; concentrate on your shot.

Wrong, you concentrate only on your target.

What target?

Again, that's what this book is all about, but we have to take it one step at a time.

Once you understand it's easy. I promise.

Shooting Myth; aim for the back of the rim. Aim for the space just beyond the front of the rim. Aim for the tape on the back of the rim. Aim for that imaginary spot smack dab in the center of the rim. Aim for the front of the rim.

All of these ideas are better than having no target at all. But all these targets are too large or too ethereal. It's like telling a baseball player to keep their eye on the ball. Granted that's better than not looking at the ball, but it's too general a statement (and too general a target).

Looking for the seams on the baseball shrinks the target, or your focus of attention. When the mind has a 'specific' target, the brain/body connection, or eye/hand coordination improves.

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OK, so what's a good target?

Well, that's what this book is all about, but we have to take it one step at a time. Once you understand it's easy. I promise.

The point here is; shooting mechanics have gone through too many myopic changes over the years and have grown too complicated. One legendary coach after another has labored to refine and tweak how to teach shooting form.

Why?

I'll tell you why, because consistent shooting mechanics will improve a shooter's performance, and the most important aspect of basketball is scoring. But no matter how good your shot is mechanically, mechanics do not eliminate game distractions. Game distractions are the number one culprit to a poor scoring percentage. Game distractions *can* be eliminated, but not by shooting mechanics.

How can I eliminate distractions experienced during a game?

Again, that's what this book is all about, but we have to take it one step at a time. Once you understand it's easy. I promise.

Shooting Myth; you must have perfect backspin on the ball.

Sometimes your shot will have backspin and sometimes it won't, but you should never know if it does or not. You should have your eyes focused on your target.

Again Coach, what target?

Well, that's what this book is all about, but we have to take it one step at a time. Once you understand it's easy. I promise.

Shooting Myth; your shot needs to have a nice high soft arch - in case you miss your shot will be easy to rebound.

Of all the shooting myths this might be the craziest. Why in the world would you ever want to be thinking about missing while you're shooting? Read this book. Learn how to score and enjoy being a shooter and what that brings to your game and your team.

OK, I get it. Basketball is a mental game. But that means I'm supposed to be thinking.

Thinking about what, thinking when? How am I supposed to think about when and what to think? Didn't you just say I'm not supposed to be thinking?

These are all good questions that will be answered to your complete satisfaction. This book is about brain training. We, you and I, are training your brain to shoot and should you learn a few other things along the way, well so much the better.

Shooting Myth; imagine your shot going in before you shoot.

At the free throw line you have time to do that and anything else you can conjure. However when you miss your mind perceives this as an exercise in futility and stops believing in wishful thinking.

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* Chapter 1 *

- LAY-UP -

THIS IS BRAIN TRAINING!!!

WE ARE TRAINING YOUR BRAIN TO SHOOT

It's a fast break; just you the basketball and the basket. You're already congratulating yourself for getting down court so fast. You're up for your shot and WHAM out of no where a hustling defender hits you and the ball, knocks you to the floor and spoils that glorious moment you were already celebrating.

The lowly lay-up IS the most important shot in basketball. The only excuse for missing a lay-up is a hard foul. You should be able to shoot a lay-up with either hand off either foot from either side of the basket with 100% proficiency. But how do you know which hand to use on any given shot attempt? Your shooting hand is dictated by the defense. If the defense is weak (lacking in effort) or there's no defense at all use your right hand on the right side of the basket and your left hand on the left side of the basket. If the defense is in your face you may need to swap hands.

IF 50% OF YOUR SHOT ATTEMPTS ARE LAY-UPS, AT A BARE MINIMUM YOU SHOULD BE SHOOTING 50% FROM THE FIELD. Shooting a lay-up with your non-dominant hand is still shooting a lay-up, a shot you should be completely comfortable shooting, a shot you should practice thousands upon thousands of times. Until you can make 100 out of 100 lay-up attempts, with either hand, you have no business learning to shoot any other shot. Is this harsh? You bet. But the truth is, *YOUR LAY-UP FORM IS FUNDAMENTALLY YOUR SHOOTING FORM FOR ALL THE SHOTS IN YOUR BASKETBALL SHOOTING ARSENAL.*

The closer you are to the basket the easier it is to score. Get as high as you can when shooting a lay-up. You'll find this is exactly how you should be shooting your jump shots too... getting as high as you can.

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

How to shoot a lay-up:

Regulation size backboards have a regulation sized box painted on them just above the rim (a white rectangle centered behind the rim with outside dimensions of 24" horizontally and 18" vertically). If you're flat footed on the floor in a lay-up position [under the basket and a little to the right or a little to the left] shoot the basketball and hit the backboard anywhere near the corner of the box (that's your target) the basketball will go directly into the basket. I didn't say hit the corner exactly, just anywhere near the corner. Of course you aim for the corner, but all you need to do is hit somewhere near the corner of the box and that's good enough to get the ball to bank into the basket.

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(EXTREMELY IMPORTANT) Be certain to follow through.

How?

Follow-through with your *eyes*, keep your *eyes* focused on your *target* (the corner of the box) until the ball goes through the hoop.

Non-dominant hand:

In order to get comfortable shooting lay-ups with your non-dominant hand practice shooting them flat footed on the opposite side of the basket from your non-dominant hand. Practice the left hand from the right side and the right hand from the left side, this is more difficult in the beginning than shooting left hand left side or right hand right side, but in the long run this will assist you in learning good shooting mechanics (Chapter 2).

At first you should practice lay-ups more with your non-dominant hand than with your dominant hand. You'll know it's time to practice both hands equally when you stop thinking about shooting lay-ups with your non-dominant hand because it feels as natural as your dominant hand, just like dribbling.

Every basketball player should dribble comfortably using either hand. There is no excuse for poor dribbling! Neither hand should feel weak. Practice dribbling using your weak hand more than your strong hand. Both hands should feel natural when shooting lay-ups or dribbling. If that's not the case with you, you now know how to immediately improve your game, and we're only on the second page.

WEEEEEE – Doggies!

The more accurately you pass the more gratifying the game of basketball is for you and your teammates. *How can a shooting coach possibly say that?* A dribble is a pass to one's self.

What's a shot? A shot is a pass to the basket.

What are you doing when shooting a lay-up? You're passing the ball to the backboard so the backboard can tip the basketball into the basket for you; you're dribbling the ball off the backboard into the basket. So be certain to pass (dribble) the basketball accurately to your tip-in buddy (the backboard) when you're shooting lay-ups.

The more accurately you pass, the higher your scoring percentage! You'll find accurate passing is the single most important skill in the game of basketball, and unfortunately the least frequently practiced skill.

While practicing lay ups, aim at the corner of that regulation box painted on the backboard. Follow through with your eyes. **(EXTREMELY IMPORTANT)** Keep your eyes focused on [your target] the corner of the box until the ball goes through the hoop.

We need to spend a little time discussing the corner of that box on the backboard. Depending on your height, your strength and your foot speed while shooting you will be utilizing different spots of that corner. To determine where precisely you will be aiming is very personal.

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Experiment to find which part is best for you to concentrate on, for example:
You may decide the upper outside corner of the box is your preferred spot or inside the corner of the box might feel better to you. It takes just a few shots to find 'your spot' and when you do that's where you focus your eyes before shooting.

**** Chapter 2 ****
- SHOOTING MECHANICS -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Have you spent time and money on shooting camps? When you're shooting do people say, "WOW, that's the most beautiful stroke I've ever seen?" If so, that's GREAT!

The purpose of this book is training your brain to shoot. Shooting mechanics are provided for those of you that need them [and that's most of you believe it or not]. If you are completely satisfied with your shooting mechanics you do not need to change a thing about your shooting form in order to adopt this brain training system. This brain training system will stack right on top of your already phenomenal mechanical shooting form.

This system teaches your brain to shoot.

If your mechanics are perfect - ignore the mechanics in this book (go directly to Chapter 3).

If your mechanics need improving or if your form could use tweaking then study these simple to follow mechanics and adopt what helps you.

These are not cookie cutter mechanics being taught by any coaches at any shooting camps. All the teachings in this book are original; you will find no regurgitated cookie cutter information passed on to you through me.

The best way to learn proper shooting mechanics is to learn what shooting form naturally fits you, but everyone's built differently, and everyone's coordination is different. Face it, we're all so different that shooting mechanics designed for one athlete probably will NOT work for another athlete. If there's a problem to teaching basketball shooting mechanics it's that one size does not fit all!!!

Here (below) is a very simple natural way to learn easy to understand and easy to implement proper shooting mechanics - for you.

SOLID SHOOTING MECHANICS ARE
THE FOUNDATION OF PHENOMINAL SCORERS

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

Stand under the basket like you're going to shoot a flat footed lay-up (a flat footed layup is a lay-up you shoot standing flat footed and not jumping). If you're right handed, shoot from the left side of the basket. If you're left handed, shoot from the right side of the basket. We'll call this opposite side lay-up 'shooting position #1.' Shoot this with your dominant hand. When shooting from position #1 aim at your spot on the box.

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During a game you should shoot using your left hand if you're shooting a lay-up from the left side of the basket and you should shoot with your right hand if you're shooting a lay-up from the right side of the basket (although sometimes the defense will dictate a different scenario). We're learning to develop natural shooting mechanics and then BURN those natural shooting mechanics into your muscle's memory. We're creating a habit. We're creating a learned behavior. We're training your brain to shoot. Muscle memory is installed by *successful* repetition. When burning in muscle memory it must be correct muscle memory. *What does that mean?* I ask you, does practice make perfect? NO! Only perfect practice makes perfect.

Why is muscle memory so important?

During a basketball game coaches want learned behaviors to rule your play. Normally the pace of a basketball game does not afford a basketball player time to stop and actually think, which is the reason basketball coaching staffs repetitively drill, drill, drill, over and over and over the same issues (good coaches alleviate the boredom factor by finding various ways to implant identical issues). During a game you need to be relying on instinct and muscle memory [habit] to be controlling your actions. Thus, once your shooting form becomes habitual you shoot free from fear of improper shooting form, and therefore free from thought. Your brain will naturally take care of your form leaving your mind free to focus on your target.

While shooting a flat footed lay-up flex your knees and you're using the exact shooting form you should be utilizing from the free throw line. Jump and you're using the exact shooting form you should be utilizing for your jump shot. Shoot 100 to 200 at a time; follow-through using your eyes. **(EXTREMELY IMPORTANT)** Keep your eyes focused on your target, your spot on the box, until the ball goes through the hoop.

In very short order you'll be making nearly 100% of these lay-ups while developing perfect, natural, repeatable mechanics. Now that's burning in proper muscle memory!

These are the only shooting mechanics you will ever need to practice. So let's learn to shoot the shots game conditions force on us. Again, that's what this book is all about! You will find, because of how you'll learn to target your shot [later in this book], even the percentage of the shots you throw at the basket after being fouled hard enough to knock you off your feet [and all you really want is to shoot free throws because you're in the act of shooting] even those shots will be surprisingly accurate.

Some of you will release the basketball from over head, some of you will release the basketball from in front of your body or face, some of you will release the basketball out to the side. Your release is your personal signature. Your release will dictate how your shooting mechanics develop. The only follow through to be concerned about is following through with your eyes. Your personalized signature mechanical follow through will develop naturally.

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For obvious reasons my favorite basketball shot is the lay up, and after practicing these basketball shooting tips the lay up should be your favorite basketball shot too. Not only is the lay up the most accurate shot on the basketball court, it is the most repeatable. It is the EXACT SAME SHOOTING FORM YOU USE FOR YOUR JUMP SHOT and is how to shoot a jump shot. A lay-up is the EXACT SAME SHOOTING FORM YOU'LL USE TO SHOOT FREE THROWS and how to shoot a free throw. So as you're practicing that measly little lay up you are actually reinforcing muscle memory for your entire basketball shooting arsenal. Muscle memory is reinforced by success. You are learning how to shoot a basketball better. What's the most important rule of basketball shooting mechanics or basketball shooting technique or basketball shooting form? Repeatability.

Once you can make 50 in-a-row from shooting position #1, take one step towards the side-line, we'll call this shooting position #2. Shoot another 50 aiming at your spot on the box. Follow-through with your eyes by keeping them focused on your spot until the ball goes through the hoop. If you miss even one time, return to shooting position #1 and shoot until you make 50-in-a-row. Be certain to follow-through with your eyes keeping them focused on your spot until the ball goes through the hoop. If you miss never adjust your shooting form!!! Only adjust your focus!!!

After you make 50-in-a-row from shooting position #1, again take that one step towards the side-line to shooting position #2 and shoot another 50, being certain to follow-through with your eyes by keeping them focused on your spot until the ball goes through the hoop. If you miss even one time, return to shooting position #1 and shoot until you make 50-in-a-row, being sure to follow through with your eyes by keeping them focused on your spot until the ball goes through the hoop.

Do not move beyond shooting position #2 until you make 50-in-a-row from shooting position #1 followed by 50-in-a-row from shooting position #2.

[*Why keep repeating where to focus, how to follow through?* This is the first step, the *extremely important* first step of training your brain to shoot; consciously finding and focusing on your target until the ball goes through the basket. Me repeating this one million times will not be enough.]

Then you move to shooting position #3 by taking one step backwards towards the half court line from shooting position #2. Put up another 50, aiming at your same spot. Follow-through with your eyes by keeping them focused on your spot until the ball goes through the hoop. If you miss even one time return to position #1 and - S L O W L Y begin again. Follow-through with your eyes by keeping them focused on your spot until the ball goes through the hoop. By returning to shooting position #1 you are re-establishing your personal shooting mechanics.

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When you've succeeded shooting 50 with 100% accuracy from all three shooting positions, or 150 in-a-row, then go to the other side of the basket, take up shooting position #1 on that side and do it all over again. Since this is the natural side for your dominant hand you might immediately shoot 100% from all three positions. If you do not, BE ETERNALLY GRATEFUL!!! Why??? Because you have immediately discovered your personalized shooting mechanics are still developing. It's GREAT catching this in the beginning. Simply go back to shooting position #1 on the opposite side and start again - S L O W L Y - and repeat all of the above, thinking, thinking, thinking about where you are focusing. You are not punishing yourself by returning to shooting position #1; you're training your brain and body.

You love this shot. This is the one and only shot in the world that can train both your brain and your body simultaneously! Is there a shooting mechanics drill that's easy to understand, easy to implement and comes naturally?

Certainly there is, the same drill that adjusts bad shooting habits.

This is the most important basketball exercise you will ever do. You must have patience with yourself during this exercise. This process should not be rushed.

You are forming a habit *or* you are changing a habit. Habits change at differing rates with different athletes.

You must have patience with yourself while performing this exercise. You'll be performing this exercise consistently for the rest of your life - training your brain - reinforcing the habit, the muscle memory, the learned behavior of your personal shooting mechanics!

During competition, thinking while shooting is not advisable. Basketball ***practice*** shooting drills condition both body and mind. **Drills** form habits. Drills performed improperly create bad habits. Proper drills performed perfectly create good habits. Habits allow us to perform without thinking.

During a game shooters do not want to think while shooting. Think about that...

Now... think about this.

Poor shooters must have developed bad habits. Good shooters must have developed good habits. The *only* good thing about a 'bad' habit is that bad habits prove you *can* develop a habit; and bad habits, like rules, are meant to be bent (habits are *extremely* difficult to break – BUT – habits are *extremely easy* to alter or bend)©

So... let's bend a bad habit...

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*** Chapter 3 ***
- WARMING-UP -
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WE ARE TRAINING YOUR BRAIN TO SHOOT

After your normal warm-up / stretch routine grab a ball and shoot ONLY lay ups. That's right, your basketball shooting warm-up is lay ups, exactly as described in chapter 2. SHOOT THESE LAY UPS ONLY FROM THE OPPOSITE SIDE OF THE BASKET FROM YOUR SHOOTING HAND, YOUR DOMINANT HAND (right handers shoot the basketball only from the left side with your right hand, left handers shoot the basketball only from the right side with your left hand). Shoot these opposite side lay-ups from shooting position #1. Aim at your spot on the box. Shoot these opposite side lay ups flat footed. Shoot them with a little hop in your delivery. Shoot these opposite side lay ups jumping. Follow through with your eyes by keeping them on your spot until the ball drops through the rim. Shoot at least 200. Use these lay ups to warm-up your shooting arm and lock in your natural basketball shot!

Then move back one step from the basket, draw an imaginary arc on the court around the basket at this distance and bank in another 25 to 50 shots while moving around the arc. Shooting from the far right side of your imaginary arc, use your spot on the right corner of the box as your target. Follow through with your eyes by keeping them on your target until the ball drops through the hoop. Shooting from the far left side of your imaginary arc, use your spot on the left corner of the box as your target. Follow through with your eyes by keeping them on your target until the ball drops through the hoop. Shooting from the center, use the middle of the top line of the box as your target. Follow through with your eyes by keeping them on your target until the ball drops through the hoop. Shoot a minimum of 25 shots.

When you're shooting 80% to 100% at this distance take another step back. Draw another imaginary arc on the court around the basket at this new distance and go through the same scenario shooting at your exact same targets. When you're shooting 80% to 100% at this distance take another step back. Draw another imaginary arc around the basket at this new distance and go through the same scenario. Keep moving out one step at a time until you get six feet to eight feet from the basket, no further out than that. After the fourth step out (six to eight feet) if you're not shooting at least 70% move back in to shooting position #1 and start again. Hit 25 in-a-row, from shooting position # 1, before again taking one step back.

The reason you stop at six feet to eight feet from the basket is your choice for a target. Further out than six to eight feet you can use one of two different targets.

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Your second target will be discussed in Chapter 4.
You're not ready for it yet Grasshopper; you soon will be.

It's interesting to note here that [Tiger Woods](#) starts off each golfing session with a warm up / stretch routine and then putts until he sinks 100 one foot [putts](#) in-a-row before swinging for the fences.

Most of you will be practicing by yourself as you apply all these shooting tips. How will you know for certain your form is correct? *[Video yourself]*

After all, if your form isn't consistent aren't you practicing wrong? *[Video yourself]*

Aren't you burning in improper muscle memory with inconsistent form? *[Video yourself]*

You might need a friend to shoot your video. If you can, shoot videos of your shot right from the very beginning. While watching your video what should you be looking for? Anything that doesn't look right, anything that doesn't look smooth, anything that doesn't look consistent. How's your follow through? Are you following through with your eyes by keeping them on your target until the ball drops through the rim? Do you look natural?

You are now your own shooting coach, kind of, and you must have patience with your student. Some inconsistencies will resolve immediately, some might not. Impatience could create problems. So practice patience. Continue to video yourself.

How long will this take? Your shot will never be perfect, but it'll get real good.

Coaches want you to shoot free throws at the end of practice when you're tired. In order to simulate game conditions some coaches actually prefer you shoot these free throws two or three at a time. Your basketball coaching staff keeps real close tabs on the shooting form you display during this time because this specific basketball shooting exercise is an example of 'perfect practice makes perfect.'

So, before you begin shooting these late practice free throws, take a moment and shoot a few flat footed opposite side lay ups; reestablishing your shooting form.

Finally, many athletes, basketball coaches and athletic trainers ignore the importance of [warming down, or cooling down](#) after practice or a basketball game. While your body is warmed up is the perfect time to [static stretch](#), cool down and relax. This cool down time must be taken to reduce chances of serious bodily injury while promoting proper health, flexibility and stamina.

THIS INFORMATION IS EXPLOSIVE! When a shooter understands the 'Mental Aspect' of shooting baskets and that shooter has also burned in proper muscle memory, that shooter is not thinking when shooting. That is the proper way to shoot;

'In The Zone,' and not thinking. This is so easy to learn it's silly. Read on.

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**** Chapter 4 ****

- THE 'MENTAL ASPECT' OF SHOOTING A BASKETBALL -
THIS IS BRAIN TRAINING!!!

WE ARE TRAINING YOUR BRAIN TO SHOOT
!! *THIS IS THE MOST IMPORTANT INFORMATION*
ANY BASKETBALL PLAYER WILL EVER LEARN - EVER !!
☺ **THIS IS THE HEART OF THE BOOK** ☺

- THE EYES HAVE IT -

THE 'MENTAL KEY' TO HIGH PERCENTAGE BASKETBALL SHOOTING

'Vision'

Where, why and when to use your vision, and how...

Where to focus:

Consciously direct your focus to the far side of the rim - specifically - to the metal hook that is farthest away from where you're standing.

Most rims have twelve metal hooks used for attaching the net to the rim, when
THE METAL HOOK ON THE FAR SIDE OF THE RIM IS YOUR BULL'S-EYE
then your shooting percentage skyrockets.

Why focus:

Our body (the robot) is a slave to our five senses; touch, taste, smell, hearing, and sight. Stimuli to our five senses initiate chain reactions compelling our brain to release floods of chemicals which produce physiological responses. Through our sense of touch we are self-aware of our body's proximity to the basketball. Our sense of sight allows us to be self-aware of our body's proximity to the basket.

When to focus:

We focus when we're ready to shoot.

The command center (our mind) armed with self-aware information supplied by our senses, triggers our brain to release an appropriate dousing of chemicals which in turn cause our body (the robot) to correctly and appropriately respond to our current situation, or to what is happening to us right now. This instantaneous process is repeated moment to moment, day to day [by all five senses] continuously from pre-birth to death.

Specific to shooting a basketball though, we are primarily concerned with our sense of sight and our sense of touch.

In your past, when you shot a basketball you looked up and saw a backboard, a rim and a net. When you shot a basketball at this scene as far as your brain/body connection was concerned that backboard, rim and net was your target. If you hit the backboard, the rim or the net your brain/body connection was very happy! TA – DA!!!

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YOU JUST HIT YOUR TARGET -
THAT'S WHERE YOU WERE AIMING - AND YOU HIT IT!!!

Of course your mind knows the main objective is putting the rock in the hole. That's what r-e-a-l-l-y makes you happy. So understand - until right this very minute you've sent mixed and confusing signals to your brain/body from your mind, which is the underlying cause for your lower-than-it-should-be shooting percentage.

Mixed signals? What mixed signals? 1) I wanted to score. 2) I was aiming at a very large target (backboard, rim and net). 3) If I hit any part of that big target I was happy. 4) But, when the ball didn't go through the hoop I was sad.

These simultaneous mixed and confusing signals are sabotaging your shot!

STOP THE CONFUSION.

Narrow your focus.

Give yourself a BULL'S-EYE.

When THAT METAL HOOK ON THE FAR SIDE OF THE RIM IS YOUR BULL'S-EYE your shooting percentage skyrockets.

How to focus:

Study a rim UP CLOSE. For this technique to become second nature to you IT'S EXTREMELY IMPORTANT THAT YOU STUDY A RIM UP CLOSE. Study specifically the metal hooks that hold the net to the rim, at least that's why the manufacturers think those hooks are there. You and I now know these metal hooks, each and every one, is really a BULL'S-EYE. You need to know exactly how these hooks look as you peer up at them from the court. So to closely study the hooks use a magnifying glass. Even if you're an NBA star, use a magnifying glass.

Stand on a ladder and look up through the bottom of the rim, looking up through the bottom of the rim is your perspective while standing on the court looking up at the basket. Use a magnifying glass to study the hooks. IT IS IMPOSSIBLE - IMPOSSIBLE - IMPOSSIBLE for me to overstate the importance of you examining the HOOKS with a MAGNIFYING GLASS!!! Your goal is to store the image of the GIANT MAGNIFIED HOOK in your mind. This image of a GIANT MAGNIFIED HOOK is '*The Specific Key*' to high percentage basketball shooting. You're going to learn exactly how to use this '*Specific Key*' immediately. Study that rim so well so that you can imagine exactly how those hooks look when you're looking up through the bottom of the rim while standing on the court, then read and re-read and re-read the next short paragraph again and again and again.

© *The key to high percentage shooting is **recalling** that MAGNIFIED HOOK while focusing your eyes on that metal hook on the far side of the rim.* In other words, you're simultaneously imagining a MAGNIFIED BULL'S-EYE in your mind and focusing your eyes on that bull's-eye hook on the far side of the rim [your target]©

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You see? Your brain sees everything your eyes see. See?

However your mind has the unique ability to manipulate information received from your eyes. Your mind can make specific images appear larger or smaller and even different colors.

Example:

right now imagine a full sized backboard, a rim, and a net. You're doing this right now; you know what it looks like. Now focus in on that scene until you imagine only a rim (notice everything but the rim has disappeared). Now, focus until only the hook on the far side of the rim remains in your image. See?

Now, let's take it to the next level. Make the hook larger by recalling exactly what you saw through the magnifying glass☺ See?

Do this imagination exercise for the rest of your life -
WITH YOUR EYES OPEN - ALWAYS WITH YOUR EYES OPEN !!!

☺ The 'key' to high percentage shooting is imagining that MAGNIFIED BULL'S-EYE in your mind while consciously focusing on the hook on the far side of the rim☺ Right now, imagine a backboard, rim, and net. Focus in until you see only rim and net. Now focus until you see only your BULL'S-EYE, that hook on the far side of the rim☺ Do this imagination exercise multiple times a day for the rest of your life -
WITH YOUR EYES OPEN - ALWAYS WITH YOUR EYES OPEN !!!

Why focus on that specific hook, the one on the 'far side of the rim?' Shooters bounce, consistency, and repeatability:

It's late in the half. You're running on fumes, your energy level is way south of where it was at tip-off. This is when shots drop short and bounce off the front of the rim. After consciously focusing your eyes on that hook on the far side of the rim and recalling that MAGNIFIED BULL'S-EYE in your mind☺ you shoot. If your shot drops short of your target you'll still be getting mostly net or possibly the famed 'shooter's bounce' off the front of the rim. You're increasing probability and ratcheting up that shooting percentage.

It's the tip-off, adrenaline's surging through your body. Instantly you have the ball and you're open for a shot. Focusing your eyes on that hook on the far side of the rim while simultaneously recalling that MAGNIFIED BULL'S-EYE in your mind, you shoot; adrenaline takes your shot long, it banks in off the backboard or kicks up off the far side of the rim, rattles around and drops in; 'shooter's bounce' again.

You're increasing probability and ratcheting up that shooting percentage.

Does this scenario always play out exactly as described? *How can it?* Is your concentration perfectly focused, 100% perfectly focused 100% of the time?

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How can it be? If your concentration is perfectly focused, 100% perfectly focused 100% of the time, then 100% of the time, while using this technique, your shot will drop through the hoop. But during a game and even in practice there are literally hundreds, even thousands of distractions. The greater your degree of focus the fewer distractions you have to deal with, therefore your shooting percentage is directly dependent on your ability to focus. You now know how to focus. You now know when to focus. You now know why to focus and where to focus.

Now, when imagining that MAGNIFIED BULL'S-EYE in your mind while consciously focusing on the hook on the far side of the rim your shooting percentage skyrockets☺

What if you miss? What does that mean? Is this technique flawed? Let's see ...

Pretend you're shooting baskets for the very first time in your life. Before taking that very first shot you took the time to read and study this technique. What are the odds of you sinking your first shot - second shot - third - fourth?

More than likely you've already shot a basketball thousands even hundreds of thousands of times. What's your shooting percentage right now? Why isn't it 100%?

THIS SYSTEM PROVIDES YOU THE 'KEY' TO HIGH PERCENTAGE BASKETBALL SHOOTING.

How can simply 'focusing' do all this?

Peering into 'The Zone' through an open doorway you never even knew existed is what's really happening while you're consciously directing your focus to that hook on the far side of the rim and simultaneously imagining that MAGNIFIED BULL'S-EYE☺

Your focus of attention becomes a g - a - p - i - n - g portal into 'The Zone.' This begs the questions - [What is 'The Zone?'](#) How will I know if I'm in 'The Zone?'

Here's a Michael Jordan description of being in 'The Zone.'

"The basket appears to be six feet across. How can I miss a basket that large? The nine other players on the court seem to be moving in slow motion, I know exactly what everyone's going to do even before they know."

What a great place to be! However, even Michael Jordan could not drop into 'The Zone' at will! He would seemingly slip into it by accident. It was his focus of attention that allowed Michael Jordan to pass through the portal. What Mr. Jordan was focusing on, specifically, I'm not certain, heck Micheal's not even sure, but I have a pretty good idea (see \Chapter 21).

'The Zone' is a state-of-mind allowing your brain/body to run on instinct unencumbered by distractions. I repeat, 'The Zone' is a state-of-mind allowing your brain/body to run on instinct unencumbered by distractions. However one's lack of experience and muscle memory [instinct] limits the depth one can reach into 'The Zone.'

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In-other-words, professional and [NCAA](#) basketball players have vast amounts of muscle memory and learned behaviors [instincts] because of years and years of experience, of practice and repetition. These experienced athletes can enjoy going deeper into ‘The Zone’ than let’s say a less experienced [AAU](#) athlete can. If only they knew how to get there...

You now know how; consciously focus your eyes on that hook on the far side of the rim while imagining that MAGNIFIED BULL’S-EYE in your mind©

How does getting in ‘The Zone’ change things? ‘The Zone’ is a state-of-mind allowing your brain/body to run on instinct unencumbered by distractions.

Here’s a quick lesson on the differences of your conscious mind and your imagination. Your conscious mind thinks linearly, meaning, one thought then another. One thought at a time, one thought after another. Finishing one thought before going on to the next. This is called linear thinking. This happens at the speed of light and since these linear thoughts are occurring so fast they do not seem to be happening one thought at a time, one thought after another. But that is precisely how our conscious minds work, all of us, [savants](#) excluded. You’ve heard the following phrase used to describe someone playing their sport at an extremely high level, "He’s playing incredible ball, he’s unconscious, he’s playing out of his mind!" Well, in a sense that’s an accurate statement. He’s entered into ‘The Zone.’ He’s no longer c o n s c i o u s of what he’s doing. He’s in his imagination. He is literally 'out of his [conscious] mind.'

OK, you’ve explained the conscious mind. What do imagination and unconscious have to do with all of this?

Think a moment about how your being functions. Your heart is beating, you’re digesting food, you’re breathing, you’re seeing/hearing/smelling/tasting/feeling and all this is happening simultaneously. Your linear conscious mind is incapable of simultaneously controlling all these systems, yet all this is still happens without you giving it a single [conscious] thought. All this is ‘unconsciously’ orchestrated by your unconscious [subconscious] mind.

Your imagination resides in your unconscious mind. Your imagination thinks in scenarios. Your imagination thinks in simultaneous scenarios all the time. Your imagination never stops! So when you consciously focus on that hook on the far side of the rim you are giving your conscious mind a job, and remember it can only do one job at a time. Then when you direct your imagination to recall that MAGNIFIED HOOK multiple scenarios kick into action: every cell in your body knows you are going to shoot and within milliseconds every single cell in your body supports and gets behind that decision.

At this same time your conscious mind is focused on that hook and CANNOT - IS INCAPABLE OF -

FOCUSING ON ANY DISTRACTIONS PRESENTED DURING YOUR GAME!!!

At that very moment, you are ‘In The Zone.’ You are quite literally out-of-your-[conscious]-mind. Your imagination has taken over your being. You’re running on instinct. Your imagination is now playing your game of basketball and is quite literally shooting for you.

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THE FOLLOWING IS THE MOST IMPORTANT BASKETBALL
INFORMATION YOU WILL EVER RECEIVE – EVER

All this is happening because of one conscious thought;
focusing on that hook on the far side of the rim.

THAT WAS THE MOST IMPORTANT BASKETBALL
INFORMATION YOU WILL EVER RECEIVE – EVER

Simple, huh?

Young athletes must develop muscle memory and instincts by putting in the requisite practice time, repetition being one of our greatest teachers. But what if you're practicing wrong? How can I practice wrong, you might ask? Doesn't practice make perfect?

NO. Only perfect practice makes perfect!

When shooting baskets, the LARGER THAT HOOK APPEARS in your imagination the more perfect your practice is☺ When you're focusing your eyes on that hook farthest from you, zooming-in on that metal hook on the far side of the rim, your BULL'S EYE, and the HOOK in your imagination looks e x a c t l y like the one you examined with your magnifying glass... then, my friend, you are 'In The Zone☺' You are practicing perfectly☺

When you shoot, follow-through with your eyes. Keep your eyes on the hook until the ball goes through the hoop. (For techniques to help you perfectly practice other basketball skills please refer to www.BasketballShootingCoach.com.)

The flow of a game doesn't allow you to get into text book shooting position or allow you to use practiced text book shooting form. *So now what?* You only need to do three things:

- 1) Consciously direct your focus to the hook that is farthest from you, your BULL'S EYE.
- 2) Imagine that MAGNIFIED HOOK and shoot☺
- 3) Follow-through with your eyes, keep them on the hook until the ball goes through the hoop.

Mechanics

Getting lost in your shooting mechanics is too easy. Where are my feet? Where is my elbow? Are my shoulders squared? Am I jumping straight up? These questions go on and on and on. Do not believe, not even for one instant, that I'm dismissing good strong shooting mechanics. Shooting mechanics are time tested and invaluable. However, mentally and physically we are all built differently. The very best shooting mechanics for one athlete may be the very worst shooting mechanics for another athlete. One size definitely does not fit all. You cannot be thinking about your shooting form while you're shooting.

Thinking while shooting is a very bad thing!

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We all must realize that text book shooting conditions are rarely presented during the flow of a game. There's another team on the court playing defense making it as difficult as is humanly possible for you to score; a clock is ticking off the seconds; fans are cheering and screaming; your own mind is even screaming at you.

There's one exception; the free throw. The free throw is text book every single time.

Many, if not most, games are won or lost at the free throw line. All basketball players must develop a free throw shooting routine. *Why?* A rehearsed and consistent free throw shooting routine assists you in calming down from the frantic pace of the game you're playing. As you develop your routine, or if you already have an established routine, include the following as the very first and the very last thing before going into your shooting motion: zoom-in on that hook on the far side of the rim, your BULL'S-EYE. ALLOW THAT GIANT MAGNIFIED HOOK TO FILL YOUR MIND ☺ THEN AND ONLY THEN SHOULD YOU FLOW INTO YOUR FREE THROW SHOOTING MOTION. Follow-through with your eyes, keep your eyes focused on the hook until the ball goes through the hoop.

Once you've had a chance to mentally and physically adjust to this system, which happens quite quickly, every cell in your body knows you are going to shoot when... you zoom-in and focus on that hook on the far side of the rim, your BULL'S-EYE.

Within a millisecond every single cell in your body supports and gets behind that decision. That's why and how this system works. This extremely pleasurable mind/body experience evolves and grows over time and is triggered when you zoom-in on that hook on the far side of the rim, your BULL'S-EYE.

Through out your entire basketball career your body's shape will change. You will be strength training and get stronger. As long as you continue your 'warming-up routine' before playing any basketball, as long as you focus on that hook on the far side of the rim, as long as you recall that MAGNIFIED HOOK before you shoot ☺ and as long as you follow through by keeping your eyes on that hook until the ball goes through the hoop ☺ those physical changes you go through will not affect your shot - except to make it physically easier to shoot.

THE 'MENTAL KEY' TO HIGH PERCENTAGE BASKETBALL SHOOTING?

'Vision.'

Consciously direct your focus to the far side of the rim, specifically on the hook that is farthest away from where you are. When THAT HOOK ON THE FAR SIDE OF THE RIM IS YOUR BULL'S-EYE your shooting percentage skyrockets☺

Now, after your shooting percentage skyrockets and your reputation precedes you, you should add another weapon to your arsenal. Become an exceptional passer; to learn more about passing check out www.BasketballShootingCoach.com.

Remember - THE 'MENTAL KEY' TO HIGH PERCENTAGE BASKETBALL SHOOTING: FOCUS ON THAT HOOK ON THE FAR SIDE OF THE RIM☺

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***** Chapter 5 *****
THE SET SHOT
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

- * Humans are defined by [rituals](#). Are we creating a ritual? You bet; the belief you have of your potential to attain an extremely high shooting percentage when, *before shooting*, you take the conscious action of focusing on the hook on the far side of the rim and then imagine your MAGNIFIED HOOK ☺
- * As you experience positive results, your belief becomes a certainty in your potential to possess an extremely high shooting percentage.
- * This certainty reinforces your determination to focus on that hook on the far side of the rim and then imagine a MAGNIFIED HOOK ☺
- * Your determination produces even better results which makes you even more determined to focus on the hook on the far side of the rim and then imagine a MAGNIFIED HOOK knowing you'll get further positive results creating even more certainty this ritual you've created works.
- * Now you are determined to refine your ritual, and your ritual feeds upon itself!

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

Now that you're physically and mentally warmed up and your shooting form is locked in because of your warm-up lay ups, move out two steps from the basket and, keeping your eyes focused on which ever hook is farthest away from you (always focus on a hook - NEVER focus between hooks), put up a few flat footed set shots as you slide around the basket keeping this same distance as you consciously locate the hook that is farthest from you - that hook on the far side of the rim.

Take your time.

Be certain you're creating a MAGNIFIED BULL'S-EYE in your mind before shooting the basketball☺ No MAGNIFIED BULL'S-EYE? NO SHOT!

Follow-through by keeping your eyes on the hook until the ball goes through the hoop.

If you miss a shot YOU NEED ONLY ADJUST YOUR FOCUS!!!

REFRANE from consciously adjusting your shot.

If your eyes are focused on the hook on the far side of the rim and your imagination 'sees' a MAGNIFIED HOOK at the same time then your mind will unconsciously adjust your shot.

This is BRAIN TRAINING!!!

We are TRAINING YOUR BRAIN TO SHOOT!

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Continue to move away from the basket, one step at a time, sliding around the basket at each distance. Eventually you will reach a distance on the court where your shooting percentage drops below 70%. When that happens, return to shooting position #1, put up a few until you're feeling natural again, then quickly work your way back out (you return to shooting position #1 to re-establish your shooting form, your shooting technique, before moving out again) one step at a time throwing up a few more set shots as you continue sliding around the basket.

Take your time; be certain you're imagining a MAGNIFIED HOOK ☺
NO LARGE HOOK? NO SHOT!

Be certain you're creating a MAGNIFIED BULL'S-EYE in your mind before shooting ☺
Be certain you're following through with your eyes on the hook until the ball goes through the hoop. If you miss a shot, YOU NEED ONLY ADJUST YOUR FOCUS!!!
REFRANE from adjusting your shot, your mind will adjust your shot.

This is BRAIN TRAINING!!! We are TRAINING YOUR BRAIN TO SHOOT!

Continue this process until you're about five feet from the free throw line.
Reaching the free throw line too soon can have counter productive results. Now you should shoot hundreds of shots from three feet to no further out than eight to ten feet from all around the basket, for two consecutive days; three feet to eight feet.

Take your time, be certain you're focusing on that hook at the far side of the rim. Be certain you're creating a MAGNIFIED BULL'S-EYE ☺ before shooting the ball.
NO MAGNIFIED BULL'S-EYE? NO SHOT!

Be certain you're following-through with your eyes on the hook until the ball goes through the hoop. If you miss a shot, YOU NEED ONLY ADJUST YOUR FOCUS!!!
REFRANE from adjusting your shot, your mind will adjust your shot.

This is BRAIN TRAINING!!! We are TRAINING YOUR BRAIN TO SHOOT.

This two day period of shooting only 3 foot to 8 - 10 foot shots allows you time to install this 'Imagining' process with a high degree of positive reinforcement from an extremely high percentage of made shots.

On the third day work your way out to the free throw line and STOP.
Study the *Step By Step Free Throw Training For Coaches* before shooting any free throws.

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*** Chapter 6 ***
- COACHES STEP-BY-STEP FREE THROW TRAINING -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT
MENTAL TRAINING FOR FREE THROW SHOOTING

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

Coaches, have players read the Free Throw Pamphlet below.

Free Throw Pamphlet:

THE EYES HAVE IT - THE 'MENTAL KEY' TO HIGH PERCENTAGE
FREE THROW SHOOTING –

Where, why and when to use your vision, and how...

Where to use your vision:

Consciously direct your focus to the far side of the rim - specifically – to the metal hook that is farthest away from where you're standing. Most rims have 12 metal hooks used for attaching the net to the rim, when THAT METAL HOOK ON THE FAR SIDE OF THE RIM IS YOUR BULL'S-EYE your shooting percentage skyrockets.

Why to use your vision:

Our body (the robot) is a slave to our five senses of touch, taste, smell, hearing, and sight. Stimuli to these senses initiate chain reactions compelling our brain to release floods of chemicals which in turn produce physiological responses. In other - words we are self-aware of our body's proximity to the basketball because of our sense of touch, and we are self-aware of our body's proximity to the basket because of our sense of sight.

When we're ready to shoot, the command center (our mind) armed with this self-aware information triggers the brain to release an appropriate dousing of chemicals which causes our body (the robot) to correctly and appropriately respond to our current situation, or to what is happening to us right now. [This instantaneous process is repeated daily by all five senses, moment to moment, continuously, from pre-birth to death.] Specific to shooting a basketball though, we are primarily concerned with our senses of sight and touch.

When to use your vision:

In your past when you shot a basketball you looked up and saw a backboard, a rim and a net. When you shot a basketball at this scene, as far as your brain/body connection was concerned that backboard, rim and net was your target. If you hit that backboard or the rim or the net your brain/body connection was very happy! TA-DA!!!

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YOU JUST HIT YOUR TARGET - THAT'S WHERE YOU WERE AIMING - AND YOU HIT IT!!! Of course your mind knows the main objective is putting the rock in the hole. That's what r-e-a-l-l-y makes you happy. So understand - until right this very moment you've sent mixed and confusing signals to your brain/body from your mind. This is the underlying cause for your lower than- it-should-be shooting percentage.

Mixed signals? What mixed signals? 1) I wanted to score. 2) I was aiming at a very large target (backboard, rim and net). 3) If I hit that target I was happy. 4) But, when the ball didn't go through the hoop I was sad.

These simultaneous mixed and confusing signals are sabotaging your shot!

STOP THE CONFUSION. Narrow your focus. Give yourself a BULL'S-EYE.

Your shooting percentage skyrockets when
THE HOOK ON THE FAR SIDE OF THE RIM IS YOUR BULL'S-EYE.

How to use your vision:

Study a rim UP CLOSE. For this technique to become second nature to you IT'S EXTREMELY IMPORTANT THAT YOU STUDY A RIM UP CLOSE. Study specifically the metal hooks that hold the net to the rim, at least that's what the manufacturers think those hooks are there for. You and I now know these metal hooks, each and every one, is really a BULL'S-EYE. You need to know exactly how these hooks look as you peer up at them from the court. So to closely study the hooks use a magnifying glass. Even if you're an NBA star, use a magnifying glass.

Stand on a ladder and look up through the bottom of the rim, looking up through the bottom of the rim is your perspective while standing on the court looking up at the basket. Use a magnifying glass to study the hooks. IT IS IMPOSSIBLE - IMPOSSIBLE - IMPOSSIBLE for me to overstate the importance of you examining the HOOKS with a MAGNIFYING GLASS!!! Your goal is to store the image of the GIANT MAGNIFIED HOOK in your mind. This image of a GIANT MAGNIFIED HOOK is 'The Specific Key' to high percentage basketball shooting. You're going to learn exactly how to use this 'Specific Key' immediately. Study that rim so well so that you can imagine exactly how those hooks look when you're looking up through the bottom of the rim, then read and re-read the next short paragraph again and again and again.

© *The key to high percentage shooting is recalling that MAGNIFIED HOOK while focusing your eyes on that metal hook on the far side of the rim.* In other words, you're simultaneously imagining a MAGNIFIED BULL'S-EYE in your mind and focusing your eyes on that bull's-eye hook on the far side of the rim [your target]©

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You see? Your brain sees everything your eyes see. See?

However your mind has the unique ability to manipulate information received from your eyes. Your mind can make specific images appear larger or smaller and even different colors.

Example:

right now imagine a full sized backboard, a rim and a net. You're doing this right now; you know what it looks like. Now focus in on that scene until you imagine only a rim (notice everything but the rim has disappeared). Now, focus until only the hook on the far side of the rim remains in your image. See?

Now, let's take it to the next level. Make the hook larger by recalling exactly what you saw through the magnifying glass☺ See?

Do this imagination exercise for the rest of your life -
WITH YOUR EYES OPEN - ALWAYS WITH YOUR EYES OPEN !!!

☺ The 'key' to high percentage shooting is imagining that MAGNIFIED BULL'S-EYE in your mind while consciously focusing on the hook on the far side of the rim ☺ Right now, imagine a backboard, rim and net. Focus in until you see only rim and net. Now focus until you see only your BULL'S-EYE, that hook on the far side of the rim ☺ Do this imagination exercise multiple times a day for the rest of your life -

WITH YOUR EYES OPEN - ALWAYS WITH YOUR EYES OPEN !!!

During a game or even in practice there are literally hundreds, even thousands, of distractions. The greater your degree of focus the fewer distractions you have to deal with. Therefore your shooting percentage is dependent on your ability to focus, to recall that GIANT HOOK you saw under the magnifying glass☺

You now know how to focus; you do it by recalling the image of that GIANT BULL'S-EYE☺
When

THAT HOOK ON THE FAR SIDE OF THE RIM IS YOUR BULL'S-EYE
your shooting percentage skyrockets.

What if you miss? What does that mean? Is this technique flawed? Pretend you're shooting a basketball for the very first time in your life. Before taking that first shot you took the time to read and study this technique. What are the odds of you sinking that first shot - second shot - third - fourth? More than likely you've already shot a basketball thousands, even hundreds of thousands of times. What's your shooting percentage right now? Why isn't it 100%?

THIS SYSTEM IS THE 'KEY' TO HIGH PERCENTAGE SHOOTING.

Peering into 'The Zone' through an open doorway you never even knew existed is what's really happening when you consciously direct your focus, your attention, to that hook on the far side of the rim, your BULL'S-EYE.

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Your recall of that GIANT HOOK © has become a g-a-p-i-n-g portal into 'The Zone.'

Now the question is, what is 'The Zone?' How will you know if you're in 'The Zone?' Here's a Michael Jordan description of being in 'The Zone.' "The basket appears to be six feet across. How can I miss? The nine other players are moving in slow motion! I know what everyone's going to do even before they know."

What a great place to be! However, even Michael Jordan could not drop into 'The Zone' at will! He would seemingly slip into it by accident. It was the focus of his attention that allowed Michael Jordan to pass through the portal. What Mr. Jordan as focusing on, specifically, I'm not certain, heck Micheal's not even sure, but I have a pretty good idea (see chapter 21).

Why does this work? How does getting in 'The Zone' change things?

'The Zone' is a state-of-mind allowing your brain/body to run on instinct unencumbered by distractions. The following quick lesson on the differences of your conscious mind and your imagination will help you understand.

Your conscious mind thinks linearly. Meaning one thought then another. One thought at a time. One thought after another. Finishing one thought before beginning another. This is linear thinking and it happens at the speed of light. Because these [conscious] thoughts happen so fast they don't seem to be happening one thought at a time, one thought after another. But that is precisely how our conscious mind works. You've heard the following phrase used to describe someone playing their sport at an extremely high level, "She's playing incredible ball, she's completely unconscious, she's playing out of her mind!"

Well, in a sense that's a completely accurate statement. She's entered into 'The Zone.' She's no longer c o n s c i o u s of what she's doing. She's in her imagination. She is literally out of her [conscious] mind.

OK. What do imagination and unconscious have to do with all of this?

Think a moment about how your being functions. Your heart is beating, you're digesting food, you're breathing, you're seeing/hearing/smelling/tasting/feeling and all this is happening simultaneously. Your linear conscious mind is incapable of controlling all these systems at once yet all this is still happening without you giving it a single [conscious] thought. All this is unconsciously orchestrated by your 'unconscious [subconscious] mind.' Your imagination resides in your unconscious mind. Your imagination thinks in scenarios using images, multiple simultaneous scenarios, all the time! So when you focus on that hook on the far side of the rim you are giving your conscious mind a job, and remember, your conscious mind can only do one job at a time. Then when you direct your imagination to recall that MAGNIFIED HOOK © multiple scenarios kick into action: every cell in your body knows you are going to shoot, and within a millisecond every single cell in your body supports and gets behind that decision. At this same time your conscious mind is focused on that hook and CANNOT - IS INCAPABLE OF - FOCUSING ON ANY DISTRACTIONS PRESENTED DURING YOUR GAME!!!

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At this very moment, you are “In The Zone.’ You are quite literally out-of-your-[conscious]-mind. Your imagination has taken over your being. You're running on instinct. Your imagination is now playing your game of basketball and is quite literally shooting for you. All this is happening because of one conscious thought, *focusing your eyes on that hook on the far side of the rim.*

Does practice make perfect? NO. Only perfect practice makes perfect! When shooting baskets, the larger that hook appears the more perfect your practice[©] When you’re focusing in on that metal hook farthest from you, zooming-in on that hook on the far side of the rim, your BULL’S-EYE, and the HOOK you recall in your mind looks exactly like it did when you examined it with the magnifying glass... Then, my friend, you are ‘In The Zone,’ you are practicing perfectly[©]

We all must realize that text book shooting conditions are rarely presented during the flow of a game. There’s another team on the court playing defense making it as difficult as is humanly possible for you to score; a clock is ticking off the seconds; fans are cheering and screaming; even your own mind is screaming at you.

There's one exception; standing on the free throw line. It is text book every single time. Many, if not most, games are won or lost at the free throw line. All basketball players must develop a free throw shooting routine. This is your personal signature and this signature should engage all your major body parts. An example: you receive the ball from the referee, always position your feet at the same spot on the free throw line, rotate your head, take a deep breath, dribble the ball hard one time using both hands, squat and look up at the basket.

As you develop your routine, or if you already have an established routine, include as the very first and the very last thing before going into your free throw shooting routine, zooming-in on that hook on the far side of the rim, your BULL’S-EYE. WHEN THAT GIANT HOOK FILLS YOUR MIND [©] THEN AND ONLY THEN SHOULD YOU FLOW INTO YOUR FREE THROW SHOOTING MOTION. Follow-through with your eyes, keeping them focused on the hook until the ball goes through the hoop.

Once you've had the chance to mentally, emotionally and physically adjust to this system, which happens quite quickly, every cell in your body knows you are going to shoot when... you zoom-in on that hook on the far side of the rim, your BULL’S-EYE. Within a millisecond every single cell in your body supports and gets behind that decision. That’s why and how this system works. This extremely pleasurable mind/body experience evolves and grows over time and is triggered when you zoom-in on that hook on the far side of the rim, your BULL’S-EYE[©]

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THE 'MENTAL KEY' TO HIGH PERCENTAGE FREE THROW SHOOTING?

‘Vision’

Direct your focus to the far side of the rim, specifically on the metal hook that is farthest away from where you are. When

THE HOOK ON THE FAR SIDE OF THE RIM IS YOUR BULL’S-EYE

your shooting percentage skyrockets☺

Coaches,

go over the above free throw shooting pamphlet with players and answer any and all questions *specific* to the pamphlet.

** Your players should understand at this point that they’re going to be completely utilizing all their previous shooting mechanics training. They've all had enough shooting mechanics training to last a life time; this brain training process allows them to finally take FULL advantage of ALL that training. They will be learning to shoot without thinking. Thinking while shooting is a bad thing.

** Tell your players, “When you focus on that hook on the far side of the rim that gives your conscious mind a task to perform. Then recalling that HOOK you saw through the magnifier is actually engaging your imagination and engaging your imagination always triggers a feel good sensation☺ Once your imagination has been engaged it will shoot for you. Always follow-through with your eyes keeping them on the hook until the ball goes through the hoop.”

** Humans are defined by rituals. What ritual we are creating?

* The belief you have of your potential to attain an extremely high shooting percentage because you’re taking the action of focusing on the hook on the far side of the rim and then imagining a MAGNIFIED HOOK on the far side of the rim☺

* As you experience positive shooting results, your belief becomes a certainty in your potential for an extremely high shooting percentage.

* Your certainty reinforces your determination to focus on that hook☺

* Your determination produces even better results which make you even more certain that when you focus on that hook on the far side of the rim while simultaneously imagining a MAGNIFIED HOOK ☺ you will get further positive results creating even more certainty that your ritual works.

* Now you are determined to refine your ritual, and your ritual feeds upon itself!

** Send a player up a ladder with large magnifying glass, ask about player's favorite color. (Some rims have two hooks in the back as opposed to one hook in the center. If your players are shooting at one of those rims they need to decide NOW which hook they are going to focus on, left or right. Either is fine, just pick one and stick to it.)

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a. Direct your player to study the back hook using the magnifying glass for 15 to 30 seconds. "See how the hook forms a bull's eye? See the bull's eye? See that big giant bull's eye?"

b. Now direct the player to look off into the distance and recall that MAGNIFIED HOOK. "See it." (This is a statement, this is not a question.)

If yes; "The same size as it looked under the magnifying glass?"

If yes; "That feels real good. Now, change it's color to (favorite color), just change its color to (favorite color)."

You will see it in her face if she can see it. It's kind of a surprised look, an a-ha moment.

Reinforce - "See the GIANT (favorite color) hook. That feels real good."

If no; "Study the hook some more, you'll be able to imagine it, no problem."

After again studying the hook through the magnifying glass have the player look off into distance and recall that LARGE HOOK. Ask if she sees it.

If yes; "That feels real good. Change it's color to (favorite color), just change it's color to (favorite color)."

You will see it in her face when she can see it. It's a surprised look; an a-ha moment.

** "Close your eyes and see it."

AS SOON AS SHE CLOSSES HER EYES

Immediately Say! "Open your eyes NOW! Never imagine that hook with your eyes closed! Always imagine it with your eyes open, always! Always with your eyes open, always! Understand?"

** "Now, look off in the distance and recall that magnified HOOK. Now turn it (favorite color). That feels real good. Do this imagination exercise often, everyday."

** Have player shoot a few opposite side lay ups, focusing on her target, following through with her eyes by keeping them focused on her target until the ball goes through the hoop.

** One step back towards half-court and shoot a few at the same spot. Following through with her eyes by keeping them focused on her target until the ball goes through the hoop.

** Move over in front of rim and bank in a few aiming at her spot on the box; follow-through with her eyes by keeping them focused on her target until the ball goes through the hoop.

** One step back; "locate the metal hook on the far side of the rim. Now, recall the HOOK you saw under the magnifier, imagine the MAGNIFIED HOOK.

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"See the MAGNIFIED HOOK in your mind... shoot the ball when you see the MAGNIFIED HOOK. If you don't see it, don't shoot. There's no hurry here, we're training the brain to shoot. Rushing this specific process is not good. If you miss, that's OK, but refrain from adjusting your shot, adjust only your focus; shoot the ball only when you see the MAGNIFIED HOOK. If you don't see it, don't shoot. Follow-through by keeping your eyes on the hook at the far side of the rim until the ball goes through the hoop."

** "Shoot about 20, taking time to see the MAGNIFIED HOOK before each shot."

If the player cannot see the MAGNIFIED HOOK [*this has never happened, but I feel like I must include this*] we start all over again going up the ladder. After making ten in a row step back one step and go through the exact same routine... shoot about 20.

"We are training your brain, refrain from adjusting your shot, adjust only your focus; shoot the ball only when you see the MAGNIFIED HOOK. If you don't see it, don't shoot. Follow-through by keeping your eyes on the hook until the ball goes through the rim." After making ten in a row step back again.

** Continue this process until one step before reaching the free throw line.

Reaching the free throw line too soon can have counter productive results. No ten in a row? Move in a step. After 10 in a row take one step back. If a player misses a shot, she should REFRAIN from adjusting her shot. SHE NEEDS ONLY TO ADJUST HER FOCUS!!! Her brain will adjust her shot.

This is BRAIN TRAINING!!! We are TRAINING HER BRAIN TO SHOOT.

At this point players should shoot hundreds of shots from three feet to no further out than eight feet from all around the basket, for two consecutive days, replicating this routine. This gives the players time to install this 'Bioengineering' process with a high degree of positive reinforcement with an extremely high percentage of made shots. On the third day players work their way out to the free throw line.

** Standing on the free throw line imagination takes a twist.

We recall the 'bull's eye' adding (favorite color) to the MAGNIFIED bull's eye! Now the player consciously focuses her eyes on the hook on the far side of the rim but the player does not shoot unless she imagines a MAGNIFIED (favorite color) bull's eye.

All basketball players need a free throw shooting routine. As your players develop theirs, or if they already have an established routine, include as the very first and the very last thing before going into their shooting motion, zooming-in on that hook. "THEN WHEN THAT GIANT (FAVORITE COLOR) BULL'S-EYE FILLS YOUR MIND © THEN, AND ONLY THEN, SHOULD YOU FLOW INTO YOUR FREE THROW SHOOTING MOTION.

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Follow-through with your eyes keeping them on the hook until the ball goes through the hoop.”

** Your players will have such success with this process that they will immediately want to apply it to three-point-shooting. But players should be moving out to the three point line one step at a time/one day at a time only after two days of shooting no further out than the free throw line. Until players are extremely strong, launching 3s is different mechanics than all other shots. Players need to allow their minds and bodies to slowly integrate launching into shooting. The target is always the hook on the far side of the rim☺ Always follow-through by keeping their eyes on the hook ☺ until the ball goes through the hoop.

** Videoing and studying the videos of shooting sessions is one of the greatest shooting tools you have. While viewing their videos players are engaging their minds through a perspective it does not have on it's own. That input grows their brain's decision making ability exponentially.

Imagining you are good cannot make you good (if that worked I'd be flying around like Superman).

You want to be a GREAT shooter? Train your body, then train your brain to use your body.

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*** Chapter 7 ***
- JUMP SHOT -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

Some say jump shots are more difficult than set shots. Some say jumpers are easier than set shots. What difference does it make? You're going to be shooting both during a game. But I'll say this about set shots - if you have the time to take a set shot and you're not trained in the '[Mental Aspect](#)' of shooting a basketball your mind can make that set shot seem more difficult than it really is.

Set shots take time, time gives players time to think. If a negative thought sneaks into that time - that negative thought can create doubt, a missed shot, a missed opportunity. You've already been trained in the 'Mental Aspect' of shooting a basketball, or you wouldn't be reading this set shot section [would you?], so set shots do not present problems for you.

We've covered jump shot mechanics. We've covered your focus and follow through. You should physically review both more often than what you think is necessary. Jump shots happen off a dribble, off a pass and off a rebound. It's interesting that the 'triple threat position' comes into play in each circumstance.

'Triple threat position' is the stance from which you can shoot, pass or dribble. It's normally referred to when a player comes to a jump stop on both feet, allowing either foot to be a pivot foot. It's also the stance players should have when receiving a pass or when ending a dribble. It looks like a half-squat. If you're in that half-squat when pulling up from a dribble you can go straight up for your jump shot affecting a quick release off your dribble. If you're in that half-squat when receiving a pass you can go straight up for your jump shot affecting a quick release off a pass.

Whenever possible before catching a pass you can quicken your release a little more by using a little dance step, the two-step-shuffle: you shuffle one step towards the basket, in the triple threat position, while the pass is in motion, and as the ball is reaching your hands you shuffle the second step towards the basket and launch your jumper. The word shuffle describes the timing and the size of the steps you're taking, a rhythmic two step shuffle towards the basket while receiving the pass. If you're not in that half-squat position then you must take the time to squat before shooting which eliminates your 'quick release.'

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The best practice there is on getting comfortable with the half-squat or 'triple threat position' is defensive drills and any properly executed squatting exercises. There is really not a time during games or practices that a player should be standing around stiff legged (knees locked). From a knees locked stance players cannot have a 'quick' first step, a 'quick' release on their shot or be able to explode for a rebound or quickly transition from one end of the court or one side of the court to the other.

After burning in a shooters muscle memory, developing a FOCUS ON THAT HOOK ON THE FAR SIDE OF THE RIM, and following through by keeping your eyes on the MAGNIFIED HOOK until the ball goes through the rim ☺ then *defense is your best offensive practice*. Of course you need to learn and practice your offense, but great defensive players learn to execute their offense better than poor to average defensive players. A great defensive player *must* understand offense. Great offensive players often are the best defensive players. Great defensive efforts trigger team offensive mindsets and frequently kick a team into it's next gear. Defense demands more from you mentally and physically, but once physical conditioning is a non-issue basketball is a mental game.

How high is a jump shot shooter supposed to jump? Well, how high do you need to get to shoot over your defender? How much umpff do you need to launch a three or a long distance two pointer? So the elusive answer to the question how high is a jump shot shooter supposed to jump is somewhere between 1/4" and 3' depending on your situation.

Jump shot shooters should go straight up. *Why?* When your body is moving up or down you have the same relationship to the basket as if you're standing still and the basket is moving up or down. During a jump shot you are essentially shooting at a moving target (a basket moving down). Adding a forward or backward motion creates even more movement of your target and you're making your own jump shot more difficult to shoot therefore aiding your opponent.

Some coaches say to release the ball on your way up. Some coaches say to release the ball at the apex of your jump. The defense will dictate when to release the ball. What's important is not thinking about when to release the ball, unless the game clock or shot clock is dictating your release.

We're training your brain to shoot through distractions presented to you DURING A GAME. Rush this next process and you're wasting precious time. Sure you'll get better than you were even by rushing this process, but why rush it? In just a short few days you'll have completed the process as it's laid out. Give yourself all the time you need to be the best jump shooter you can be. Honing you ability to instantly locate that hook on the far side of the rim and imagining your MAGNIFIED HOOK should be done using three to eight foot set shots.

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Shooting these short (flat footed) set shots allows you time to locate that hook on the far side of the rim and imagine your MAGNIFIED HOOK. The act of focusing on the hook gives your conscious mind a task to perform. The act of recalling that HOOK you saw through the magnifier is actually engaging your imagination while you're shooting. In order to see the hook LARGE you must be in your imagination[©] Once your imagination has been engaged it will continue your shot for you. Follow-through with your eyes by keeping them on the hook until the ball goes through the hoop.

Give yourself a week, or more, of shooting hundreds of three foot to eight foot set shots daily before attempting any short range jumpers.

When you begin shooting jumpers, shoot only lazy three to four footers. The act of focusing on the hook gives your conscious mind a task to perform. In order to see the hook LARGE you must be in your imagination[©] Once your imagination has been engaged it will continue your shot for you. Follow-through with your eyes keeping them on the hook until the ball goes through the hoop. Shoot hundreds of jumpers at this three to four foot range moving all around the rim.

After a couple of hundred if you're shooting at a 70% clip or better on the final 20, move out one more foot and shoot another couple of hundred. If you're shooting at a 70% clip on the final 20, take another step back and continue the process.

Stay within in that eight foot range for the first three days of your jump shooting!

Why?

Well, what are we doing here? We're training your brain to instantly locate that hook on the far side of the rim and recall your MAGNIFIED HOOK. You want to give your brain the time it needs to adapt! If you rush these exercises you diminish your ultimate shooting percentage, you sabotage your own basketball shooting career. And think real hard about this; being able to shoot with 100% accuracy during practice means nothing if you're game shooting percentage is under 60%.

We're training your brain to shoot through the distractions presented to you during a game. Rush this process and you're wasting precious time. Sure you'll get better than you were even by rushing this process, but why rush it? In just a few short days you'll have completed the process as it's laid out. Give yourself the time you need to be the best jump shooter you can be.

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**** Chapter 8 ****
- BANK SHOTS -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

Bank shots, a different perspective here, wouldn't you agree? However, we need only tweak our mind just the tiniest wee bit. You see when the ball bounces off the backboard it comes off in a straight line. That's important to remember.

Let's delve into that backboard (our tool) right now. The reason for having a backboard in the first place is to keep the ball in play on errant shots, other wise while playing H-O-R-S-E most folks will spend more time chasing the ball than shooting it. The original peach basket was nailed directly to a post. Do you imagine the backboard was invented the very next day? The backboard is a powerful tool and ally to shooters. Some backboards are rectangular, some are fan shaped, some are metal, some are wooden and some are glass. 'Regulation' backboards have a rectangular box painted on them which is 24 inches wide by 18 inches high (referred to as 'the box' for the remainder of this discussion).

A rim's inside diameter is 18 inches and is mounted 6 inches out from the backboard. The rim is exactly 10 feet above and parallel to the court. One and three quarters basketballs, side by side, will fit through the rim with room to spare (obviously there's more room to spare with the smaller ball used by younger male players and female players).

The first bank shot, and more than likely the first shot period, everyone learns to shoot is a lay-up. Standing near the basket on the right side, if you shoot and hit somewhere around the right corner of the box, above the basket, the ball will ricochet into the basket off the backboard. On the left side the same is true if you shoot and hit somewhere around the left corner of the box. Learning to shoot lay-ups from the right side with your right hand and the left side with your left hand is doing yourself and your team a tremendous favor. The ability to shoot with either hand around or close to the basket is a stupendous scoring asset.

And while we're talking about lay-ups; lay-ups are the highest percentage shots on the court. Three drills you should incorporate into your lay-up shooting practices are: shooting a lay-up running from half-court at full speed, shooting a lay-up after spinning under the basket, and shooting a lay-up off balance over a defender. These simulate game conditions. Half turn baby-hook-lay-ups are another extremely high percentage shot around the basket (Chapter 16).

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Let's call a bank shot from directly in front of the rim a 90 degree angle bank shot and a side shot where it's impossible to ricochet off the backboard a 0 degree angle bank shot. Bank shots between 60 degrees and 30 degrees are considered optimal. Bank shots from in front of the rim are discouraged as the carom usually kicks the ball back over the front of the rim. The easiest way to practice bank shots is lay-ups, then moving out or back one step at a time, after becoming proficient at the next closer step. This gives you a chance to judge the height of your shot off the backboard compared with the velocity of your shot. The softer your shot, or the more arch in your shot, the higher up you can hit the backboard and bank in your shot *and* the lower you can hit the backboard and bank in your shot, kind of a paradox huh?

Remember, the ball comes off the backboard in a straight line. That straight line is determined by the speed of the ball (the arch on the shot) and the angle of degree you're shooting from (somewhere between 60 and 30 degrees normally). The wider the angle of the shot the further out of the box your shot must hit. An exception is that high arching shot we just spoke of, which will frequently bank in from within the box.

When practicing your bank shots shoot from no more than six feet out from the basket until you're hitting 70% + of your shots. By the time you're hitting 70% + from six feet you will be comfortable enough to move seven to ten feet from the basket. Once you're hitting at a 70% + clip from seven to ten feet you should feel comfortable enough to move eleven to thirteen feet out from the basket. Do yourself another tremendous favor at this point. Wait until you're hitting at a 70%+ clip before moving out further! *Very few shooters INTENTIONALLY* shoot bank shots from more than thirteen feet out from the basket.

You're flying down the court on a fast break, there's one defender between you and the basket. All the way down the court, that defender's single minded defensive strategy is to stop you from making a layup. As he positions himself between you and the basket, you pop up with a six foot jumper off the back board.

He's totally defenseless. You, on the other hand, have a wide open high percentage shot and you also avoid a charging foul from an out-of-control driving lay-up. Once you have a reputation for this shot defenders may come out to guard you in an attempt to alter your jump shot. GREAT. If that happens, you fake and blow around your defender for an uncontested lay-up. A pull-up six foot jumper off the board is one of the most devastating shots in a shooter's arsenal.

This plays out almost identically on a drive to the basket from within a team's half court offense. Why a pull-up bank shot? Why not pull-up and locate that hook on the far side of the rim and shoot? Consider momentum. On a hard drive, momentum carries you and the ball forward. Sure you can pop-up and finesse the ball into the basket, but allowing momentum to carry the ball into the board for a bank shot is more consistent with the energy behind your shot.

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Besides, by now you've already made this pull-up bank jumper thousands of times, and you're completely comfortable shooting it.

OK, so how does vision fit into our bank shot routine?

Here are some things to remember.

You must now *w i d e n* your focus to include rim and backboard.

By intentionally focusing on both, you have achieved focus-of-attention. This allows the chain reaction through your mind/body connection to play out. Your eyes send the information of your focus to your brain and your mind tells your brain you're shooting a bank shot. Now your robot responds to your command center and puts the ball up to the exact spot on the backboard, using the proper velocity, for the ball to bank into the basket. Bank shots require tons of practice in order for your mind to catalog all possible angles. Bank shots radically increase your scoring options. Give them the practice time they deserve.

IF you're close enough to the basket with a good enough angle to use the backboard - USE IT!
On set-shots, jumpers, hooks - use the backboard IF you can - USE THE BACKBOARD
whenever you can USE THE BACKBOARD!

After perfecting this pull-up bank jumper you can learn and add to your arsenal the floater.

***** Chapter 9 *****
- CATCH AND SHOOT -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Catch-and-shoot is the shot that makes you realize all this time spent brain training has been worth it. About the time you're getting brain drained from being brain trained grab yourself a partner to rebound and pass to you. Begin shooting these catch and shoot shots about five feet from the basket and shoot no further out than eight feet for at least a day. Before you know it you realize your new habit has kicked-in and you're draining shots from all over the court. Oh sure, old habits die hard, but as you feel that old habit creeping up and creating a retched taste in your mouth, spit that old habit out and realize that hook on the far side of the rim is calling your name ☺ it's begging to be noticed. So notice it. Shoot for it. Relish the fact that it's even there. Glow in the light of draining shot after shot.

But you need to start this shooting session like all other shooting sessions for the rest of your life. Always warm up then dynamic stretch before playing basketball, and always begin your shooting sessions with the 'Warming-Up' section before ever attempting any other shots.

[Camp Pendleton Marines in Southern California](#) play basketball in the sand. This is great basketball training on so many levels. There's no dribbling, no standing around stiff legged and physically, the sand works your body over like you wouldn't believe. The stamina bred in players by the sand cannot be induced any other way.

Because sand slows the game down so much it's literally playing basketball in slow motion, allowing both offensive and defensive players to see how plays develop and unfold. The sand makes players work so hard practices always feel like game pace.

Think about that, playing in slow motion at game speed. A huge percentage of all basketball practices should be run in the sand.

Why is game pace important? Practices define the attitude of a team. This attitude is ingrained in the player's minds and hearts and becomes the definition of the team. Basketball teams play like they practice. As practices go, so go games. Unorganized practices, slow or whatever, that's exactly how teams will play come game time.

Replicating game conditions is one of the very best and one of the most difficult things coaches can do. Practices develop learned behaviors. During games, players and teams play what and how they practice and since teams play games like they practice having plays unfold in slow motion at game pace is an incredible teaching tool.

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Back on the regular court, there will be far less dribbling and lots more ball movement, plus the dribbles that do happen will be done for specific reasons. Bounce passes take on a whole new significance. When basketball teams practice in the sand their passing game ratchets up so fast it's scary. Since there's no bounce passes (my favorite of all passes) in the sand pin-point passing is a must because defenses can see plays developing so well it becomes easy to understand what it means to fill passing lanes and where, why and how to do so. Since the defense gets so much better the offense must continually improve to stay ahead of the defense's learning curve. Because offensive players can see plays developing and see the defense reacting to those plays in slow motion they know when, where and why to pass. Another perfect learning ritual feeding on itself.

The sand, causing players to continually stay in the [triple-threat position](#), conditioning legs and stamina, is the perfect feeding ground for the catch-and-shoot. *All* the moves a player makes in the sand are made with a specific purpose in mind. Shooters naturally find themselves in the perfect stance for a quick release. Every shot in the sand is a catch-and-shoot. You want to get a leg up on your competition? Practice in the sand, a good coach's best friend.

What about bad coaches?

Well, the thing about it is, for the first time coaches that just don't seem to get it.., finally see how and why plays unfold the way they do.

[Bobby Knight](#) says, "The primary responsibility of a coach is to teach players to see the game." But first the coach must know how to see the game and how a give-and-go and a pick-and-roll actually set up their entire offensive strategy. The sand grows a basketball (and football by the way) coach's abilities as fast as it grows the abilities of individual players and teams.

There's probably never a reason for a catch and shoot to be a set shot; jumpers almost exclusively. Receiving a lob pass at the basket for a dunk is actually a catch and shoot, an extreme catch and shoot I grant you, but a catch and shoot none-the-less.

This brings about the aspect of accurately passing the ball to your teammates. Some shooters want to receive a pass on their right hand, others their left. Some shooters want to receive a pass up high; some low. Every shooter has favorite shots on the court. If a shooter is fed a great pass at the perfect spot on the court then that shooter's confidence on that particular shot is sky high. Basketball is a game of inches. The difference of a shooter receiving a good pass vs. receiving a bad pass affects not only the shooter's frame of mind but can also be the difference of a completely open shot vs. a heavily contested shot. If a shooter feels rushed when shooting the shooter's confidence factor can be on the low side, of course there are those players that would rather have a defender all over them, but again, the passer knowing that can then feed the ball accordingly.

Here's another scenario for feeding a player on a catch and shoot pass. If a team rehearses [practices] this, it's communication through action:

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A player is open in or around the paint, back to the basket and left side to the basket. (Sometimes these players don't realize how open they are, there are no eyes in the back of their head.) Because this scenario has been practiced, the player knows if he receives a *bounce pass* to the outside of his left hand there's no defense between his left hand and the basket. He can take one step back with his left leg, spin and put up an uncontested lay up. This *bounce pass* to the outside of his left hand *communicates* "you are open to your left side - no one is between your left side and the basket." No other type of pass will indicate "you are open to your left side - no one is between your left side and the basket" to that player. That is *only one scenario* of a pass actually being communication. Once you implement this strategy you will find many uses for passes becoming communication devices. If you practice these types of passes they will actually play out multiple times during games.

Shooters are responsible for getting themselves open to receive a pass and shoot. Think... "as a team, what are we doing?.. where should I be?" Are you running your defender off multiple picks every play? (If a tuckered out defender goes to the bench it could mean a weaker defender is assigned to you and/or the opposing coach is forced to alter defensive strategies.)

Always look to initiate a backdoor play. *Why?* All game long players are watching the ball and they actually get trance-fixed on the ball. When your defender is watching the ball your defender is not paying close enough attention to you! If *you* pay close attention to where your defender is paying attention (watching your defender's eyes) - when your defender's not paying attention to you, you can go anywhere on the court for a catch-and-shoot pass or you can disrupt the defense enough to get a teammate open.

Remember, shuffle step to the basketball for a quick release on your catch-and-shoot shot. You can practice your catch-and-shoot on the asphalt, hardwood, concrete, or tile but sand - is the coolest.

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***** Chapter 10 *****
- 3 POINT SHOT -
THIS IS BRAIN TRAINING!!!
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Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

ALL INEXPERIENCED SHOOTERS (and by inexperienced I mean 15 or 16 years old and younger) should REFRAIN FROM EVER SHOOTING A 3 POINT SHOT.

Why?

Three point shots can single handedly ruin your ability to develop a shot by causing your shooting eye to develop at a much slower pace, if at all. Because your 3 point shots are not dropping you will blame everything other than the actual cause of your consistent misses; your young physique has not had time to develop enough strength for you to *PROPERLY* coordinate your body for a controlled launch and release that far away from the basket and you will abandon or fail to develop the proper skills necessary to become a great shooter.

Three pointers will sabotage a young athlete's career. DON'T EVEN SHOOT THEM FOR KICKS, EVER. When, and only when, you can *nonchalantly* launch and make 16 footers at a 70% + clip, you'll know it's time to consider adding that devastating 3 point shot to your already deadly accurate shooting arsenal.

How important are 3 point shots? In the pros, a team's best 3 point shooters take the vast majority of a team's 3 point shot attempts. The best *team* 3 point scoring averages are in the low 40s. The best *team* 2 point averages are in the high 50s. *So how does this work out?* A team shoots 10 long distance shots. If they are 3 point shots and the team makes 42% of those shots (low 40s) they score 12.6 points. Now, the same team changes those long shots to 2 point shots; the team makes 57% of them (high 50s) they score 11.4 points. A difference of 1.2 points. You decide if it's worth the anguish of practicing 3 point shots for a difference of 1.2 points per game.

Wouldn't you rather get more proficient at medium to long range 2s than waste valuable practice time attempting to learn to shoot 3s? Long range 2s can spread the defense, or spread the court, just as well as 3s. *There is no need for shooting 3s until the college level; players are stronger and the 3 point line is still close.*

Ignore 3s. Concentrate on your shooting form. Forget about 3s until you're working with skilled strength trainers. Launching 3s when you're strong enough to be shooting them is the exact same shooting mechanics as jumpers, set shots and lay-ups. So why alter your shooting form now because you're not strong enough to be shooting 3s and sacrifice your mechanics for just 1 point per game when you can easily make that point up by getting just a tad bit better

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shooting 2s? The practice time you take from 3s and add to 2s will naturally get you a lot more than a 'tad bit better' at 2s!

Basketball is a game of momentum, feelings and emotional swings; team dynamics are usually triggered by an outstanding offensive or defensive effort.

Momentum can originate from an outstanding team effort or an outstanding individual effort. However it happens, while it lasts the team with the momentum enjoys it on both ends of the court making defensive stops on one end and scoring at the other. Momentum often swings to the other team by an outstanding effort on their part or a bone-headed play on your part. Ill timed 3 point shots are often momentum killers. However to be fair, sometimes made 3 pointers trigger runs.

Momentum, this team dynamic, can be described as an entire team hitting 'The Zone' together. (Players on the court normally cannot recall what actually happened during a run. Watching video footage often surprises them.) All an observer can do is revel in the moment. I say moment because momentum is usually fleeting. *Why?*

There's as many reasons as there are teams, but often the team and individual athletes are playing out of their comfort zone; experiencing the rarity of 'going all out' individually and as a team. These moments of momentum can be extended by a team's practice mindset. The more often a team practices at game intensity the further that team can extend it's comfort zone.

This brings us full circle to practicing in the sand, practicing at full speed - in slow motion.

Full speed - in slow motion - is one description of being 'In The Zone.'

Playing in the sand, is it perfect practice? "Mmmmm, could be."

***** Chapter 11 *****
- UNDER-HAND-LAY-UP -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

The under hand lay-up, a fun, cool looking and devastating shot. Mostly you'll find it useful in one-on-one, two-on-one and two-on-two situations. When there's lots of traffic in the paint this shot becomes too easy to block. It's called a lay-up for good reason. You need to be at lay-up distance to shoot this shot.

With a defender between you and the basket when driving for a lay-up or with your back to the basket and spinning around your defender in the paint, you'll find the most common defensive position is arms raised in an attempt to block your shot's path to the basket and the closer you get to your defender the higher your defenders arms stretch. When you get chest-to-chest you simply reach around your defender underhanded, about waist high, and flick the ball up with your wrist and forearm aiming at your spot on the backboard.

When using proper underhanded lay-up form the shot will look and feel like you are throwing a bowling ball uphill. Sometimes the shot will need lots of spin, sometimes it will need to be a finger-roll with no spin at all. Just like in bowling, sometimes you're shooting for a strike, sometimes you're picking up a spare. Each situation is dictated by the defense. Your only objective is to shoot the scoop shot, or underhanded lay-up the defense gives you or allows you to shoot. If it's not there, don't force it!

Learn to shoot it off either foot. This shot looks a whole lot easier than it actually is and just like a great defensive effort, it can be a game changer jacking up a team's momentum. Making this shot aggravates defensive players faster than anything you can do on the basketball court, except maybe a bounce pass between their legs. An angry opponent is an opponent out of control and prone to making stupid mistakes.

Stupid mistakes create opportunities on which your team can capitalize. When coaches or team captains detect an out of control opponent they should direct traffic at that player in an attempt to cajole that player into making a stupid mistake.

Putting a starter on the bench because of foul trouble creates a continual mismatch of your first string against a bench player. When you see a mismatch, exploit it any way possible; attack it from many different angles. (You don't want the opposing coach to realize what you're doing, so send different players at the same bench player.) Hey! This is war, find a chink in the armor and exploit it; a strategy that has worked for thousands of years.

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Just like lay-ups and baby hook shots (Chapter 16) you should be proficient with both hands when shooting the underhanded lay-up. To practice this by yourself you can pivot around a chair or dribble drive at a chair in the paint. If you have someone to guard you as you're learning this shot that defender should *not* try to block you until you start making 70% + against a cursory defense. Then you can have the defense get about half way good until you're shooting 70% + against that level of defense. Then have the defense clamp down on you.

Anytime you can video yourself practicing or playing a game you should do so. Video is a tool that can rapidly and thoroughly improve your game. Analyzing your video is just as important a practice session as practicing on the court. Watching a video of your team practicing or playing a game allows you to study your teammates and see how you can make their life easier; i.e., when they're getting open and not receiving a pass and how you can coordinate better with them on offense and defense, etc.

Many times, as you're reaching around your opponent for a scoop shot, you'll find a teammate open on the other side in the paint facing the basket. If the pass is there - make the pass. Your teammate's normal lay-up is easier to make than your scoop shot, and everyone loves an assist! Sometimes your situation will present the unique off-the-backboard pass for a tip-in on the other side of the basket by an alert teammate. This can be construed as showboating. However it's not showboating if it's been practiced, the situation calls for it and your teammate knows the pass is coming and is ready.

Great passes are always so much cooler than a great shot. Remember, a shot is nothing more than a pass to the basket or backboard.

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***** Chapter 12 *****
- THE DUNK -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Always warm up then dynamic stretch before playing basketball. You do not need to warm up your shooting form for dunks!

Without a doubt this is the most dynamic shot in basketball. It's not only a fan favorite but a favorite for players too. For really tall players it's a natural shot, for the rest of us it is totally unnatural to get high enough off the ground to dunk.

Believe it or not the real problems with dunking come from hand, wrist, leg and ankle injuries. The rim hurts the hands, wrists, arms and fingers; an improper landing hurts hips, legs, ankles and feet. You can leap off either foot or both feet. You can use either hand or both. If you're dunking with only your dominant hand, learn to dunk with the other, you're more than two times as difficult to guard in the paint when you can dunk with either hand.

Having a dunker on your team gives rise to the alley-oop pass. But the alley-oop pass is available to anyone open and cutting to the basket. The alley-oop does not need to lead to a dunk. The only difference is the height of the pass, and it's more difficult for defenses to block an alley-oop pass for a dunk.

Alley-oop passes are *under* utilized by college and pro teams. If a basketball player is capable of getting high enough to dunk from a standing position, any time that player is within reach of the basket he should receive an alley-oop pass. This will definitely make certain the defense never leaves him to double team. That in turn opens up the floor for the rest of the offense. If that player develops the 'finger roll' he can extend his dunk out another two to three feet from the basket. A finger roll is a finesse dunk, a toss, from one or two feet away from the basket. Combine the jump hook with those two shots and you have a devastating presence roaming through the paint and disrupting the defense something awful.

You centers and forwards capable of throwing the ball down without too much effort should do so as often as possible. It's more difficult for defenses to block your dunk than to block your lay up.

Blowing a dunk can be a very embarrassing moment. It can psychologically screw you up for the rest of the game.

It's funny, many players find their first dunk comes in the middle of competition. For months he's been trying to dunk; working on his vertical, keeping the ball from falling out of his grasp on the way up, getting the ball over the rim far enough to throw it down. Then during a game he finds himself high enough so that it almost feels easy (he's quite literally jumped out of his comfort zone).

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Adrenalin took him higher than he's been used to getting, but in reality all his work has finally paid off. Now that he knows he can, it happens in practice and just goofing off too.

So what was stopping him from dunking once he was physically capable?

His own belief system was stopping him.

Unintentionally his brain was training his body – to fail. You see, brain training works, so you might as well intentionally train your brain to train your body to do what you want, or you'll suffer through the consequences.

All male basketball players 5' 8" + and 15.5 years old and older that want to play on their high school team or an AAU team should be able to dunk. I know, that seems too young and too short for me to make that blanket statement. But if you want to enjoy your basketball career, I mean really enjoy yourself; you need to develop your core strength, your lower body strength, your ankles and your endurance.

Getting in shape involves many activities; most of them are endurance, lower body and conditioning. If you don't take the time to do this in the off season you really are not motivated enough to play on your school's team. You can still play pick up ball all you want, but if you join your school's team you're joining a group of athletes that are very serious about basketball. Every player should report to the *very first practice* in shape. Basketball practice should not be used to condition athletes. Basketball practice should be used to teach the game of basketball and necessarily some basketball skills. I know basketball is a game and games should be fun to play. That's the only reason for a game, to play and have fun. But for seriously conditioned athletes there's a realm of fun that other 'ballers' will never know or understand. Once conditioning is not an issue, there's another level of fun to be had while playing with your mind, or in the case of playing 'In The Zone,' playing out-of-your-mind!

I'm gonna' catch flack over this - but sometimes a coach has to call a spade a spade. As a high school coach I'd rather have four players that really want to learn, and play only four players in games, than have a team of 12 players when eight of them are just there because it's kind of cool to play on the school team. Think about it - those other eight are keeping the four players that really want to learn from learning all they can.

So report to practice in shape or play at the 'Y.'

You can have fun playing basketball at any level of play but an inferior player stands a chance of getting hurt or causing someone else to get hurt when in games with players that play the game way over the inferior player's head.

Now, if you're going to take the time to get in shape, GREAT, ask your coach what you need to be doing in the off season, specifically. Serious athletes know the importance of injury prevention training.

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***** Chapter 13 *****
- DRIVING LAY-UP -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

The driving lay-up is one of the most frustrating shots in basketball. *It's a lay-up, a simple lay-up, it's just a lay-up, that's all it is.* But like a set-shot there's time to think about what you're going to do. Plus, this shot is seldom practiced. Missing this shot counts for about 8 points per game; two missed shot attempts and the other team scoring on fast break transition basketball off the two misses. You give away four points and you miss four points, that's eight points per game. Many games are won or lost by eight points or less. So in reality this shot should be paramount in the minds of coaches and players, yet the only time this shot is ever thought of is while it's actually happening! That's inexcusable.

So what do we do about it? Practice it! Look how much time is devoted to suicide drills, certainly they're necessary to prepare teams for transitions. However, most of the time suicides are used as punishment. Convert half or more of your suicide drills into 3/4 court driving lay-up drills. DRIBBLE FULL SPEED and finish with a driving lay-up. Send a defensive player after the dribbler to actually simulate full-speed game conditions and move a defensive player in on the driver as the driver gets closer to the basket.

Better than half the time you will take off on the correct foot, the rest of the time you'll be shooting off the wrong foot. Get used to it, that's the way it's gonna' be. But realize you're going to be in the air longer than shooting a normal lay-up; that extra air time cancels out the need of worrying about your take-off foot. Those of you that can dunk can sometimes dunk instead of laying the ball up. (You can take off for your dunk with either foot, but we're not discussing that right now.) So fly down the court full speed and give yourself more time in the air. Cashing in on your extended air time will *cure* most of your problems. Worrying about your launch foot will *create* most of your problems. You don't worry about your launch foot when you're on defense chasing down a driving lay-up attempt when you go up to block it and you don't worry about your launch foot for dunks. Understand?

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***** Chapter 14 *****
- PULL-UP JUMPER -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

This shot is a natural evolution of the driving lay-up. When a driving lay-up is being defended by an opponent between you and the basket this pull-up jumper will be your relief valve, your alternate shot, your other option.

This shot will pump you up individually, as much as a dunk will. The pull-up jumper is a power shot, a HARD SLAMMING bank off the backboard. A real statement - HA!

To drive that statement home, *sprint back to your defensive position*. (If you get the chance to score on three pull-up jumpers or driving lay-ups in one game, after scoring the third, fake a sprint back to your defensive position and then defend the inbounds pass. It's the perfect time to steal the pass or rip the ball right from your opponent's hands.)

A jump-stop is almost a prerequisite to shooting this shot. A jump-stop is the only way to halt your full court driving momentum. That momentum needs to launch you straight up in order to avoid a charging foul. You do not want your little old Granny helping you practice this shot by playing defense for you in practice.

This shot is another opportunity to cross train, at least in your mind. When shooting a pull-up jumper you should look like a spring board diver. Spring off either leg as high as you can and as straight up as you can, that gives you plenty of time to set yourself up for a perfect jump stop landing. You land on both feet in a crouch and launch yourself immediately straight back up as high as you can get and slam that basketball off the backboard.

Bamm!

This shot takes lots of practice in order to know where your target is on the backboard; your speed changes the location of your target. Because of your momentum if you aim at your layup spot your shot will come off the backboard and over the top of the basket. If you practice this enough your mind will guide your shot. Just know there will be plenty of misses as you're practicing. Learn from them. Practice at full speed.

The regulation box and the rim is your wide focus. The ball will come off the backboard somewhere between the inside corner of the box and above the rim. There will need to be plenty of shot attempts in order for your mind to categorize the options available on the backboard determined by your speed. At first this might be the most frustrating shot you practice because of the effort needed to come $\frac{3}{4}$ court at full speed without the reward of a made shot. The good thing here is, once your target has been defined, this shot will go in as often as your lay-up.

Because of the explanation [!] point this shot leaves in the mind of the defense, they will be waiting for you the next time this set-up appears.

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Your job then is to exaggerate your arm movement for your first leap into the air, when the defense commits to defending your pull-up jumper you just continue dribbling around your defender for an open lay-up. Again, *sprint back to your defensive position*.

Now you have a frustrated player on the verge of making multiple mistakes as the game continues, force the offense to put the ball in that player's hands, when he's back on defense run plays at him using multiple players. You have two offensive plays and two defensive plays to catch this player in a funk and finish breaking that player down mentally. That player will be replaced with a bench player. A bench player is a bench player for good reason. Now your entire team's focus is creating mismatches around this bench player and taking full advantage of the bench player's inabilities. This is how gaps on the score board are created or closed.

You're in a fight for your life. Your opponent's right eye is swollen shut. You launch an attack from outside that right side. Left hook after left hook followed by left kicks to the leg and right side of the body; left upper cut after left upper cut followed by straight left hands. An attack your opponent cannot see coming because of that swollen shut right eye.

Apply this philosophy to basketball. When you discover a weakness or create a weakness in your opposition, exploit that weakness until they figure out a way to stop you. If your opponent *does* figure out some way to stop you, all you need to do is feign exploiting that same weakness and watch as your opponent overreacts in their haste to stop you. Now they've left you another mismatch to exploit, another mismatch you created.

Look for weaknesses. Create weaknesses.

Look to create and exploit mismatches as often as possible.

A pull-up jumper is a great way to create a mismatch. Look for it.

***** Chapter 15 *****
- RUNNERS -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Another cool shot. A fun shot to shoot and practice. Another shot that's difficult to practice. Another shot that can come off either foot. Another momentum changing shot - momentum changing for both teams.

Runners almost always have a huge arch and are normally one handed floaters. You want to be real cool? Learn to shoot runners with either hand off either foot. Learning to shoot runners will help on half-court driving lay-ups more than you can even imagine.

Speaking of skills that will help your game more than you can even imagine - learn to juggle. Never underestimate the advantages juggling athletes have over non-jugglers. Juggling sharpens your brain, your decision making skills, your eye hand coordination and your anticipation which gives you a huge advantage when stealing the ball from a dribbler or misdirecting your opponent. And juggling is quite fun. Think of the possibilities when a point guard and center can not only both juggle, but have practiced juggling basketballs with each other. Think of the possibilities when an entire team can juggle. How fun would practice be and even game warm-ups? Just how intimidated would you be watching your opponent juggle as a team while warming up before a game? Would your team be loose if juggling was part of your pregame warm up drills?

Back to runners. Sometimes runners are on the way down before anybody but the shooter knows there's been a shot; very sneaky, which is the reason runners are so difficult to practice (you need to start this practice shooting session like all other shooting sessions for the rest of your basketball career. Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots). We talk about this shot here because runners can be a third option on a driving lay-up, not your full court driving lay-up but ones beginning around the top of the key in a half-court offense. If the lane you're driving closes but you're close to the hole, popping up a runner just feels natural. The defender's hands are not up to block a shot because stopping the drive is the main defensive effort. Runners appear to be after thoughts, but once in the paint shooters know a runner is always an option along with your pull-up jumper.

Your first runner is kind of like a first time dunk. You practice and practice it; all of a sudden in the middle of a game, there it is. They feel so natural, and they are, but you must have your target located. Like all shots, if you just throw a runner up on a wing and a prayer without actually shooting it, don't expect to score.

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Simply locate the hook on the far side of the rim, imagine how it looked under the magnifying glass ☺ and let the runner fly. Runners can have a *major* impact on a game. The defense realizes it's done a perfect job reacting to a drive by closing off the driving lane or passing lane; that feeling of accomplishment is immediately smashed. So instead of being pumped the defending team transitions in a mental funk while the offensive team transitions on a high; a recipe for a run. A defensive stop and a fast break, creates a deeper funk, another defensive stop and another fast break and yet an even deeper funk. Before you know it there's a 10 to 12 point run. It's kind of apropos that runners trigger runs, huh?

You need to practice shooting runners off either foot with either hand. Making a pass does not require you to be on a certain foot or use one hand over the other, well neither does shooting a runner. Once you've spent some time by yourself mastering runners it's time to bring in a top defender.

Your sweet old Grand Mother would be a perfect choice *this* time. Don't laugh. You know the last thing you'd ever want to do in this life is hurt your Grand Mother. So as you drive to the basket have her impede your progress. You have to stop before knocking your poor old Granny down, the same way you have to stop in the flow of a game to keep from collecting a charging foul and still pop out a high arching runner. "Thanks Gramma! Got any cookies?"

***** Chapter 16 *****
- HOOK SHOT -
THIS IS BRAIN TRAINING!!!
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The NBA's all-time high scorer (38,387 points) is an ambidextrous master of the hook shot. I don't know what percentage of his points came from hooks, but I'm gonna' guess over 35%. It's a beautiful thing, watching him shoot a hook shot.

Again I don't know, but I'll guess his scoring percentage off hooks was way over 60%! His 20 year field goal accuracy was .559, making him the eighth most accurate scorer of all time. Kareem Abdul-Jabbar was one of the most intelligent pro basketball players of all time; one of the most durable of all time and one of the most inventive of all time.

Being very tall and very thin was always very obvious. While playing in the NBA Kareem only weighed 225 pounds. Knowing he had to compensate for a weight disadvantage Kareem turned to Karate and advanced to black belt. Karate introduced him to [Yoga](#). Kareem gives credit to his endurance and relative injury free career to both Yoga and Karate. I highly recommend both disciplines to all basketball players. We all know flexibility is the #1 deterrent to injury on the court, and athletes need flexibility *before* strength training is implemented into their conditioning in order to avoid training mishaps and injuries.

In the mid '90s the most naturally gifted high school basketball player I've ever had the good fortune to be around had scary eye-hand coordination, was a dead eye shot and could handle the ball like a pro point guard. But he had a slight build and was not very strong. This gifted athlete was afraid to drive into the paint, he'd been hurt too many times. This incredible basketball player sat the varsity bench for three years. After graduation he joined the [Marines](#) to become a pilot. After basic training he came home and played pick up games with many of his old high school teammates and other local Southern California stars. I was lucky to have seen several of those pick-up games. This Marine had no fear. The high school kids he had played ball with were not in his league any more, as a matter of fact, no one around was in his league. He's made a career out of the military and is currently serving our country, other wise he'd be playing basketball in the NBA, no doubt.

Remove any fear factor from your game with Karate training and gain side effects even this Marine didn't have; unbelievable balance and an uncanny ability to misdirect your opponent. There are really only three basketball offenses; give-and-go, pick-and-roll and one-on-one. Misdirection is *key* to all three. There are many martial art disciplines but Karate is the best for basketball cross training. Basketball is a game of misdirection, played on your feet. As soon as you get your opponent committed through misdirection you have the entire court to yourself.

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Why the entire court? Everyone else is on the court is preoccupied with their own assignments! We talked earlier about mismatches. Misdirection allows any athlete to create mismatches over athletically superior opponents. Once again, when conditioning is no longer a factor basketball becomes a mental game.

Hook shot.

The name comes from the way the shot looked in the old days of basketball. Players would hold the ball at out waist level, keeping the ball away from a defender, and make a 90 degree arc with a stiff shooting arm releasing the ball over their head. It looked like a giant hooking motion with the arm. You'll not see the hook shot that way in our modern day basketball game. Nowadays the shot originates at the waist or chest level, the ball is lifted straight up like a shotput motion or like you're signaling a 'field goal' with one arm. As your arm reaches full extension you flick your wrist towards your target; the ball rolls off your finger tips, the tip of your middle finger touching the basketball last.

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

In the paint is where hooks are most effective. Incorporate the backboard on 75% to 90% of all your hook shots. What's your target? Normally your spot on that regulation box painted on the backboard. By now you should not be surprised that your spot is your target. You can learn with enough practice to not use the backboard, but learn first to use it.

Learn to shoot hooks and baby-hooks using the backboard by shooting lay-up-hooks: Stand almost directly underneath the basket shooting these lay-up-hooks with both hands, first right then left, alternating every other shot. It's almost like juggling one ball off the backboard. Don't worry about shooting any other hooks until you can make these lay-up-hooks in your sleep; when that happens, **WAKE UP** and move to shooting position #2. Same shot, same target. Shoot about 50 and move to shooting position #3 on the other side of the basket. When you can make these in your sleep move out another step and draw an imaginary arc around the basket at this distance. Move around this arc shooting your hooks. Same shot, same target. At this distance you should be able to shoot with either hand at any point on this arc. When these shots begin falling in your sleep, take another step out, draw another imaginary arc on in the paint around the basket and go through the same routine. Same shot, same target. Eventually you'll get out towards the free throw line, that's far enough. Actually the free throw line is too far. The further out you get from the basket the more you can shy away from the backboard. You'll find though, you can shoot hard line drive hooks

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off the backboard that will not go in any other way. Be capable of utilizing both shots - off the backboard and aiming for your hook.

Offensive players in the paint have their back to the basket more than 50% of the time. That's the starting position for your hook shot. One step to the left or right, a half spin and the ball is up. Most of the time your spot on the backboard is your target. See your target before shooting and follow-through keeping your eyes on the target until the ball drops through the hoop.

Hooks need to be shot off the correct foot, the opposite foot from your shooting hand.

Occasionally during a game you'll lay one up with both feet planted on the court or both feet off the ground, a jump-hook, our next shot.

***** Chapter 17 *****
- JUMP HOOK -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

When you find yourself in the paint with a shot blocker between you and the basket, a great shot selection is the jump hook, it's almost like shooting an uncontested shot. The jump hook puts your body between your defender and the ball. Your defender must go up a foot higher than you in order to block your jump hook; almost unblockable most of the time. But like we've said before - there are exceptions to every rule.

Always warm up then dynamic stretch before playing basketball. Begin all shooting sessions with the 'Warming-Up' section before attempting other shots.

You must come off the opposite foot from your shooting hand when shooting the jump hook (occasionally you'll find yourself jumping off both feet). A properly executed jump hook is beautiful to watch (see any video of Kareem Abdul Jabbar, master of the sky-hook) and fun to shoot. (Do you know why it was called the sky-hook when Kareem shot the jump-hook? Goal tending is called if a defender blocks a shot after the shot has reached it's apex and is on the way down. When Kareem released the basketball his shooting hand was nearly a foot above the rim, the ball *was* on it's way down when he released it! It was literally an unblockable hook shot falling out of the sky. If a defender touched the ball it was goal tending. That's some weapon!) You sometimes feel invincible while shooting this shot. Jump hooks can be shot facing the basket or with your back to the basket, or with your side to the basket a very versatile shot. Learn to shoot jump hooks with either hand.

You should learn to shoot all shots with either hand, with two exceptions - set shots and jumpers. I cannot imagine any scenario where it would be beneficial to shoot set shots or jumpers with your non-dominant hand.

Hook shot. The name comes from the way the shot looked in the early days of basketball. Players held the ball at out waist level, keeping the ball away from a defender, and make a 90 degree arc with a stiff shooting arm releasing the ball over their head. It looked like a giant hooking motion with the arm. You'll not see the hook shot that way in our modern day basketball game. Our modern hook shot originates at the waist or chest level, the ball is lifted straight up in a shot-put like motion or like you're signaling 'field goal' using a one arm. As your arm reaches full extension you flick your wrist towards your target letting the ball roll off your finger tips. The tip of your middle finger touches the basketball last. When shooting a jump hook all is the same as shooting a hook except you're jumping off one foot, occasionally both feet, while shooting.

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When done correctly, shooting off of one foot it looks as if your shooting arm is pulling up your knee on the same side or your knee is forcing your shooting arm up at the elbow as your knee comes up for you to jump. Your non-shooting arm is used as a guard to keep your opponent away from the ball. You must be careful not to originate contact with your opponent with your blocking arm, but your opponent must also be careful not to touch that arm while you're in the act of shooting and foul you. This is another situation where Karate training comes into play, not only for defending the ball but for your balance. You'll know before rising up for this shot whether you're going to use the backboard or not. My guess is 75% of the time you will be using the backboard on your jump hook. Where's your focus? If you're using the backboard you'll have an intentionally wide focus taking in the backboard and rim, most of the time your focus will be your spot on box. If you're not using the backboard your target is YOUR BULL'S-EYE - THAT HOOK ON THE FAR SIDE OF THE RIM.

The jump hook is mostly shot by players 'posting up' the defense. This shot works equally well for all players finding themselves in the post. You'll surprise most teams with this shot if you're not a center. But once you're known as a jump hook shooter, the defense will collapse on you when you get the ball in the paint.

Now, this is one of the only times a player should leave the ground to pass. To completely fool the defense into maintaining their collapse you must leave the ground as if you're shooting, this will insure one to three open teammates just waiting for your pass. How will you know where your teammates are? Because you will naturally be using your peripheral vision allowing you to know where all ten players, and the referees, are on the court at all times (Chapter 21).

Why do I say all ten players and not just the other nine? As a shooter with your back to the basket it's imperative to know precisely where you are too!

Never force this shot, or any other for that matter, unless the shot clock is about to go off.

Always remember, it's a lot easier for the offense to get an open shot than for the defense to prevent an open shot. After all, you know what defensive strategy your opponent is using; therefore you know how to force them into mismatches creating open shot opportunities. How do you create mismatches against an outstanding defense? Stop dribbling. Run three or more consecutive give-and-gos until you force a defender out of position. Finish that defender off with a pick and get the ball to your open teammate. Defenses CANNOT move their feet as fast as offenses can move the ball around. Good passing spreads the court. Spreading the court gives the offense more space to work. While the offense is whipping the ball around, the defense becomes trance-fixed on the ball's movement. When you see your defender paying attention to the ball and not to you, what are your options? Set the perfect pick and/or get yourself open. This is called moving with out the ball.

Always be asking, "What are we doing - where should I be?"

When all five players are in this mode you're playing team basketball. It's very difficult to beat a team that's actually playing as a team, five players of one mind.

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***** Chapter 18 *****
- YOUR OPPOSITE HAND -
THIS IS BRAIN TRAINING!!!
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Using the non-dominant hand is easier for jugglers than non-jugglers. Why do I place so much importance on using your non-dominant hand while playing basketball? That's easy. You got two hands don'cha? SO USE 'EM! Why in the world would you intentionally handicap yourself by not learning to use your non-dominant hand? And, by learning to use your opposite hand you automatically become more proficient with your dominant hand!

What? How does that work?

In order to become ambidextrous (your non-dominant hand can do everything your dominant hand can do) your mind must analyze how your dominant side does things so it can mirror the process for your other side. This analysis requires your mind to diagram how your dominant hand does what it does. For the very first time, your mind must diagnose and understand habits it has formed. Once your mind understands what it's actually been doing it can, and will, automatically make that entire process more efficient. Now, because you decided to train your non-dominant hand, your dominant hand becomes even more effective, and yet again we've established a ritual feeding upon itself.

There are only two shots that you should not be shooting with either hand: set shots and jump shots. There's really no time during a game you would need to use your non-dominant hand to shoot set shots or jumpers. I know once your shooting percentage ratchets up sky high and you become proficient shooting all your other shots with either hand you'll find yourself goofing off and shooting set shots and jumpers with your opposite hand too. That's just great for fun and games, but remember we're training here, we're brain training, we're training your brain to shoot. Consistency towards our objective here goes along way. I'd rather see you shooting behind the back shots, at least that's some training for your passing game.

Jumping rope does for your feet what juggling does for your hands. Skip rope with a boxer's dedication. Your entire basketball game will improve. But two real distinct advantages emerge immediately; your defensive skills will improve so fast you'll surprise even yourself. Defense is keyed by being low. The strength and endurance your legs gain from jumping rope make it easier to get low with seemingly less effort. Suddenly you'll find yourself looking forward to playing defense and stymieing your opponents. You'll also get up and down the court faster with less effort.

Run your defensive drills while jumping rope. Run your defensive drills while juggling too, but you need to be a pretty good juggler in order to do this, be creative. You'll find some drills just won't accommodate either juggling or jumping rope, but plenty will. Concentrate on those drills that accommodate one or the other.

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After a very short period of time you'll find your hand speed, your foot speed and your agility greatly improved. Something else you can work on simultaneously is your peripheral vision/court vision. Once you've introduced court vision into your workout routines you'll understand a value court vision brings to your game that goes way beyond peripheral vision (Chapter 21).

Peripheral vision is another portal into 'The Zone.' While utilizing your peripheral vision your eye-hand coordination will immediately improve and you'll find your feet in the right place at the right time. You'll increasingly find yourself positioned on the court at the right place at precisely the right time.

Why does all this happen?

Because you've introduced your mind to all the peripheral information it has always been receiving but ignoring. Once that peripheral information is being properly filtered for playing basketball, your instincts improve. You see, you've given your conscious mind a task - be aware of all the peripheral information on the court - that process occupies your conscious mind and now your imagination freely filters and sorts all this peripheral information and your mind utilizes that info to play basketball.

So what does all this mean?

Highly developed eye-hand coordination along with strong and agile feet and legs under the guidance of your imagination not only makes you a better basketball player but also a better basketball shot. Once conditioning is no longer an issue, basketball is a mental game.

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- TIP-IN -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Cross training not only keeps you in basketball shape from one season to the next but if completely thought out, cross training can hone your basketball skills too. Playing two on two volley ball in the sand for instance helps your endurance, touch passes to your teammates and tip-ins while rebounding. You can tip-in your own missed shots and tip-in missed shots of your teammates.

Tip-in drills and rebounding drills should be performed simultaneously. Help from another player or coach is often a necessity for both drills. You need to practice your offensive rebounding drills with a different mind set than defensive rebounding drills. When you gain control of an offensive rebound you have a few choices: tip it right back up for two points using one or two hands, come down with the ball and go directly back up with it, come down and put a one-on-one move on your opponent and take a shot or pass the ball to a teammate.

If you go up for a one handed tip-in you have a decided advantage over the defense that's going up with two hands for a rebound because you can get up a little higher while occupying less space.

Ninety percent + of tip-in attempts will need an assist from the backboard. Just like every other shot, tip-ins have a target. Your spot on that box painted on the backboard is a good place to start. There will be that odd time when a tip-in needs to be finessed into the hoop without the aid of the backboard. The hook on the far side of the rim is your target ☺ on these rare tip-in attempts. You'll have plenty of time to locate your target before you shoot.

If you've taken the sage advice you've been given and employ Karate as one of your cross training disciplines you'll find yourself with more tip-in attempts than you ever thought possible. The pressure you learn to apply to your opponent while battling for rebound position will misdirect them enough to give you clear access to the boards, on both ends of the court.

***** Chapter 20 *****

- FAKE AND SHOOT -

THIS IS BRAIN TRAINING!!!

WE ARE TRAINING YOUR BRAIN TO SHOOT

Misdirection is a major skill possessed by most successful basketball players. Misdirection creates mismatches. An athlete with fewer natural gifts than another athlete can create mismatches through misdirection throughout the course of an entire basketball game. The more gifted of the two athletes cannot fathom this happening, so that athlete plays extra hard; moving out of his/her comfort zone to a mental/physical place where s/he's prone to making mistakes.

Always target players playing out of their comfort zone and always target substitutes coming off the bench. Teams are only as good as their weakest link. Always be targeting or creating a weak link.

Because there are no defenders to worry about and you know how to focus on your target, you will have a higher scoring percentage from the free throw line than you will from the field. Because you know how to focus on your target you'll be labeled a 'shooter' and most of your shot attempts should be heavily contested. Knowing the opposition is always flying at you when you're shooting baskets you can throw fakes to get them off their feet. While they're on the way down you should be on your way up for an uncontested shot. When you get your timing [misdirection] right you'll go up for the shot and get fouled so you can take a trip to the free throw line. You've also chalked up a team and personal foul on the opposition.

So you'll not only be known as a shooter but also as a player with a high basketball IQ. Your opposition will now play you from a mindset of confusion. They will be thinking while guarding you and constantly second guessing themselves. Any move you make will now be construed as misdirection even as you're driving straight to the basket with the opposing player sucking wind at your back and frustrated enough to commit yet another foul. Your defender can be faster, stronger, even seem intimidating to you, but there that player sits on the bench, in foul trouble, while you're taking the replacement to school.

Coach you make this sound too easy!!!

When you know to locate the hook on the far side of the rim, when you can imagine a MAGNIFIED HOOK, when you're in shape, when you know how to juggle, when using your peripheral vision, when you're in 'The Zone,' when you're creating mismatches and your opponent is lacking in any of these areas – it *is* easy. Preparation makes the *game* easy and fun. What's difficult is getting ready for games. Games are fun. Practice is work!

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You intentionally put yourself through the pain of practice in order to derive piles of pleasure from your games. Great basketball players have decided the pleasures are worth the pain!

Have you ever played all out? I mean really played basketball as hard as you possibly can? Have you done it for one straight minute? How about two straight minutes? Can you play all out for five straight minutes? A game is the wrong time to 'play all out' for the very first time. *What?*

That's right, because you will be that person playing out their comfort zone and making mistakes! You will be the mismatch! Practice is the time to learn how to 'play all out.' Begin 'playing/practicing all out' during your suicide drills. That's a drill you can actually run at game speed. (Never go all out, actually you should never play any sport, until you've properly warmed up and stretched your body.) You're not going all out to increase your stamina. You're going all out so your brain/body understands what it feels like to go all out before you're forced to do so in a game. You're making 'going all out' a learned behavior. So in practice, for as often and as long as you can, 'go all out.' Train your brain/body's response time during practices so you don't need to be concerned with playing out of your comfort zone during a game and becoming 'the mismatch.'

Have you ever watched a regular season NBA game? They only play hard during the last part of the fourth quarter. That's it. Have you ever watched an NBA playoff game? They play at a higher intensity level than they've played all year during the regular season right from the opening tip. Have you ever watched a close-out NBA finals game? Through much of a close-out game many of the players are playing out of their comfort zone. Often during a close game one or both *teams* are playing out of their comfort zones, sometimes at the same time. You'll know when those times are happening; the score stays the same for one, two and three minute stretches. During those precious few minutes we witness what I call REAL BASKETBALL! There is such an extent of misdirection happening that players offering up misdirection misdirect even themselves. Fake a pass, fake a dribble, fake a shot, fake a fake pass, fake a fake dribble, fake a fake shot. Heck, they even fake not faking.

Why is all this misdirection [faking] happening, and why is it happening now?

These teams know each other inside-out by the time they get to a close-out game. They're desperate to show something unexpected; doing everything in their power to create mismatches. Which actually takes us to the last shot - bump and shoot.

****Bump and Shoot ****

In the close-out game of the 2009 - 2010 NBA finals Kobe Bryant was having as hard a time scoring as everyone else on the court. (If a *shooter* is having a difficult time scoring there are three shots you don't want that shooter taking -

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a dunk, a lay-up, or a free throw; sometimes one made shot is all it takes to turn a bad shooting performance around.) With 8:46 left in the fourth quarter, the Lakers down by four points, Kobe received a pass out beyond the three point line.

Ray Allen, battling his own shooting demons, was guarding Kobe. He was guarding Kobe tight. His hands were invading Kobe's personal space but he was not making contact. Using misdirection Kobe drew Ray's hands even closer and...

Kobe violently swung his own arms and the ball at Ray's hands and arms. Kobe *hit Ray*.

Foul. Foul on Ray Allen! Kobe hit Ray but because Ray had invaded Kobe's space. The foul was called on Ray even though Kobe initiated the contact.

Kobe went to the line to shoot three free throws.

Kobe pulled Ray into his space and initiated contact by bumping Ray then going directly into a shooting motion. A beautiful rendition of bump and shoot, and in a pressure packed situation.

This shot will not work in grade school, you cannot depend on the experience of your referees to be able to see and call this move properly. In grade school this will be an offensive foul 99.9% of the time. Same results in high school. *College?* Again, it's inexperienced refs too often. That's why this shot has been saved for last. Odds are you won't shoot it in your career. But, it's still a valid shot. Yes it's a lot like a fake and shoot, but with a good bit more finesse. You have to draw the ref into the play too so the ref has a REAL GOOD LOOK at the circumstances (how do you know if the ref is in position to call this foul properly? - your peripheral vision), and you need to draw the other player into invading your space. You see it takes an incredible in-your-face defensive effort to even think about attempting this shot; an effort so incredible that the defender is out of his comfort zone.

So do you care if you make this shot? No, you care only about drawing the foul. You must shoot, and maybe you'll make it. But going to the free throw line is really the only incentive for creating this shot.

***** Chapter 21 *****
- PERIPHERAL VISION / COURT VISION -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Open Your Mind To A Whole New World. Learn how to develop acute peripheral vision, or court vision. Court Vision = another gateway into ‘The Zone.’

Remember when you first began dribbling a basketball? If you had been dribbling in the street with a semi-truck was bearing down on you, you’d never have seen or heard it coming because of your intense focus on that basketball. This is the opposite of peripheral vision. After awhile you learned to only look occasionally at the basketball while dribbling, then eventually not at all. When you’re not looking at the basketball while dribbling you can be looking else where. But, this is not peripheral vision either; this is just getting used to the feel of how a basketball reacts when you’re dribbling.

Peripheral vision is described by Webster’s as:

“the area of vision just outside your line of sight.” Peripheral vision occurs naturally. However peripheral vision is unintentionally ignored by most of us. In order to develop your peripheral vision to a high degree you must first stop ignoring it. Once you’ve stopped ignoring peripheral vision you can begin enhancing your awareness of everything that’s “outside your line of sight” and learn to appreciate and utilize this great asset, your peripheral vision.

Begin this awareness process right now by looking directly at something, anything (since you’re reading this, you might consider looking at this page). Without moving your eyes (you may blink) become aware of everything else you can see outside your direct line of sight; everything. It’s surprising at first. While looking straight ahead, and not moving your eyes, you can clearly see the floor, the walls, even the ceiling of a room and everything in between because all of it lies within the field of your peripheral vision. If you forget to be aware of your peripheral vision these things obviously don’t disappear, you’re just temporarily not conscious of them. When something enters your peripheral vision from the right or left and you notice it, you might say “I saw it out of the corner of my eye.” That’s an apt description.

Peripheral Vision Explained:

Honed peripheral vision is how highly developed speed readers ‘see’ and read entire pages at a time. It appears as if they’re just turning pages but in actuality they are taking mental pictures, as if seeing photographs, or a page of pictures. Speed readers consciously transfer word pictures from book to brain by taking mental images of each page and storing each and every image (on each and every page) in their brain.

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Once the picture is stored in their mind [sub-conscious, or unconscious or the place where one's imagination resides] they can then study [read the word pictures] at the speed of thought while the brain is snapping more word pictures or images to be studied. In order to become an effective speed reader you need a highly developed imagination.

Your imagination can be described as:

your mind exploring something which is outside your line of conscious thought.

In the case of speed reading your line of sight [your line of conscious thought] is the middle of the page. Outside of your line of sight [outside your line of conscious thought] but inside your peripheral vision is the rest of the page. Your peripheral vision is taking in a picture of all the information on the page.

Your brain is physiologically split; the forebrain, the midbrain, the hindbrain and psychologically split; conscious and subconscious [unconscious]. Your conscious mind thinks, or works, linearly, that is to say - one thought at a time - one thought after another - ad infinitum - at the speed of light. Your unconscious mind or your imagination uses images to think in entire scenarios and even explores multiple scenarios simultaneously - ad infinitum - but at the speed of thought.

A conscious mind and an imagination acting congruently, allow a reader to perform the art of speed reading. A reader trusting in imagination to read enters into 'the speed reading zone.' An inventor, like Thomas Edison, trusting in his imagination to roam the recesses of his mind enters into 'the inventor's zone.' Athletes trusting their imagination to 'play' their sport for them also enter into 'The Zone.'

In 'The Zone,' and only in 'The Zone,' are you capable of altering space and time.

??Altering space and time??

Stay with me now. First, of course, you must learn to enter your imagination.

An example of imagination at work:

You're watching television and someone says to you "What did the announcer just say?"

You answer, "No clue, I wasn't paying attention."

You weren't paying attention? Oh really? Then what in the world were you doing? You'd been staring right at the television for over half an hour. I'll tell you what you were doing.

While your conscious mind was focused on the television your imagination was running rampant exploring who knows what. Unlike night time dreaming (where thoughts follow a semblance of progression albeit somewhat disjointed at times) when one is daydreaming [imagining] multiple scenarios can be, and usually are, happening simultaneously. In other words your mind, on it's own – with no intentional direction from you, is creating and studying 'moving pictures' [images of it's own creation, actually your own creation] at the speed of thought.

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Speed reading can happen only because imagination operates outside of all time constraints. That sentence bears repeating. Speed reading can happen only because imagination operates outside of all time constraints. In order for me to explain that last sentence let's return to the television you were watching.

A scene from the program you were watching triggered a memory about an experience you had last year with your best friend. While recalling that entire experience another scene reminded you of a chapter in a research book you recently studied in the library. That recollection reminded you about an overdue book which reminded you about that hairy mole on the librarian's face. And speaking of moles, your lawn not only needs mowing, it also needs that organic fertilizer you just stumbled upon while surfing the internet. What's the name of that website? Website... I need to tell my basketball coach to check out www.BasketballShootingCoach.com.

As your imagination was simultaneously recalling the entire experience you had with your best friend, the complete chapter in that research book, the wonderful story line of the overdue book, the many different times you stared at and contemplated the librarians hairy mole, the name of the organic fertilizer and all its organic ingredients, the organic fertilizer's web site, the BasketballShootingCoach.com website, the face of your basketball coach, and the reason you needed to tell him about BasketballShootingCoach.com ... only 11 seconds of real time ticked off the clock while you [your conscious mind] were 'watching' television.

No wonder you had "no clue" what the television announcer just said. Literally, you had 'lost' your [conscious] mind! Do you see now what I mean when I say your imagination is unencumbered by all constraints of time?

What in the world am I talking about?

And what does this have to do with shooting a basketball? Stay with me©

The following quotes are all from famous professional athletes:

"The pitcher's fast ball looked like a beach ball coming toward me in slow motion." - "The basket looked like it was 6 feet across and the other 9 basketball players were all moving in slow motion" - "I knew the race cars in front of me were spinning at 200 mph but because they were all moving in slow motion I could see a clear path opening up in between them for me to drive through."

I can go on and on and on with quotes like these. What was the perception of space and time to these athletes? It certainly did not reflect reality. We're they operating outside all constraints of space and time? You bettcha! Had they 'lost' their [conscious] minds? You bettcha! Were they each 'In The Zone?' You b-e-t-t-c-h-a!!!

Right now you should be asking "how do I get 'In The Zone?'"

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The answer: e x p a n d your *awareness* of your field of peripheral vision.

Begin this p r o c e s s by taking a basketball out on a basketball court. Stand on one free throw line looking directly at the back of the basketball rim at the other end of the court. This is your ‘line of sight.’ Without taking your eyes off the back of the hoop (you may blink) what can you actually see that is outside your ‘line of sight?’ Become aware of everything; bleachers, walls, floor, lights, scoreboard, your basketball coach, lines on the court, etc. Keeping your eyes on the back of that basketball hoop slowly dribble towards it staying keenly aware of everything in the gymnasium that is within your peripheral vision, *especially everything within the confines of the basketball court.*

While dribbling and walking what’s your perception of what you’re seeing? Does it appear as though the basketball hoop is slowly growing larger and the lines on the court are moving to meet you then disappearing beneath your basketball shoes? (Hint: if your own face is blocking out your basketball shoes from your peripheral vision, lower your forehead forward a little until your basketball shoes enter your peripheral vision and do not lower your forehead any further than that.) You should be moving forward very slowly taking notice of everything within your field of peripheral vision, while maintaining your original ‘line of sight.’

Upon reaching the free throw line of the basket you’ve been focusing on, slowly turn around until your line of vision is the back of the basketball rim back at the other end of the court. Looking directly at the back of that hoop and without taking your eyes off it, this is now your new ‘line of sight,’ begin slowly dribbling towards it all the while being keenly aware of everything within your field of peripheral vision until you reach the foul line.

What’s your perception of what you’re seeing? Is the basketball hoop slowly growing larger, are the lines on the court moving to meet you then disappearing beneath your basketball shoes and then behind you out of sight? (There are two ways for your mind to perceive what you are seeing. One perception is that *you* are moving and everything you see is stationary, the other is that even though your feet are moving, you appear to be stationary and everything you see is moving toward you; kind of like you’re playing a video game while walking on a treadmill.) You want to develop the perception that you’re stationary and everything is moving toward and past you.

This is your first basketball peripheral vision training exercise and is designed to make your mind aware of the vast amount of information your eyes are providing your brain. This is critical information for a basketball player. Information you have been ignoring. Information that is extremely valuable to you during a basketball game. Do this exercise a minimum of 15 minutes per day for at least 7 consecutive days, all the while becoming more and more aware of how clearly you can actually see objects within your peripheral vision [within a highly developed peripheral vision field everything can be seen with 20/20 vision]. Those of you interested in speeding up the process of developing your peripheral vision can do this basketball training exercise all throughout your day in school, or while shopping or reading,

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watching television, or eating, etc., all of these without dribbling a basketball of course. Do this basketball training exercise until you've developed it into a habit. It can become habit within 7 days, or if you're doing this throughout your entire day maybe within 5 days or less. Continue this exercise until it becomes habit, EVEN IF IT TAKES YOU A YEAR. When this becomes a habit you need not practice it further for it has become a way of life. That's a good thing. This habit is good for you on so many levels of living.

Now, after you have developed this habit it's time to *e x p a n d* your peripheral vision even *f u r t h e r*. Do the following exercise for five minutes at least twice a day for the rest of your life (the more often you can do this training exercise on a basketball court the better). Doing this peripheral vision exercise before a basketball game and during half-time is a really good idea, not only to improve your peripheral vision but this exercise is unbelievably relaxing. Stand with your feet approximately shoulder width apart, knees slightly bent. Lift your arms to shoulder height extend them out to the side parallel to the floor as far as you can spread them, as if showing someone how long a 10 foot shark is. You're in perfect position when your arms are spread and your hands are back far enough to be just inside the edge of your peripheral vision field.

Now slowly rotate, from the waist, to the left and then back to the right and back to the left again and repeat rotating only as far as is comfortable. This is not a stretch. You are not stretching! This is a peripheral vision sports *movement*.

Your neck does not pivot, your head moves with the rest of your upper body, your eyeballs are fixed in their sockets, you can always see both hands just inside the limits of your peripheral vision, your eyes are locked straight ahead. You know you're doing it right when the room, or scenery, appears to be swinging back and forth, although your body is what's actually swinging back and forth.

Your focus is straight out, aiming straight ahead, looking neither left, right, up or down. While looking straight out you must always be able to peripherally see both of your outstretched hands; that's how wide your field of vision is!

Swing your body slowly so everything passing by your eyes is clear and nothing is blurred. Blurring means you are rotating too fast. The object of this exercise is getting your mind to notice and recognize everything within your moving field of peripheral vision.

What's happening is your brain is actually snapping thousands of pictures of the scenery as it swings by your eyes and stores these pictures for future reference. You are training your mind to study the entire *'moving' field* of your peripheral vision.

It may take some time to master this, but after you've become accustomed to this movement, very slowly increase the speed of your upper body rotation, day by day, month by month, year to year. Can you imagine how incredible your peripheral vision will become after years of practicing this invaluable basketball training exercise? You will see things on the basketball court during a basketball game that will surprise and even astound you.

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This exercise will develop your court vision to the extent of cementing your reputation as a basketball player with eyes in the back of your head. This exercise will allow you to develop the skill of knowing where the other 9 basketball players and the referees (which is extremely valuable information) are on the basketball court at all times. This is the exercise that will allow you to develop the skill of deadly accurate no look passes. You are training your mind to study the entire moving field of your peripheral vision at the speed of thought.

What's actually happening here is you're giving your conscious mind a job.

What's that job exactly? Paying attention to the peripheral field of vision.

Remember, your conscious mind is only capable of performing one task at a time, and now that your conscious mind is occupied your unconscious mind can sort through those thousands of pictures your brain is taking and 'speed read' the basketball court. When that happens you are running on instinct, you are 100% in your imagination; you are 'In The Zone.' An acutely developed field of peripheral vision is a free pass into your imagination which is a free pass into 'The Zone.'

An advanced basketball exercise you can do to open your mind to utilizing your peripheral vision involves dribbling two basketballs: Dribble both basketballs simultaneously, one with each hand, walking from one end of the court to the other and back again, etc. As you're dribbling these two basketballs, rotate your head from side to side, with your eyeballs locked looking straight out. When you're doing this properly it appears as if the gym is swinging back and forth. If your vision is blurring you're rotating your head too quickly. When you believe you're getting good at this basketball dribbling drill, and you'll know it when you're not stumbling around the court like a drunk anymore, pick up the pace. Eventually you'll be running flat out with your head swiveling about wildly on your shoulders. Remember to swivel your head only as fast as your vision is clear and not blurred.

When you become proficient at this basketball dribbling drill, set yourself up an obstacle course to dribble through and continually raise the level of difficulty of your obstacle course, you can also increase the difficulty of dribbling by substituting one basketball with a tennis ball or one basketball with a 'heavy' basketball, or both. These peripheral vision/basketball dribbling drills not only make you a better dribbler, in quick order I might add, they simultaneously teach you how to see the entire court, which in turn allows you to know where everyone is on the court at all times. Knowing where everyone is all the time, good court vision, made Larry Bird, Magic Johnson, Jason Kidd, John Stockton, Michael Jordan, Chris Paul and Steve Nash appear to have eyes in the back of their heads. Your mind, the mind of an athlete, after experiencing 'The Zone,' will want to stay 'In The Zone' and play from the perspective of 'The Zone.' Using your peripheral vision to enter and stay 'In The Zone' during a game makes it easier to segue into 'The Shooting Zone' when you're taking a shot. It's just another scenario as far as your imagination is concerned. Do you now realize how entering into 'The Zone' is the gateway to DEADLY SHOOTING ACCURACY?

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***** Chapter 22 *****

- REBOUNDING -

THIS IS BRAIN TRAINING!!!

WE ARE TRAINING YOUR BRAIN TO SHOOT

'Keys' To Rebounding Are Also 'Keys' For Living and Enjoying A Great Life

All of the information in this chapter applies to defensive basketball rebounding. *Almost* all of the information in this chapter also applies to offensive rebounding. Offensive players normally work harder to get positioning for a rebound because there's opposing players between them and the basket. The closer you are to the basket when the shot goes up the more like a defensive rebounder you become, fighting for position in order to keep the other team from gaining control of the rebound.

But when you have an opportunity to gain possession of the rebound your first thought, as an offensive player, is attempting to score by tipping the ball back up. That means you can go up with one hand, with the possibility of getting higher than the defense that's going up with both hands, tipping the basketball in just outside the reach of the extended arms of the defense. To make things go in your favor as an offensive rebounder get to know your teammate's tendencies. If you know your teammate is going to shoot you have an opportunity to beat the opposition to the rebound should the ball not drop in the hole. So an alert offense has a jump, pun intended, on the defense.

Here's a great rebounding rule of thumb; each rebound equates to 1 point on the score board. If one team out rebounds another say 40 to 20, that team should win the game by about 20 points. This stat is obviously not completely accurate, but is a great rule of thumb. So clearing the backboards is paving the way to victory.

Mental / physical strength and stamina, awareness and anticipation used in conjunction with court location, all dictate your rebounding positioning and style. All of these abilities are enhanced by great peripheral vision. Although no one is born with these abilities, everyone can learn them.

A great rebounding team is the most difficult of all teams to defeat. Since they have learned to rebound as a team they have also learned to play defense as a team. Because they have the resolve to learn rebounding and defense, by default they have become an offense quick to take advantage of mismatches. Great rebounding teams will limit an offense to one shot 60% of the time and a great defensive team will make certain that 75% of those shots are intensely contested. If a defense shuts down shots from the paint then most of the opposition's shots are jumpers creating long rebounds and fast break opportunities.

Most long shots are fired up from either the left or right side of the basketball court. Long

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shots create long rebounds generally to the left or right of the basket except for late in the game when long side shots generally rebound back to the same side because players are getting tired and their shots are falling short.

During the first three quarters long side shots generally rebound long to the opposite side of the court, or if shot from straight on directly back towards the shooter. Smaller players have an advantage on long rebounds because most of the time smaller players are quicker than taller or bigger players. Most short shots create short rebounds.

What skills are required to become a great rebounder?

In order of importance: conditioning, timing, positioning, and blocking out.

How does this all add up?

If you position yourself for a rebound before it's time, you take yourself out of the flow of your team's defense or offense breaking down the team's continuity and your ability to be in the right place at the right time. No matter how good you are at blocking out, if you're not in the proper position to do so, all that ability and training is wasted. Playing man-to-man or playing zone defense you always need to be aware of the rest of the court, otherwise you're not playing team defense (five players moving in unison as one entity).

Learn to anticipate, to plan ahead. When a long shot misses it generally rebounds long. When a shot is taken you must know if it's a long or short shot and also know where it's most likely to go when it misses.

After the shot goes up it's time take your eyes off the ball and concentrate on your opponent. Your sole purpose is keeping *your* opponent from grabbing that rebound. You might not get it either, but it is imperative your opponent not get the rebound. Get in position, inside position with your man on your back between your elbows, your feet spread, knees bent and block your opponent out of the play as far away from the basket as possible. This is another time when strength training and [Karate](#) come into play; your opponent's trying to get that rebound too. Mental and physical strength and stamina, court awareness and anticipation used in conjunction with your court location, all dictate your rebounding positioning and style. Rebounding, like life, tests your heart and tests you physically and mentally. Work the boards and the score will take care of itself.

If you're fouled going for a rebound, or going after the ball for any reason, your team obtains possession of the basketball even if you've never touched it. That's why hustling for loose balls is so dad-blamed important. All basketball players are allowed their space on the court, when that space is encroached on, and the referee sees it, a foul is called. After enough fouls have been called on a team, every foul there-after sends an opposing player to the foul line, whether that player was in the act of shooting or not. So a defensive rebounder can really throw lots of points up on the scoreboard while totally disrupting the opposing team's offense.

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A rebounder's responsibility is two fold; the first responsibility is to keep the other team from collecting the rebound; the second is to configure where a shot may rebound to, if in fact it misses.

Why should I bother fighting for position and putting myself in jeopardy of committing a foul if the rebound is not going anywhere near me?

I'll tell you why! What if you're wrong? If you're in the paint you always fight for inside position. Elsewhere in this book I mention cross-training, specifically [Karate](#). If you understand positioning and leverage the way it's taught in Karate and your opponent doesn't who do you think will acquire the preferred inside position more often than not? Now, I'm not suggesting you break your opponent's leg in order to get proper positioning, I'm simply suggesting that cross-training helps, maybe in many ways you have yet to realize.

When you get the rebound your opponent should immediately attempt to dislodge the ball from your grip. So now your first priority is retaining possession of the ball. Secondly you want to shoot or get the ball to the proper teammate as soon as possible whether that player is standing right next to you or standing under the other basket. This is when you rely on your court vision to make a snap decision.

Basketball is war.

You said earlier "basketball is a game."

You've heard of war-games? A perfect description of basketball.

The team *winning* most of the rebounding *battles* usually *wins* the basketball *game*.

If you're finding it difficult to earn a spot on your team, you can insure getting playing time on your rebounding talents alone. Pull down 10 + rebounds per game and you're guaranteed many minutes of playing time.

Basketball rebounding tests your physical and mental resolve. Rebounding tests your competitive nature. Great rebounders set themselves up through forethought [anticipation] and dedication which secures them a spot on their basketball team. Those same learned behaviors carry over to setting up a great life. Life is not easy but worth the fight.

The same mind set, determination, persistence and follow through that make great rebounders also pave the way for a great life.

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***** Chapter 23 *****
- BASKETBALL SKILLS -
THIS IS BRAIN TRAINING!!!
WE ARE TRAINING YOUR BRAIN TO SHOOT

Choose to master three one-on-one moves; two easy moves and one fairly difficult move. They can be any three moves you like. Watch your favorite players and use the moves they use or find your favorite one-on-one moves in a favorite basketball book and then master three. Don't worry about any other one-on-one moves until you've mastered these three. It will take anywhere from months to years to master these three moves.

Why so long?

Look at all the other things you're also mastering.

Once you've mastered three one-on-one moves you can mix and match them so your defenders can never tell which move you're setting them up for. It's really sweet when the set-up for all three moves looks identical. Then there's absolutely no way defenders can anticipate what you're going to do from the look you're giving them. Three one-on-one moves actually give you six moves; three on the left side and the same three on the right side. How many times during a game do you actually face the same opponent one-on-one? Become incredible at these six one-on-one moves. Odds are, for the rest of your basketball career you won't need many more one-on-one moves, if any.

Every basketball player should be proficient at six shots; lay-ups with either hand, baby-hook-lay-ups with either hand, short pull-up jumpers off the board, and free throws. Every basketball player should be proficient at those six shots, no excuses!

Each position has its own natural shots. Pick three favorite shots from your position and pick one more favorite shot from somewhere on the court your position would never shoot and master those four shots too. Every basketball player should have a minimum of ten shots mastered. Six of those shots you should make 90% of the time or better! The other four you should score 60% of the time or better. There is absolutely no reason for shooting any worse than that! !!!ABSOLUTELY NO REASON AT ALL!!!

If you didn't know how to focus on your target I couldn't say that, but you do know how.

That *MAGNIFIED HOOK* is the reason for this book© The reason you read this book was to learn *THAT ONE specific 'mental key.'* If there's [magic](#) in this world, and there is; recalling that *MAGNIFIED HOOK* in your imagination, before and during and after your shot *is magic*©

As your basketball career advances you can add shots to your arsenal, one shot at a time. Master each new shot before adding another. When I say master I mean perfect that shot. Throwing stuff up from all over the court when you're practicing, or during games for that matter, does not help you become a scorer.

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[AAU](#) aged players, ten shots is all that should be expected of you. If all the players, starters and relief players on your team do this AND shoot ONLY the ten shots they've been mastering (meaning if you have a shot on the court during a game and it's not one of your ten, DO NOT SHOOT - again, there's exceptions to every rule) your team should throw up phenomenal shooting percentages. Now, teammates only need to learn the four favorite shots of each player in order feed them perfect assists. Your offense is designed around getting players open at their favorite positions. The coach designs plays to get players open at one of their ten shots using variations of give-and-go and pick-and-roll offenses. Your half court offense and your full court offense morph into the same offense.

Defense?

Defense is a skill improved by peripheral vision and conditioning more than anything else. Only tired, lazy or inexperienced players play defense with their hands. You play defense with your eyes, your mind and your feet. Sure you need to use your hands on defense, but if you're not properly positioned on the court defensively your hands are not defensive weapons. If you're not properly positioned defensively your hands only reach out for trouble.

The most difficult aspect of basketball is playing team defense. The entire team needs to be superbly conditioned. The entire team needs to understand why they're playing the type of team defense they're playing in order to be on the same page at the same time. It's much easier to jell offensively as a team than it is defensively. A good offense searches for, finds and exploits weaknesses in an opponent's defense.

Shooting is offense. Why is there so much discussion of defense in a basketball shooting book? Well, defense is directly responsible for at least 25% of a team's points and defense is indirectly responsible for more than 95% of a team's points.

The better you are at offense the better you should be able to anticipate on defense. When you come right down to it defense is like your non-dominant hand and offense is like your dominant hand. What happens when you're superbly conditioned and as proficient with one hand as you are the other [ambidextrous]? You've become an almost unstoppable force. What happens when your team becomes as proficient with defense as it is with offense, when your team becomes ambidextrous? I'd say its championship time. No matter how great a basketball player you become if you never experience a championship you never really taste the fruits of your labor.

Basketball is a team sport requiring a team effort. Incentives for defensive effort work like magic:

The starting five are always the five players on the team with the best defensive effort in practice. A 'game ball' goes to the defensive-player-of-the-game.

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At the end of the season the ‘Defense MVP’ goes to the player with the most defense game balls. This approach provides surprising side-effects; teams become savvier and tougher offensively, team transition efficiency from offense to defense and from defense to offense becomes astounding.

Press the entire game. Practice man-to-man press and zone press. Practice flowing seamlessly from man press to zone press and back again; full court and half court. Expending this ‘team effort’ on defense pays off in another surprising way; the team's ability to understand, implement and ad lib offensive strategies. A suffocating overall defense provides a basketball team with an inordinate amount of [fast break](#) opportunities. Fast break opportunities provide a basketball team an inordinate amount of turn over opportunities because great defense, by default, creates an up tempo game which frequently puts players from both teams out-of-position, resulting in confusion. Fast break offense is mostly one-on-one, pick-and-roll and give-and-go. Isn't it fortuitous that these three offensive strategies morph into 99 percent of all half-court offenses?

Learning and practicing how to convert fast break opportunities into scoring opportunities allows a basketball team to simultaneously learn one-on-one, pick-and-roll and give-and-go offenses and practice defending the one-on-one, pick-and-roll and give-and-go offenses. Defense transitioning to fast break offense practices should be run at game speed so this pace doesn't feel foreign or frantic during games. Also each and every athlete needs to play all five positions on the court during daily practices. By keeping the offense simple (one-on-one, pick-and-roll and give-and-go) and consistent all over the court players never feel out of position or unable to recognize what's going on around them. When the entire team knows how to function at all five positions, by default they know what to expect from their teammates no matter where on the court they find themselves playing.

Great defense takes the opposing offense out of its rhythm, its comfort zone. A stifling defense rattles an offensive basketball team individually and collectively. At any level of competition an uncomfortable offense is an ineffective offense.

The Chinese have a unique perspective on the difference between Heaven and hell. Each is an enormous banquet of delectable dishes at huge round tables. Everyone at the banquet is given chopsticks that are five feet long. The selfish people in hell struggle to manipulate these awkward utensils; give up out of frustration and starve. In Heaven, everyone serves the person across the table and each becomes abundantly full.

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I'm telling you, basketball is a simple game.

Offenses designed around one-on-one, pick-n-roll and give-n-go basketball. Defenses designed to defend a one-on-one, pick-and-roll and give-and-go offense.

Your practices should be more difficult than your games. If they're not ask your coach; why? If you are the coach, then I'm asking you - why?

Conditioning, defense and free throws win games, most of the time.

Basketball; It's All About The Shot

Address all questions and comments to Coach@BasketballShootingCoach.com.

Visit: <http://www.BasketballShootingCoach.com>.

Follow me on Twitter, FaceBook and my Blog at

<http://www.BasketballShootingCoach.com>.

Thanks for your valuable time,

Coach (Dave) Jones

Stuff all basketball players and coaches should know, according to me☺

Coaches: Rules to follow for developing a wonderful team to coach.

Team Captains: Rules to follow for developing wonderful teammates.

Players: Rules to follow for becoming a wonderful teammate.

No answers are right or wrong. These are exploratory questions for you to find out about your team, teammates and yourself; the more we know about one another the more we can help one another grow and excel.

This *Stuff* is in a very loose order:

Confidential talks with athletes:

Why are you playing basketball?

What is your perceived ability?

What are your expectations?

What are your goals? Long term? Short term?

What do you expect to do in games?

What do you expect to do in practice?

What are your off court basketball related activities?

Do you want practices to be challenging?

Are you a player that gives 100%?

Are you a player that wants to give 100%?

Are you a player that gives 1%?

Do you want to work hard and have fun?

Do you want to coast and have fun?

Do you want to play a sport in college?

Do you need a scholarship in order to attend college?

What kind of student are you?

Is it important that every team member gets at least ten minutes of game time at the expense of possibly losing a game, or have a 7 to 9 player rotation and play only to win?

Although this is after school and we're *playing* a sport this is also a classroom.

Unlike most other classrooms, we will be teaching each other.

You will mostly be teaching me how and what to teach you, directly and indirectly, by what you say and by your actions.

85% of communication is nonverbal, therefore it's important we expand our nonverbal communication.

Even so use your teammates name before passing the ball.

Everyone can learn to play at a high performance level.

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Some learn to play at a high performance level sooner than others.
Everyone will be better at one aspect of basketball than another.

Everyone can learn to:

Shoot and make lay-ups; right and left handed - without looking back to see if it went in.

Shoot and make baby-hook lay-ups; right and left handed.

Box out.

Execute the give-and-go.

Execute the pick-and-roll.

Know what your teammates are prone to do, good and bad.

Give 100% attention and effort.

Dribble well with both hands.

Know all plays; Be able to execute all plays without error.

Spin the basketball on your finger.

Juggle.

Karate.

10 guidelines to follow unless you want to warm the bench:

Sprint back on defense.

Keep your hands above your hips; box out, or if there is no one to box find an open spot on the floor where a rebound is likely to go.

Know where all ten players are.

Fill the lanes on fast breaks or get the ball to the middle.

Set smart picks and be prepared to roll; look to participate in give-and-go opportunities.

Think... What are we doing?... Where should I be?

Learn when to use which type of pass.

I'm going to tell you what I'm going to teach you, then I'm going to teach you, then I'm going to tell you what you just learned, how you learned it and when and where you are going to apply it!

This works like "wax on, wax off."

I don't care why you are here. That you are here for *some* reason is all that's important.

I will be giving homework assignments and I expect them to be completed.

I'm going to train you to be basketball players, but you are simultaneously being trained to be athletes so you can excel at any sport you wish to play.

Only one in four players rated 'a star' in middle school maintain that status three or four years later in high school for varied reasons, the least of which is other children caught up to their skill level.

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My goal is to assist you in becoming better people and better athletes. I can be very effective doing that if we're on a two way street, i.e., you being completely truthful and honest with yourself and letting me know, in strictest confidence, what you think needs extra attention from me. Then and only then can we decide on a plan to get us where we both want to be. You and I must accept responsibilities for our own behavior.

Persistence and God are the only omnipotents in this universe.

'Inner Winners:'

Only an athlete trained to look beyond personal glory can begin to see that a champion's strength is measured by virtues of the heart; that challenge is within; that your opponent is really internal; that reward is deeply personal and private.

Through sports one can create a new level of awareness, an awareness of one's self that transcends sports.

When athletes are focused on results-oriented outcomes they have no control over they build up anxieties and tension, however when their thoughts shift to things they can control - desire, commitment, persistence, courage, preparation and confidence - they perform at their personal best more consistently.

When an athlete is focused on the moment, on the *joy* of the event, that athlete has all the confidence in the world; an athlete focused on the outcome of the event loses that confidence. Pursue victory in the context of cooperation, friendship, support, mutual respect and compassion. This is total truth learned through sports. This is also a wonderful life strategy. Treat everyone as you expect and wish to be treated.

Practices define the attitude of a team.

This attitude becomes ingrained in the player's minds and hearts and becomes the definition of the team's games.

Players and teams play what and *how* they practice.

Practices create a learned behavior.

In order to win at life we must feel free to fail. We must feel free to take those risks which allow us to discover our greatness.

It's easy taking risks when we know we cannot fail.

If we take a risk and it doesn't work out as planned but that risk serves as a learning experience, then we didn't fail. But, we must be honest with ourselves and ask why and how it was the risk did not go as planned. Only then will it truly become a learning experience.

Failure is *not* failure if it is a learning experience.

Heart is: the willingness to take risks to improve even in the face of potential failure.

The courage to go all out and discover your capability at the moment, having the freedom to lose, to learn from it and forge ahead, playing with fearlessness and tenacity and audacity.

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Be bold as you look at your opponents and *dare* them to match *your* intensity.

Confidence is laying it all on the line with the courage to risk, suffer and feel fear.

A quality common in championship level teams is the team's unrelenting willingness to serve one another for the greater good of the team. All people associated with the team ask, "How can I give more?" as opposed to "How can I get more?" This service to team effort translates to well defined individual roles and 'team' basketball.

The Chinese have a unique perspective on the difference between Heaven and hell. Each is an enormous banquet of delectable dishes at huge round tables. Everyone at the banquet is given chopsticks that are five feet long. At the banquet in hell, people struggle to manipulate these awkward utensils; give up out of frustration and starve. In Heaven, everyone serves the person across the table and each becomes abundantly full.

Athletes lead by serving their teammates in practices and always working in a way that helps their teammates improve. Athletes not doing this are not being leaders and are actually sabotaging their team.

Who is our partner in play, in training and learning, causing us to utilize more of ourselves than we could under any other circumstances? Our opponent! When we are playing together; as they teach we learn and as we teach they learn. Without our opponent our practices have all been for naught.

What is lost by not trying and what is lost by not succeeding are entirely different. If you try and you fail, ultimately you will succeed.

Victories over self-doubt and victories over fear, failure and ego are prerequisites for triumphs on the basketball court.

There are only two types of athletes, those who have failed and those that will.

We can't avoid failure, for we need to take risks in order to improve. Only in an environment such as this is there freedom to fail.

Create success with the courage for risk and the compassion for failure (learning).

All skills are perfected through the process of failure. How many times did we fall down as we learned to walk?

Embrace failure as a necessary part of improvement.

Real failure, *perhaps the only failure that exists, is your unwillingness to understand the role of setbacks in creating success.*

All *significant* gain is preceded by loss.

Losses, setbacks, and failures are natural valuable teachers on the path to success.

Failure is part of the process of successful living.

We only win when we are able to handle loss by accepting failure as a learning experience, then we can relax and forge ahead. This is truly the success of defeat.

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Traditional victories are transitory; *outstanding performances* last a lifetime!
Hard work, diligent effort and commitment to high standards are all pathways to winning.
Used in conjunction with one another they pave a roadway to victory.
BE BOLD. BE FEARLESS. BE TENACIOUS. BE PREPARED.
BE RELAXED and FLUID. BE ENTHUSIASTIC.

Can you demonstrate what 'going all out' looks like? For 5 minutes?

Identify ten traits, behaviors or actions demonstrated by champions. Now, select four to adopt into your style of play and execute all four of them every time you step out on the court.

All athletes experience a drop in confidence from time to time. How can you possibly have confidence in something you cannot control?
NOW, let's focus on something you can control.
Thoughts are things, like fatigue is a thing, like self-talk is a thing, like positive self-talk is a thing, like fear or pain are things.
Deal with negative mind chatter by acknowledging that it's happening and deciding to deal with it later, after your competition is over. The words you use internally and externally are the seeds of future realities, a self-fulfilling prophecy. Your words create your world, your reality. Use your words and build your world wisely.

If you go out on the court and make the maximum effort without being afraid to fail, you are a winner no matter what's on the scoreboard!
Winning is not necessarily outscoring your opponent.
The *guaranteed dividend* is the complete peace of mind gained in knowing you did *everything* within your power – physically, mentally and emotionally – to bring forth the potential of your game.
It's completely alright to be disappointed when you don't win, but don't let a loss keep you from being *proud* of the effort you put out.

It's all so very simple. Figure out what your best can be - then do and be the best you can.

Basketball - It's All About The Shot is designed to supplement basic basketball training. This book teaches basketball players how to shoot a basketball and score. For other basketball skills you will find researched and approved books at www.BasketballShootingCoach.com.

Thanks for reading.

Address all questions to: BasketballShootingCoach@hotmail.com

Visit: <http://www.BasketballShootingCoach.com>

Follow me on Twitter, FaceBook, the Blog and the Forum on the website.

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BASKETBALL - IT'S ALL ABOUT THE SHOT

** TRAIN YOUR BRAIN TO SHOOT **

By Coach (Dave) Jones
www.BasketballShootingCoach.com

BASKETBALL SHOOTING BOOK INDIVIDUAL BASKETBALL SHOOTING DRILLS ** TRAIN YOUR BRAIN TO SHOOT **

This is the most useful, absorbable, comprehensive and controversial book on shooting a basketball ever written; your own personal basketball shooting coach.

When you shoot better than 60% from the field and 90% from the free throw line basketball coaches will fight to get to you.

Use this system to achieve these percentages. LEARN TO SCORE.

This system works. It works fast. It works easily. It works for everyone. Everyone can shoot. USE THIS SYSTEM TO LEARN HOW TO SCORE.

This system works. It works fast. It works easily. It works for everyone.

You want to be a GREAT shooter?

First train your body. Then train your brain to use your body.

Basketball –It's All About The Shot is NOT designed as basic basketball training. This book *IS* designed to teach ALL basketball players how to shoot a basketball. For other basketball skills, you will find training along with *approved* books and websites at www.BasketballShootingCoach.com.

Remember, this book is being shared by basketball players and basketball coaching staffs around the world. If you and your team are not taking advantage of this valuable information – your competitors will be taking advantage of you.

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**** About The Author ****

My name is Dave Jones.

In 1987 I was living in [Newport Beach, Ca.](#) The owner of the company I worked for was coaching a little league basketball team and having a difficult time. He asked my roommate for help. The roommate said "OK, but you should be asking Jones to help - Ah, he knows more about basketball than anybody." The roommate had played college ball and was playing in lots of pick up games at the beach. Together we'd watched tons of college and pro ball on TV.

The Little League teams could only practice one time per week. When I joined the team they were 0 and 2. We went to 2 and 2 and lost the fifth game, all my fault. In order to teach them basketball we'd focused on defense and we lost that fifth game because we could not capitalize on the scoring situations we'd created with our defensive effort. These kids needed a simple and effective offense.

The next day I went to the beach and walked out to the end of a jetty, my favorite place to sit and think. The waves were good, four to six footers. Hundreds of surfers in black wetsuits bobbing in the ocean looked like buzzards hovering over a kill. From my vantage point high on the jetty out past the breaking waves I could see wave sets forming as they began to swell half a mile or so out. One beautiful wave after another crashed onto this sunny Southern California Coast with multiple surfers ringing out every possible inch of each wave as it fizzled onto shore. Then, what turned out to be the best wave of the day broke onto shore without a rider. The best wave of the day was the only unscathed wave of the day to arrive at it's destination. AH - HA! Simple and effective. These kids cannot shoot very well, so if they keep 'rolling' at the basket sooner or later one will arrive unscathed for an uncontested lay up.

I got home from the beach in time to catch an NBA Play-off game. For the very first time I watched pro-basketball from the perspective of a coach. All these guys did was run give-and-go, pick-and-roll and one-on-one plays. The best players in the world running, no perfecting, basketball's simplest offenses.

AH - HA. Two in a day, YES! Teach my team a simple give-and-go offense.

We played for the Championship at the end of the season and lost that game by two points; again, my fault. During our last practice we had an observer; we were practicing in a public park so an observer was not unusual. We found out during the Championship game our observer was the opponent's assistant coach. They knew we were going to play our defense packed in and let them shoot long shots.

Late in the game they were up by two points and went into a stall! We're talking Little League ball and the coach calls a stall. Needless to say we were unprepared.

That was the worst display of unsportsmanlike conduct I've ever witnessed.

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His players wanted to play the game and not stall. The parents from the other team were harassing their own coach to stop stalling and play. But we must learn from the situations life throws at us. I now know the *game* of basketball is another word for war.

Years before this on my 21st birthday my girlfriend and I went to see a hypnotist's show. I was desperate to know how it felt to be hypnotized. When he called for volunteers I was the first one up on stage and as it turned out, his best subject. He saved me for last and even sent me back to my seat as he closed the show telling me I was just a poor subject.

A few minutes later he was back on stage making an announcement about a very special guest star in the audience, a [Mr. Bill Cosby](#). I sprang from my seat, lept onto the stage, grabbed the mic from the hypnotist and welcomed everyone to the show and went into a rendition of Bill Cosby's "Noah!"

I was performing and watching people laugh themselves right out of their chairs. I mean people were literally on the floor laughing uncontrollably. I finished the skit, jumped off the stage and ran right out into the audience. The hypnotist hollered after me wanting to know where I was going. I had no idea! He clapped his hands and there I stood in the middle of the dance floor with everyone pointing at me and laughing.

For a short while I had been a very funny Bill Cosby.

From that moment on I had a real yearning for learning hypnosis' underlying forces. In 1994 there was a hypnosis course offered at the local community college. I signed up for that course and have been studying ever since. Hypnosis led me to [NLP](#) (Nero-Linguistic-Programming), described to me by NLP's inventor, [Dr. Richard Bandler](#), as 'high-tech hypnosis.' The one goal while getting certified during all my NLP studies was finding a way to incorporate NLP and basketball.

Trance, meditating, imagining and 'the zone' are four different names for the same place. I was looking for a way to get athletes into 'the zone' without having to wave a watch and chain in their face. Everyone knows athletes enter 'the zone,' we just didn't know how, specifically!

Thanks to '[Special Olympics](#)' in 2003 another AH - HA moment hit me upside the head like a ton-of-bricks. I'm certain most of you have heard of 'Special Olympics.' What many of you might be surprised to learn is the 'high functioning' Special Olympians are real honest to goodness athletes. I coached one Championship game that had a final score of 122 to 118. There was somewhere between 50 and 60 dunks during the game, many of them two-handed behind the head! I'm telling you, real athletes!

In '03 I was coaching a level three Special Olympics basketball team, level four is the highest.

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Historically this team was level four, but the team's two best athletes were unfortunately in jail. That's the sad truth for many of these 'special' people as they try unsuccessfully to integrate with the rest of 'humanity,' but that's another story for another time.

During one particular practice these guys were throwing up brick after brick after brick. But boy, they were looking good doing it. Watching their beautiful shooting mechanics one would have thought you'd be seeing swish after swish after swish. Not so.

I whistled practice to a halt and yelled, "What in the world are you guys shooting at?" "Duh Coach, were shooting at the basket. What do you think we're shooting at? And we're called challenged!" We all had a good laugh. I said, "Specifically, what are you looking at?" None of them had a 'specific' target, I've come to learn that most shooters do not have a specific target, and if someone does direct their focus, their target is either too large or an ethereal point floating somewhere in three-dimensional-space.

I ran and got the gym's dust mop, had the team stand at the free throw line and stuck the handle of the mop right up under the hook farthest from the free throw line where the ball players were standing, the metal hook that holds the net to the rim. I asked them, each and everyone individually, "Do you see the hook I'm pointing to with the handle of this stick?" Each said yeah, they could see the hook I was pointing to. "Now, I want you to line up single file and each of you shoot five free throws. I want you to see this hook before you shoot. I want you each to take your time in between shots and concentrate on this hook before you shoot. Take your time. See the hook and then shoot. You got it?" Each of them nodded yes.

First shooter: I banged the end of the mop handle up against the hook. "Do you see the hook I'm pointing too? Are you sure? OK, then shoot the ball and hit this hook with it. Hit this hook with the ball!" I did not pull the stick away. Three players hit four out of five. The other two hit five out of five. I WAS EXSTATIC!!!! and jumped up and down screaming like a madman.

There were only five players on that team, one a Mom with two children. We had five games left in the season if we won all our tournament games. We won the gold medal and shot 61% from the field and exactly 90% from the free throw line during that five game run. These were the happiest ball players you've ever seen in your life, they won a Gold Medal without the two best players; they did it on their own.

It wasn't long before I figured out how to integrate the magnifying glass and magnified image into the system. As soon as that happened all players even those with poor shooting form were experiencing astounding results. I knew I still had a responsibility to teach good solid shooting fundamentals. But I also knew that all the complex shooting mechanics being taught by other coaches were all overkill. These coaches are compensating for their inability to teach players how to enter 'the zone' which allows the player's imagination to control their body.

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Since 1987 I've coached [Little League](#), [Special Olympics](#) and High School basketball teams. I've also coached hundreds of individual players from eight years old to sixty five years old. Each and every basketball player I've coached, since developing this system, shoots the lights out. On my website I sold a twelve page eBook on this system and experienced great results from 100% of those who purchased it, but I stopped selling it because this book needed writing.

In sixth grade there were two girls taller than me but I was the tallest boy and one of the best athletes. The basketball coaches recruited me and my friend Glenn, the shortest kid in sixth grade and also one of the best athletes, to practice with the seventh and eighth grade basketball team. We couldn't play on the team, only practice. The coaches were just getting a jump on next year by coaching us now. I'd never played or even watched basketball before this, and the coaches did a lousy job of introducing me to the game. If they would have just recommended a book or even just told me to watch basketball on TV things might have been different. In my neighborhood we played baseball, football and hockey. I don't remember anyone playing basketball in the neighborhood until a group of us started playing on the school team in seventh grade, then we played all the time.

We had very poor coaching, my Dad didn't play basketball, and there was no one to teach me the game. I never really started understanding basketball until I was 21 watching my first [NBA](#) playoff game on TV while visiting a friend, I was hooked.

It is imperative that players I coach understand the game of basketball. It's always easier to do anything when you know the theory and reasoning behind what you're doing. Sometimes I go a little overboard driving a point home, but those points must be very important or I wouldn't spend all the extra time on them. So keep that in mind while you're reading (and re-reading) this book. If you find I'm going overboard on a specific point or two, it would behoove you to pay special attention.

Now that you know a little something about me I hope it's enough info for you to try your hand, your eyes and your mind at this system in order to become the best basketball player you can be. I'd wish you good luck but you don't need luck if you simply follow what's laid out here for you.

I will be addressing common issues and questions on [Twitter](#), [FaceBook](#), [YouTube](#) and within the web pages and videos of my website, www.BasketballShootingCoach.com.

ENJOY this book. Please feel free to contact me.

I LOVE THIS GAME

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