

Download Basketball Team Workout

basketball or on an elite competitive team, basketball is a great way to get fit and stay in shape. In fact, even President Barack Obama plays the game on a Basketball Player Development Series with Tim Springer - Forward Scoring Workout From the Coach's Clipboard Basketball Playbook USA Men's National Team to Play Only Domestic Exhibition Games in Las Vegas and Anaheim

FACT #1: Shooting is the #1 most important skill for basketball players to master. FACT #2: More players have poor shooting strokes and detrimental flaws today, than they ever have in the past. This is primarily because kids start playing at such an early age and they try to mimic NBA players before they are ready. The sad truth is that these bad shooting habits stick with them.