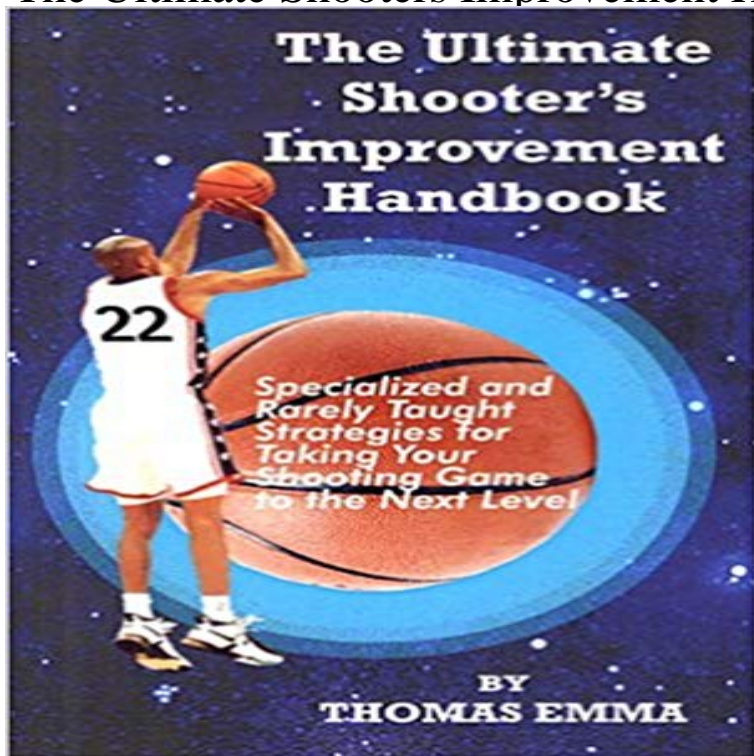


The Ultimate Shooters Improvement Handbook



This precise, well-written manual provides readers with a wealth of information geared toward improving individual basketball shooting ability. It begins with the basics (balance, footwork, ball release, shooting arc, etc.) and moves on to explain a variety of specialized and rarely taught shooting strategies and techniques (Part 2). Some of the information covered in Part 2 includes how to develop a go to shot, strategies for breaking out of shooting slumps, shot selection tips, suggestions for what to look for in a shooting instructor, and the proper approach to combining strength training and shooting practice. The book is written by Former Duke University basketball team captain Thomas Emma.

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