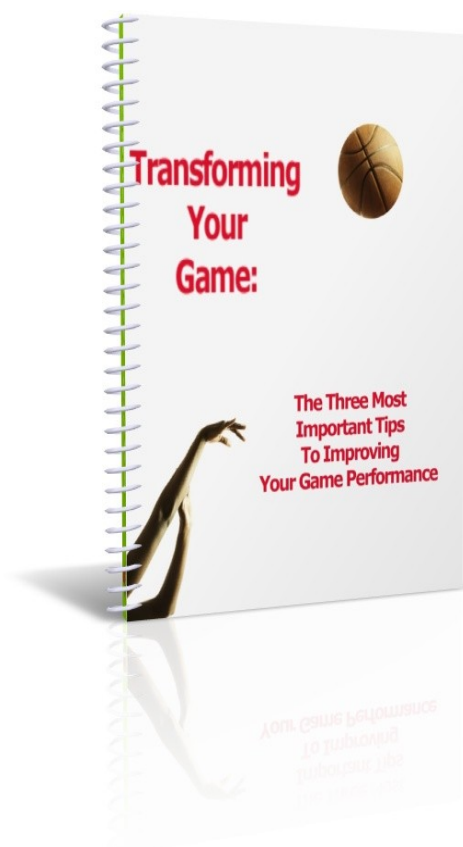


Transforming Your Basketball Games:

The Three Most Important Tips to Improve Your Game Performance



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NOTE: This is the first half of the training report. The other half will be sent to you as soon as you grab your [Professional Basketball Training System](#).

You've probably experienced this before: You're sitting on the bench, watching your coach, waiting for the signal to go check in... and it never comes. Your team mates finish out the game and you never touch the game ball. You sit in the locker room after each game wishing you were tired and sweaty like everyone else, and hating the fact that you didn't play in the most important part of basketball: the game!

Or perhaps yours is a different situation: you were on the court, trying to remember all the things you know are supposed to happen, and not understanding why you never seem to contribute anything to the game. Maybe you took a couple shots and missed them all-- or perhaps you threw a turnover or a bad pass. Maybe you dropped the ball or were stolen from. All the while you were thinking about how angry the coach would be later at your bad performance-- and you had no idea how to fix it!

These are the stories of the 75% of basketball players who don't accomplish ANYTHING in their games. Maybe some of them are excellent in practice; maybe they make every shot while they're scrimmaging and warming up, but in the game their stats are dismal. Maybe this story describes you.

Now, this report may not help you become your team's star player overnight, but these secret strategies WILL help you become a better basketball player. If you use them and apply them, you will consistently become a better player and, if you work hard enough, will give you more shot opportunities, help you MAKE those shots, get you more playing time and better stats.

Why you can make every basket during practice, but not hit anything during the game

I know we've all experienced this at one time or another-- during warm-up, it's nothing but net. But as soon as the first quarter buzzer sounds, you'd think someone put a sheet of glass across the basket! You feel as if you can't make

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anything. This doesn't do anyone any good. Your coach won't play you if you keep missing your shots, and you feel like you're not contributing to your team when you consistently miss during games. Let's face it, even though there are many different measures of basketball skill, points put up in a game is definitely one of the most obvious and most often considered by observers. But here's the good news: the solution to this problem is surprisingly simple and very easy to implement. Here's your problem summed up in one word: intensity.

Secret #1 to Becoming a Better Basketball Player: Your practice intensity needs to MATCH the intensity you will face in games. Therefore, practice like you're in a game! It's that simple. My high school coach once told me that the way you practice will be the way you perform in games. So if you always practice at half speed, or you allow yourself to shuffle your feet when you shoot or relax your shooting form during warm-ups, that's exactly how you're going to shoot in the most pressurized moments of the game. So here's the solution: think about how you want and need yourself to act (how fast you're moving, how much time you'll have before a defender gets a hand in your face, etc) in a game and PRACTICE AT THAT INTENSITY.

When you receive the full report, you will find out:

- The secret to getting more open looks and shot opportunities that NO ONE talks about
- The most important skill in any basketball game (you'll never guess this: it's NOT scoring)
- The exact reason why you feel unable to contribute in game, and the turn-key method to exploding your game-time effectiveness

...And much more!

[Go here now and grab your Basketball Success Package.](http://www.coachgirlsbasketball.com/players)

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Lauren Schwaar is a female basketball player in her senior year of highschool. She plays power forward and loves to learn about the game of basketball. She hopes to play college ball and in the meantime will continue honing her skills. If you are a basketball player and are interested in reading girls' basketball tips from a player's point of view, check out

<http://www.coachgirlsbasketball.com/blog>

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