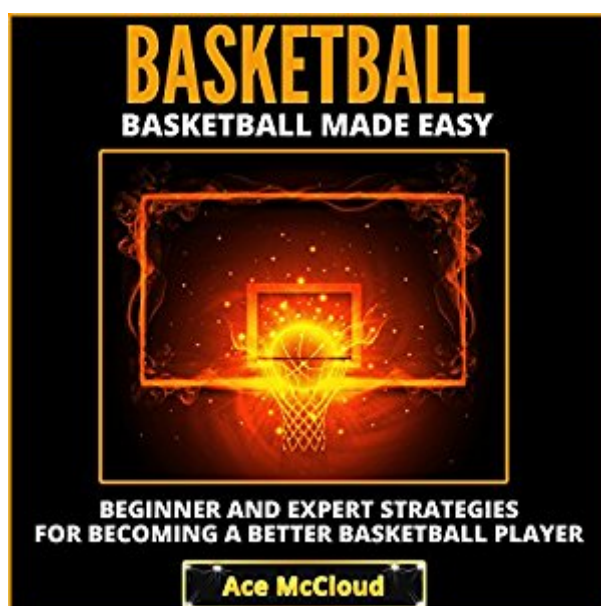


The book was found

Basketball Made Easy: Beginner And Expert Strategies For Becoming A Better Basketball Player



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 audiobook 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 you can use to make the most of your ability to maneuver around your opponents quickly and easily! Ooze confidence on the court. If you adopt even a few of the strategies in this audiobook, 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 audiobook 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 proven strength training exercises. Effectively boost your most important skills through targeted practice. Learn how to design practice sessions tailored to your specific strengths and weaknesses. 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: buy it now!

Book Information

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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.

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 found some useful information in this book. I especially appreciated the drills designed to target specific fundamental skills essential to playing basketball. The first chapter is a great description of the basics of the game; it's primarily directed toward people who are fairly inexperienced in playing or who want to learn about the game. The strength training exercises are good, especially the ones designed to increase a player's explosiveness. This is a fairly high-level survey of all aspects of the game, from rules and structure, to physical and mental training, to nutrition. There's sure to be something for everyone with any interest at all in the game of basketball. If you need motivation and encouragement, if you need to learn about rules and playing strategies, or if you need some training tips, this book can be very helpful.

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 fiancé 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 fiancé 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.

Want to better your basketball game? Try out this cheap basketball book and start to improve your game. You will be playing like those pros in no time. This is also a great beginners book, so if you are a beginner, don't feel let out, buy the book and learn the sport and moves that win the game for you and your team.

This book is very helpful for someone who wants to get better at basketball.

Real helpful for ballers like me. It helped me reach the peak in my basketball career. I think that if you wanna be an amazing basketball player you should get this book

While I don't play basketball, I have a son who does and I thought this book would make things easier for him as he goes from being a semi-beginner to a more professional player. He doesn't want to make the pros but he could at least use some of the pointers to make his game better. I read through it and I think it's a great resource for people who want to find tips that help and then go back and review them later on. I recommend this book specifically for people who want to be reminded of the basic tips and get some additional help to improve their game.

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