

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 coach. 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 Paul Wissel

Paul Wissel is Director of Camps and Clinics for Basketball World. As Director of Camps and Clinics, Paul organizes and conducts Basketball World Day Camps. Paul also tours worldwide as a shooting instructor for Shoot It Better Mini Camps.

Paul has worked as Advance Scout for the Toronto Raptors, Boston Celtics, Denver Nuggets, Atlanta Hawks and Seattle SuperSonics.

An outstanding college player, Paul graduated from Lafayette College in 1994.

12noon - 2pm

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

2pm - 4pm

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

BASKETBALL WORLD 955 Russell Ave, Suffield CT 06078 888-812-5452 www.basketballworld.com coach@basketballworld.com

SHOOT IT BETTER Mini Camp - 4 Hours	
SITE: Hilltop Campus, 1760 Mapleton Ave, Suffield, CT 06078 CONTACT: Basketball World, 888-812-5452	
DAY: Sunday	DATE: February 14, 2010
HOURS: 12:00noon - 4:00pm	
COST: \$95	ENROLLMENT: Limited to 24 players

CUT HERE AND RETURN THE APPLICATION BELOW

SHOOT IT BETTER Mini Camp Application

Name:	Site: Hilltop Campus, Suffield, CT Feb. 14, 2010		
Street:	Cost: \$95		
City:	State:	Zip:	Total Enclosed:
Age:	Height:	Weight:	Check Payable to: Basketball World
School or Team:	Grade:		Mail to: Basketball World
Parent's Name:	955 Russell Ave		
Home Phone:	Office Phone:		Suffield, CT 06078
Email:	Phone: 860-668-7162 or 888-812-5452		Email: coach@basketballworld.com
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.			
Parent's Signature:	Date:		