

# BASKETBALL WORLD™

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Boys & Girls Club of New Rochelle

## SHOOT IT BETTER Mini Camp

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 Warm-up  
Correcting a Missed Shot  
Lead-up & Challenge Drills  
Jump Shot  
Shooting Off Pass  
Developing a Quick Release  
Mental Practice

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

500 Shots in 30 Minutes  
Shooting Off Screens  
Shooting Off Dribble  
Lay-ups & Runners  
Hook Shot  
Post-up Moves  
One-on-One Moves  
Shooting Off Dribble Moves  
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." - **Paul Gasol**, Los Angeles Lakers, NBA All-Star

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

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

888-812-5452

<b>4 Hour SHOOT IT BETTER Mini Camp</b>	
<b>SITE:</b> Boys and Girls Club of New Rochelle NY, 79 Seventh Street, New Rochelle, NY 10801	
<b>CONTACT:</b> Gwen Clayton or Sam Olujimi, 914-235-3736	
<u><b>DAY</b></u> Sunday, Feb. 5, 2012	<u><b>HOURS</b></u> 12:00noon - 4:00pm
<b>COST:</b> \$100 B&G Club NR members, \$130 others	<b>Enrollment:</b> Limited to 36 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 and Girls Club of New Rochelle, NY		
<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> Boys and Girls Club of New Rochelle
<b>School or Team:</b>	<b>Mail to:</b> Gwen Clayton Boys & Girls Club of New Rochelle, A.E. Mascaro Unit 79 Seventh Street New Rochelle, NY 10801		
<b>Parent's Name:</b>	<b>Phone:</b> 914-235-3736, Ext. 11		
<b>Home Phone:</b>	<b>Office Phone:</b>	<b>Email:</b> <a href="mailto:gclayton@bgcnr.org">gclayton@bgcnr.org</a>	
<b>Email:</b>			
<i>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.</i>			
<b>Parent's Signature:</b>	<b>Date:</b>		