

# BASKETBALL WORLD™

## SHOOT IT BETTER Mini Camp

### BREAKTHROUGH TECHNIQUES FOR SHOOTING

*Improve Shooting...And Much More!*



1. Learn the breakthrough mental training techniques of positive self-talk, relaxation, visualization, concentration and goal setting that enhance confidence.
2. Develop a better understanding of your shot - the "feel" and reaction of the ball on the rim. Receive slight adjustments in individual shooting mechanics and key words that improve confidence, rhythm and range.
3. Become your own best teacher. Use personalized drills to practice correctly and gain the shooter's "feel." If you lose it, know exactly what to do to get it back.
4. Learn how to transfer the mental techniques for shooting to other parts of your game and to team and personal goals.



#### Coach Scott Wissel

Scott Wissel is Advance Pro Scout for the Los Angeles Clippers. An outstanding teacher, Scott conducts Shoot It Better Mini Camps worldwide for Basketball World.

Prior to working with the Clippers, Scott was Assistant Coach/Scout for the Detroit Pistons. Scott has also worked as an Advance Scout for the Memphis Grizzlies, Sacramento Kings, Los Angeles Lakers and Milwaukee Bucks.

Scott served as an Assistant Coach for the University of Connecticut and Springfield College.

#### 1<sup>st</sup> Session - 3 Hours

Confidence & Rhythm  
Positive Self-Talk  
Key Words  
Goal setting  
Shooting Warm-up  
Correcting a Missed Shot  
Lead-up & Challenge Drills  
Jump Shot  
Shooting Off Pass  
Developing a Quick Release  
Mental Practice

#### 2<sup>nd</sup> Session - 3 Hours

500 Shots in 30 Minutes  
Shooting Off Screens  
Shooting Off Dribble  
Lay-ups & Runners  
Hook Shot  
Post-up Moves  
One-on-One Moves  
Shooting Off Dribble Moves  
Free Throw - Eyes Closed  
Free Throw Competition  
Shoot-Out Competition

"Hal, Scott and Paul Wissel ignite the spirit for improvement. They have the ability to crystallize situations, and then select the correct teaching technique in order to achieve maximum success." - **Hubie Brown**, NBA Analyst, ABC, ESPN, NBA TV Two-time NBA Coach of the Year, Basketball Hall of Fame

[www.basketballworld.com](http://www.basketballworld.com)

[coach@basketballworld.com](mailto:coach@basketballworld.com)

888-812-5452

SHOOT IT BETTER Mini Camp - 6 Hours			
<b>SITE:</b> Maddock High School, Maddock, ND 58348		<b>CONTACT:</b> Rick Darling, 701-351-4244	
	<b>DAY</b>	<b>DATE</b>	<b>HOURS</b>
1 <sup>st</sup> Session:	Monday	July 19, 2010	1 - 4pm
2 <sup>nd</sup> Session:	Tuesday	July 20, 2010	12 - 3pm
<b>COST:</b> \$120		<b>Enrollment:</b> Limited to 36 Players	

CUT HERE AND RETURN THE APPLICATION BELOW

#### SHOOT IT BETTER Mini Camp Application

<b>Name:</b>	<b>Site:</b> Maddock High School, Maddock, ND, 58348		
<b>Street:</b>	<b>Cost:</b> \$120		
<b>City:</b>	<b>State:</b>	<b>Zip:</b>	<b>Total Enclosed:</b>
<b>Age:</b>	<b>Height:</b>	<b>Weight:</b>	<b>Check Payable to:</b> Benson County Wildcats Basketball
<b>School or Team:</b>	<b>Grade:</b>		<b>Mail to:</b> Rick Darling P.O. Box 114 Leeds, ND 58346
<b>Parent's Name:</b>	<b>Phone:</b> 701-351-4244		
<b>Home Phone:</b>	<b>Office Phone:</b>		<b>Email:</b> <a href="mailto:rdarling@ucbnd.com">rdarling@ucbnd.com</a>
<b>Email:</b>	I certify that the applicant is in good health and may participate in physical activity associated with the camp's vigorous athletic programs, without limitation(s). The director of the camp has my permission to arrange for and provide medical care in the event the applicant is injured or disabled. I understand that the camper must present to the camp director a signed medical certificate from a physician and immunization record before participation in camp activities.		
<b>Parent's Signature:</b>	<b>Date:</b>		