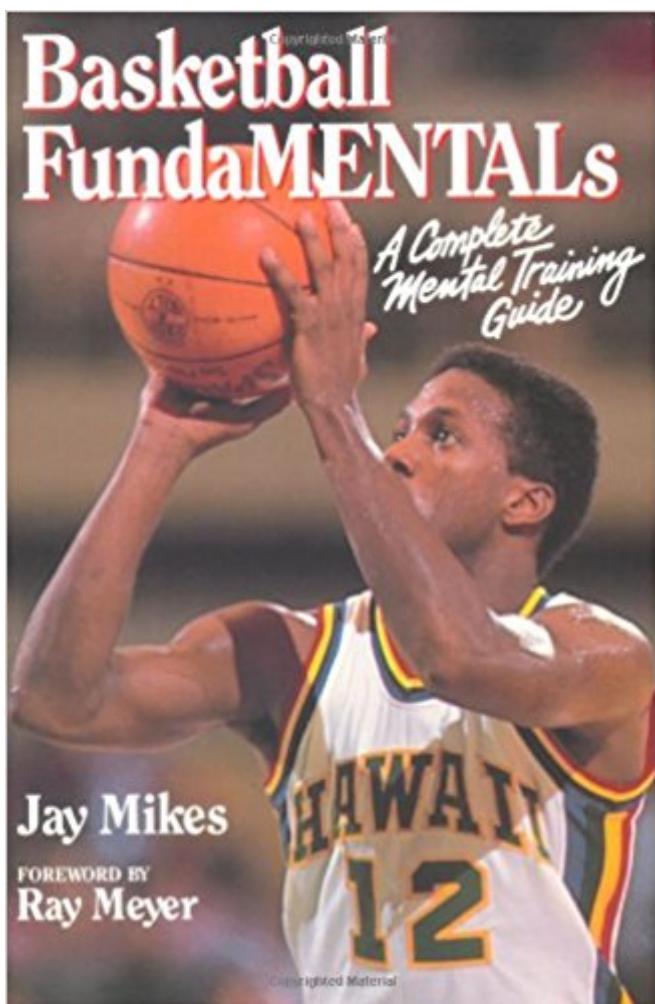


The book was found

Basketball Fundamentals: A Complete Mental Training Guide



Synopsis

From shooting slumps to clutch free throws, this easy-to-use book will help coaches and players learn the psychological basics of basketball.

Book Information

Paperback: 272 pages

Publisher: Human Kinetics Publishers (January 1991)

Language: English

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Product Dimensions: 9 x 6 x 0.6 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.9 out of 5 stars 12 customer reviews

Best Sellers Rank: #736,255 in Books (See Top 100 in Books) #154 in Books > Sports & Outdoors > Basketball > Coaching #2144 in Books > Sports & Outdoors > Coaching #13974 in Books > Education & Teaching > Schools & Teaching > Education Theory

Customer Reviews

"Basketball FundaMENTALs is an excellent book for the coach who wants to keep ahead of the game. With the game of basketball becoming more and more a game of the mind, this book offers the coach who practices its fundamentals a big edge over those who do not." Denny Crum Head Basketball Coach, University of Louisville

This book was perfect for someone like myself. I would psych myself out of the game mentally while playing and put unnecessary pressure on myself. This masterpiece helped me see all of my mental flaws clearly. I am no longer a mental head case and can now compete with anyone on any level.

This book is easy to read and is chock full of information on all facets of the game of basketball. The book is written at a level that a 12 year old will be able to read and understand the information. Topics range from body fitness/performance awareness, mental conditioning for shooting, defense, rebounding, intensity, quickness; strength training, mental rehearsals, analyzing pregame and post-game performance. It was very enlightening and helped me in different aspects in getting points through to my grandson. For the couple dollars spent it has more information in it than all of the other youth basketball books/videos I have combined. This also received praise from my

daughter who has become a basketball student herself.

great help

I originally had trouble reading this book until I went to the table of contents and read what pertained to me at that time. It even refers to other pages to reinforce the point there making. I actually have read this book completely but not in the order the chapters are in. Now I use this as an excellent reference tool and it helps me explain to the player in a more concise manner. Now the player realizes it's not all physical and he can have fun with basketball by thinking on his own.

Excellent book for players at all levels. Highly recommended.

Basketball Fundamentals is equally valuable to coaches and players of the game. This easy to read book help players and coaches understand WHY certain things happen. Why can't players afford to complain about reffing? Why can some players shoot well in practice and not in games? How can consistency be developed in players? In easy to read language, Jay Mikes not only offers answers to these question, but also solutions. This book will be required reading for my Varsity players.

If your struggling mentally in the game of basketball don't even think about other books get this one!!!!!!This book is understatingly AMAZING!!!!!!!

This book is about coaching the mental side of the game of basketball. I got my copy way back in the 1980s when I was in graduate school and working on my masters in sport psychology. It was great to see a book that actually took all of the theoretical stuff I was learning in grad school and applied it in a meaningful, practical way that basketball coaches could then take and apply in practice and help players learn the mental aspects of the game. I do want to say the book is easy to use, but I suggest not reading it in order the first time through. Read the first several chapters for background information and then jump around to the sections that your team, or you as a player, need to work on right now. This is fun stuff to use with your players and the mental skills they will develop will have carry over into their personal and professional lives later in life. Kevin Sivils

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