



The Beginner s Guide to Becoming a Better Basketball Player (Paperback)

By Lamar Reinhardt Hull

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.My name is Lamar Hull and I played at Davidson College alongside Stephen Curry and professionally overseas in England. I m the founder of This book was created to inspire not only players, but parents and coaches. The book covers the following but are not limited to: meaty info that parents, players and coaches can utilize and benefit immediately. From heading to the gym, to cranking up the speed, and expanding your arsenal of offensive moves, becoming a more adept passer, or a more explosive rebounder. There are numerous ways to develop your kid s or student s skills while keeping it fun. Have you searched for a daily workout schedule that will provide you with the foundation to practice on a daily basis? Well look no further, this book provides all the details from, a daily workout schedule, a letter template to write coaches if you are not being recruited, the perseverance that you need to keep going, options after high school if you are not recruited, and more! There are testimonials from Stephen Curry, Bob Mckillop,...



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