



Shoot Like the Pros: The Road to Successful Shooting Techniques

By Adam Filippi

Triumph Books. Paperback. Book Condition: new. BRAND NEW, Shoot Like the Pros: The Road to Successful Shooting Techniques, Adam Filippi, Learn the successful shooting techniques, tips, and tricks from some of the biggest names in basketball. Shooting is the most important fundamental skill in basketball, but despite this, shooting techniques seem to be the least-taught basics skill of the game. Divided into seven sections, "Shoot Like the Pros" covers every aspect of shooting - shooting mechanics, the mental aspects of shooting, free throws, game situations, strength and conditioning, teaching methods, and finally workout drills for advanced levels. Including tips from some of the NBA's biggest stars, this is a book that will give both players and coaches at all levels proper direction on how to improve shooting technique.

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