



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

Adam Filippi

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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.

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