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Basketball: Basketball Made Easy: Beginner And Expert Strategies For Becoming A Better Basketball Player (Playing Basketball Conditioning Shooting Drills ... Winning Tactics Sports Reference Guide)



Synopsis

Are you embarrassed by your basketball skills? Tired of missing those crucial shots? Wish you could steal the ball more often? Whether you want to (1) shoot more accurately, (2) play better defense, or (3) discover how to be a more powerful player, this book will get you there. Are you afraid you're too short to ever succeed at basketball? You can play a great game, even if you're not a giant. Superior speed and agility can overcome a lack of height. I've included plenty of drills and strategies that you can use to make the most of your ability to maneuver around your opponent quickly and easily! Ooze confidence on the court. If you adopt even a few of the strategies in this book, you can find yourself dribbling more smoothly, passing the ball more accurately, and shooting baskets with far greater confidence and effectiveness. Know the game inside and out. From the basics to expert strategies, this book will fill in the gaps in your knowledge with detailed descriptions of each playing position and a variety of playing strategies. Sharpen your knowledge of the game with targeted drills and strength training exercise that have been proven to be powerfully effective. What Will You Learn About Basketball? How to boost your passing skills. How to increase your dribbling agility. How to shoot the ball with confidence and accuracy. Powerful defensive strategies that help win games. The best drills for improving your skills. You Will Also Discover: The key secret to skill development. The best stretches to do before workouts and games. How to master your position on the court. How to be highly motivated and totally prepared on game day. Effectively boost your most important skills through targeted practice. Learn how to design practice sessions that are tailored to your specific strengths and weaknesses. You will also discover practical ways to shore up your weaknesses without neglecting your strengths. Know exactly what to do in order to make the most of your practice time. See how easily you can smoke 'em! Start enjoying the sounds of the cheering crowd. Get in the zone and start dominating on the court: click the BUY NOW button at the top right of this page!

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Customer Reviews

This book is great for those that are trying to learn a little about basketball, those that want to learn how to improve their game and for those that want to understand the mental and physical side of the game. It addresses all these things and much more. Not only does this book explain the game in easy-to-understand terms, but it also gives you ways to prepare for playing including exercises and stretches that warm up the body. Everything you need to play a game from the court to the uniform and all the way to the water bottle and staying hydrated is explained. Leg, back, stomach, arm, neck stretches and more will keep the body limber and help the player avoid injury. Strategies are discussed that will improve your game. They include a bunch of passing, shooting and dribbling techniques. There is an entire chapter on strength training and includes valuable schedules and exercises. Proper nutrition is emphasized and the book has a great explanation on how eating carbs before a game can help you play better. Mental strength building techniques are also discussed along with exercises that help you keep focus, stay confident, become goal oriented and be a winner in basketball. This book is great for a beginning basketball player because it tells them everything they need to know, but it can also be valuable to the seasoned player. There is something for everyone that wants to play a good game of basketball or just throw hoops with friends.

Ace McCloud's "Basketball Made Easy" is wonderful, passionate and very practical guide, how to learn different techniques of basketball. The author introduces readers to basketball game discovered by a pastor to entertain young people in winter months. He described how peach basket hung on a metal hoop, become a most popular sport across the world. Information is very valuable, the author gives great tips for absolutely beginner. Author gives short description of basic rules of

basketball, basic techniques like passing and dribbling. He compares passing and dribbling to dance across the court. If you fail to meet that rules the penalty is given but it is make basketball more excited. "Basketball" by Ace McCloud's is very valuable, professional and attractive offer, full of useful training techniques of basketball that help to develop different muscles. The author gives very handy examples of exercises that help to develop explosiveness, strength and endurance. The author supports his practical advices by links to professional basketball game training that you can watch and enjoy. Also "Basketball: Basketball Made Easy" is full compendium of diet and diet supplements that help you keep good fit and be a good basketball player. Ace McCloud highlighted that your confidence and positive attitude towards yourself and others is a key to reach your targets and be very successful basketball player. "Basketball: Basketball Made Easy" is a fantastic book that help you motivate yourself and enjoy basketball as a great sport. This book is absolutely nice gift for your family and friends who want to try learn basketball.

I bought this book for my nephew who has recently started playing basketball. I enjoy the holistic approach to understanding how to play basketball properly, in terms of strength training, diets, building mental strength. This is not just a book on basketball beginner, but also a book on self improvement. That's why the meaning and purpose of this book goes deeper than just how to play basketball. With only a small budget, you will get to learn a new sport as well as how to improve yourself emotionally, mentally, and spiritually. It is definitely worth your investment.

I bought this as my boyfriend is really into basketball and plays it often and I basically know nothing about the game, so I bought this to educate myself. Seeing as I have absolutely no knowledge of the game I found the beginning of this guide very useful as it gives you a very basic understanding of the games from positions, scoring, court markings etc. However this guide is much more useful in helping my boyfriend with improving his basketball game with helpful strategies, warming up techniques and exercises and positive affirmations too to help with game mentality.

Basketball made easy is another fantastic book by Ace that has been very helpful. I purchased this book to learn more about basketball so that I can blend in when my fianc e is playing or chatting about the game. With enough practice, motivation and dedication I can become a great player. I have also discovered valuable information including basic rules of the game, types of players and their positions. Dribbling was my greatest challenge but now am becoming better with tips I got from this book. I shared the stretching and warm up techniques with my fianc e and it has really

worked out for both of us. The back stretch and rotating stomach stretch were a bit difficult at the beginning but am catching up. Thanks to this book am enjoying basketball and getting better at it. I highly recommend to beginners and those who want to perfect their skills.

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