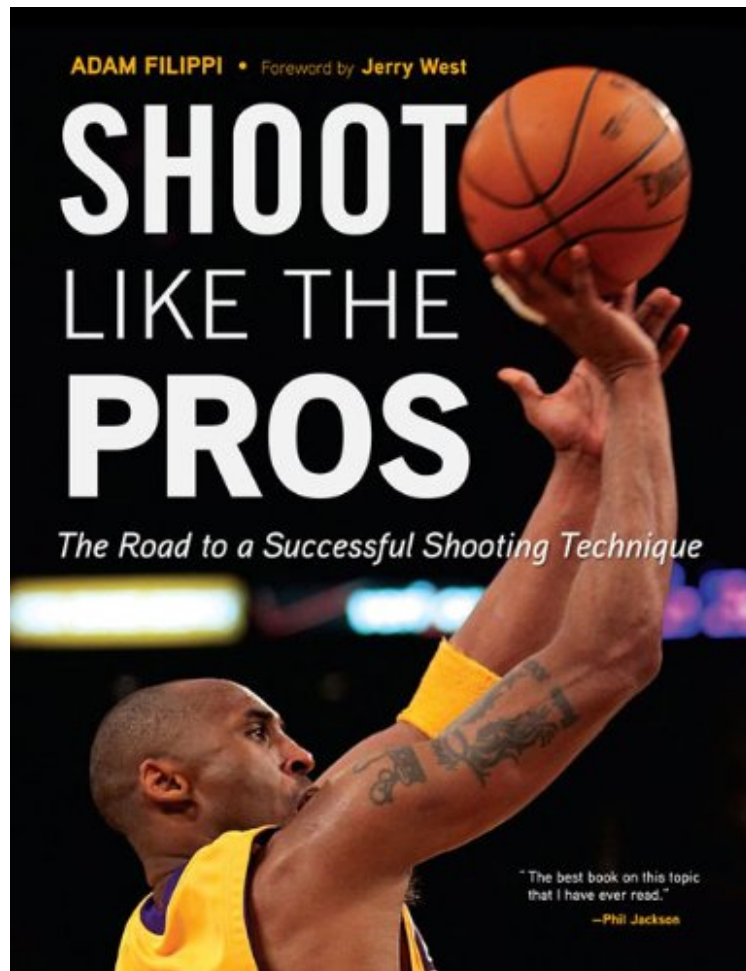


(Download free pdf) Shoot Like the Pros: The Road to a Successful Shooting Technique

## Shoot Like the Pros: The Road to a Successful Shooting Technique

Von Adam Filippi

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**Von Adam Filippi : Shoot Like the Pros: The Road to a Successful Shooting Technique** before purchasing it in order to gage whether or not it would be worth my time, and all praised Shoot Like the Pros: The Road to a Successful Shooting Technique:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Gute Einfhrung in das Shooting in typischer amerikanischer SchreibweiseVon D. TrautmannDas Buch beschreibt in verschiedenen Schritten den Weg zum perfekten Wurf. Wie es hufig bei Ami-Bchern anzufinden ist, werden viele Profis und Coaches zitiert sowie allgemein bekannte Redewendungen, die man sich mglichst einprgen soll. Aber das belebt das Buch und macht es angenehmer zu lesen. Schade das es nur in Schwart-Wei gedruckt ist.Positiv sind auch die bungsteile zu bewerten die im Buch angefhrt werden.

Kurzbeschreibung Shooting is the most important fundamental skill in basketball, but despite being the skill players are the most willing to practice, shooting technique is perhaps the least-taught fundamental of the game. In addition, there are very few instructional basketball books dedicated exclusively to shooting. Shoot Like the Pros is perhaps the most detailed analysis of shooting mechanics, covering every aspect of shooting, ever published. Divided into seven sections, it covers shooting mechanics, the mental aspects of shooting, free throws, game situations, strength and conditioning, teaching methods, and finally workout drills for advanced levels. Including tips from some of the NBA's biggest stars, this is a book that will give both players and coaches at all levels proper direction on how to improve shooting technique.