

# BASKETBALL WORLD™

## SHOOT IT BETTER Mini Camp

Sponsored by the Minutemen Athletic Club Inc.

*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 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.

1 <sup>st</sup> Session - 3 Hours	2 <sup>nd</sup> Session - 3 Hours
Confidence & Rhythm	500 Shots in 30 Minutes
Positive Self-Talk	Shooting Off Screens
Key Words	Shooting Off Dribble
Goal setting	Lay-ups & Runners
Shooting Warm-up	Hook Shot
Correcting a Missed Shot	Post-up Moves
Lead-up & Challenge Drills	One-on-One Moves
Jump Shot	Shooting Off Dribble Moves
Shooting Off Pass	Free Throw - Eyes Closed
Developing a Quick Release	Free Throw Competition
Mental Practice	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

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

SHOOT IT BETTER Mini Camp 2 Days 6 Hours			
<b>SITE:</b> Sacred Heart High School, 34 Convent Ave, Yonkers, NY 10703			
	<u>DAY</u>	<u>DATE</u>	<u>HOURS</u>
<b>1st Session:</b>	Tuesday	May 5, 2009	6:00 - 9:00pm
<b>2nd Session:</b>	Wednesday	May 6, 2009	6:00 - 9:00pm
<b>COST:</b> \$125	<b>ENROLLMENT:</b> Limited to 36 players		

CUT HERE AND RETURN THE APPLICATION BELOW

### Application SHOOT IT BETTER Mini Camp

<b>Name:</b>	<b>Site:</b> Sacred Heart High School, Yonkers, NY		
<b>Street:</b>	<b>Cost:</b> \$125		
<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> Minutemen Athletic Club, Inc.
<b>School or Team:</b>	<b>Grade:</b>		<b>Mail to:</b> Steve Marcellino, Minutemen Athletic Club, Inc. 45 Bradford Blvd Yonkers, NY 10710
<b>Parent's Name:</b>	<b>Phone:</b> Minutemen Hotline (914) 793-3931		
<b>Home Phone:</b>	<b>Office Phone:</b>	<b>Email:</b> bbcoachs@aol.com	
<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>		