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 Hal Wissel

Dr. Hal Wissel is well known for his ability to develop the individual player. Coach Wissel founded Basketball World, an instructional venture featuring camps, clinics, books, and videos.

Hal Wissel has been an NBA assistant with Atlanta, Golden State, Memphis and New Jersey. Hal was also Director of Player Personnel for the Nets. As a college head coach, Wissel's teams compiled over 300 victories. Wissel coached Florida Southern to the 1981 Division II NCAA Championship. Coach Wissel was named NABC National Coach of the Year in 1980.

1st Session - 2 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

2nd Session - 2 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

"Hal Wissel continually works to build your confidence. More importantly he shows you ways to build your own confidence. Coach Wissel helped me understand my own shot and become my own best coach." - **Pau Gasol**, Los Angeles Lakers, NBA All-Star

www.basketballworld.com **coach@basketballworld.com** **888-812-5452**

4 Hour SHOOT IT BETTER Mini Camp	
SITE: Lincoln College of New England, 1760 Mapleton Avenue, Suffield, CT 06078 **CONTACT:** Basketball World, 860-668-7162 or 888-812-5452	
DAY Sunday, Jan. 29, 2012	**HOURS** 12:00noon - 4:00pm
COST: $105	**Enrollment:** Limited to 24 players, age 10 and above

CUT HERE AND RETURN THE APPLICATION BELOW

SHOOT IT BETTER Mini Camp Application

Name:			**Site:** Lincoln College of New England, Suffield, CT 06078
Street:			**Cost:** $105
City:	**State:**	**Zip:**	**Total Enclosed:**
Age:	**Height:**	**Weight:**	**Check Payable to:** Basketball World
School or Team:		**Grade:**	**Mail to:** Basketball World 955 Russell Ave Suffield, CT 06078
Parent's Name:			
Home Phone:	**Office Phone:**		**Phone:** 860-668-7162 or 888-812-5452
Email:			**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 program, 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 will be financially responsible for all medical care expenses of the applicant while at the camp, or as a result of the applicant's participation in the camp.

Parent's Signature:	**Date:**