

# 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.

#### 1<sup>st</sup> Session - 2 Hours

Confidence & Rhythm  
Positive Self-Talk  
Key Words  
Goal Setting  
Shooting Lead-up Drills  
Correcting a Missed Shot  
Shooting Off Catch  
Developing a Quick Release  
Shooting Off Pass From Side  
Shooting Routine  
Shooting Off Dribble

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

Shooting Off Dribble Moves  
Lay-ups & Runners  
30 Second Shooting Drills  
30 Second Finishing Drills  
Shooting Off Screens  
Hook Shot Warm-up  
Post-up Moves  
Free Throw Shooting  
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**, San Antonio Spurs, NBA All-Star

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

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

888-812-5452

<b>SHOOT IT BETTER Mini Camp - 4 Hours</b>	
<b>SITE:</b> Boys & Girls Club of New Rochelle, A.E. Mascaro Unit, 79 Seventh St, New Rochelle, NY 10801	
<b>CONTACT:</b> Basketball World 888-812-5452 or 860-668-7162	
<b>DAY</b> Sunday, March 12, 2017	<b>HOURS</b> 12:00 - 4:00pm
<b>COST:</b> \$100 B & G Club NR members, \$130 others	<b>Enrollment:</b> Limited to 24 boys and girls, ages 10 and above

CUT HERE AND RETURN THE APPLICATION BELOW

#### SHOOT IT BETTER Mini Camp Application

<b>Name:</b>	<b>Site:</b> Boys & Girls Club of NR, 79 Seventh St.		
<b>Street:</b>	<b>Cost:</b> \$100 B & G Club NR members, \$130 others		
<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> Basketball World
<b>School or Team:</b>	<b>Grade:</b>		<b>Mail to:</b> Basketball World 955 Russell Ave Suffield, CT 06078
<b>Parent's Name:</b>	<b>Phone:</b> 888-812-5452 or 860-668-7162		
<b>Home Phone:</b>	<b>Office Phone:</b>	<b>Email:</b> coach@basketballworld.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 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.		
<b>Parent's Signature:</b>	<b>Date:</b>		