

# Nba Gym

**Jeff Savage**

*Net Work* Rob McClanaghan, 2020-11-03 From the NBA's most sought-after trainer and skills coach comes a "backstage pass to a part of the NBA that most fans never see" (Pete Thamel, Yahoo Sports)—how superstars like Stephen Curry, Kevin Durant, Derrick Rose, Russell Westbrook, and Kevin Love work to excel at the game. When Rob McClanaghan failed to make the Syracuse basketball team as a walk-on freshman, he asked the coaches what he needed to do to achieve his goal the following year. They all agreed: get stronger. So that's what he did. For months, Rob traded fraternity parties and hanging out with buddies for hours in the gym lifting weights and shooting baskets. He was single-minded; the only thing that mattered was defying the odds. He returned to Syracuse for his sophomore year thirty pounds heavier and caught the coach's eye. In *Net Work*, McClanaghan's "experience, knowledge, and keen understanding of the sport jumps off the pages" (Bob Iger, CEO of the Walt Disney Company) and he delivers what he brings to each of his training sessions: the same grit and spirit that got him into the college game. He calls it "the grind," and he knows that without it, even the most talented players will come up short. McClanaghan pushes his clients hard; he does whatever he can to drive his players to the edge and to simulate fourth quarter, at-the-buzzer adrenaline and fatigue. An all-access pass to the practice courts of the NBA, *Net Work* combines McClanaghan's hard-earned wisdom—both on and off the court—with rare glimpses into the dues-paying life of professional athletes determined to stay at the top. McClanaghan shares stories of working one-on-one with some of basketball's greatest names, explaining how each athlete works to shore up his offensive and defensive weaknesses; perfect his nutrition; treat injuries; build mental toughness; and find occasional refuge from the glare of the spotlight. This book is life inside the NBA as you've never seen it, where players differentiate themselves by their willingness to put in

relentless “net work.”

**Behind the Scenes Basketball** James Monson, 2019-08 Find out how to go from the local gym to the NBA. Readers get an insider's look at how athletes prepare for competition as well as the special events players participate in when they aren't on the court--

**Ja Morant** Jackson Carter, 2020-03-06 In a side room of a gym at a college basketball showcase, there was a player seeming to play well beyond his level. As he scored at ease and passed to set his teammates up for easy buckets it became clear he was a cut above the rest of the players on the court. The only problem, there wasn't anyone there watching. Luckily, one coach had wandered from the main gym to get something to eat and had found his way into the gym. What he saw would change his, and his teams, future. Ja Morant chronicles the rise of Ja Morant from his time on the AAU circuit to one of the brightest young stars in the NBA. You will be inspired by the story of how Ja beat the odds and carved out a great future for himself!

*Mind Gym* Gary Mack, David Casstevens, 2002-06-24 Praise for Mind Gym Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game. --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book. --Ken Griffey Jr., Major League Baseball MVP I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial. --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has

worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental muscle. Mind Gym will give you the head edge over the competition.

**Boys Among Men** Jonathan Abrams, 2017-03-14 The definitive, never-before-told story of the prep-to-pro generation, those basketball prodigies who from 1995 to 2005 made the jump directly from high school to the NBA. When Kevin Garnett shocked the world by announcing that he would not be attending college—as young basketball prodigies were expected to do—but instead enter the 1995 NBA draft directly from high school, he blazed a trail for a generation of teenage basketball players to head straight for the pros. That trend would continue until the NBA instituted an age limit in 2005, requiring all players to attend college or another developmental program for at least one year. Over that decade-plus period, the list of players who made that difficult leap includes some of the most celebrated players of the modern era—Garnett, Kobe Bryant, LeBron James, Dwight Howard, Tracy McGrady, and numerous other stars. It also includes notable “busts” who either physically or mentally proved unable to handle the transition. But for better or for worse, the face of the NBA was forever changed by the prep-to-pro generation. In compelling, masterfully crafted prose, *Boys Among Men* goes behind the scenes and draws on hundreds of firsthand interviews to paint insightful and engaging portraits of the most pivotal figures and events during this time. Award-winning basketball writer Jonathan Abrams has obtained remarkable access to the key players, coaches, and other movers and shakers from that time, and the result is a book packed with rare insights and never-before-published details about this chapter in NBA history. *Boys Among Men* is a thrilling, informative, must-read for any basketball fan.

**Game Face** Bernard King, 2017-11-07 A memoir by the NBA Hall of Fame player, active from 1977-1993 and widely regarded as one of the all-time great New York Knicks. NBA Hall of Famer

Bernard King is one of the most dynamic scorers in basketball history. King was notoriously private as a player, and rarely spoke to the press-not about his career and never about his personal life. And even beyond his prolific scoring, King will forever be remembered for the gruesome knee injury he suffered in 1985. Doctors who told him he'd never play again were shocked when he not only became the first player to return to the NBA from a torn ACL, but returned at an All Star level. In *Game Face*, King finally opens up about his life on and off the court. In his book, King's basketball I.Q. is on full display as he breaks down defenses using his own unique system for taking shots from predetermined spots on the floor. King talks about matching up against some of the all-time NBA greats, from Michael Jordan, Julius Erving and Charles Barkley to Larry Bird, Patrick Ewing and many others. He also tackles issues of race and family off the court, as well as breaking a personal cycle of negativity and self-destructiveness with the help of his family. Engaging, shocking, revelatory, yet always positive and upbeat, Bernard King's memoir appeals to multiple generations of basketball fans.

**Basketball Arenas** ,2002-01-01 A behind-the-scenes look at sports arenas outlines the history of basketball's early courts and gyms, and discusses how modern arenas are funded and constructed and how they function during games.

*Secondary Break* Marvin Williams,2020-08-26 This book is about a young man who came from a dysfunctional and abusive family and fell in love with the sport of basketball. His love and passion for the game would take him on a lifelong journey, a journey of disappointments, setbacks, and finally triumph. This book will show how, by continuing to follow your passions and dreams, anything can be possible.

**From the Outside** Ray Allen,Michael Arkush,2018-03-27 New York Times Bestseller The record-holding two-time NBA champion and recently inducted hall-of-famer reflects on his work ethic, his on-

the-court friendships and rivalries, the great teams he's played for, and what it takes to have a long and successful career in this thoughtful, in-depth memoir. Playing in the NBA for eighteen years, Ray Allen won championships with the Boston Celtics and the Miami Heat and entered the record books as the original king of the three-point shot. Known as one of the hardest-working and highest-achieving players in NBA history, this most dedicated competitor was legendary for his sharp shooting. From the Outside, complete with a foreword by Spike Lee, is his story in his words: a no-holds-barred look at his life and career, filled with behind-the-scenes stories and surprising revelations about the game he has always cherished. Allen talks openly about his fellow players, coaches, owners, and friends, including LeBron James, Kobe Bryant, and Kevin Garnett. He reveals how, as a kid growing up in a military family, he learned about responsibility and respect—the key to making those perfect free throws and critical three-point shots. From the Outside is the portrait of a gifted athlete and a serious man with a strongly defined philosophy about the game and the right way it should be played—a philosophy that, at times, set him apart from colleagues and coaches, while inspiring so many others, and lead to the most pivotal shot of his career: the unforgettable 3-pointer in the final seconds of Game 6 of the 2013 NBA finals against the San Antonio Spurs. Throughout, Allen makes clear that success in basketball is as much about what happens off the court as on, that devotion and commitment are the true essence of the game—and of life itself.

*Fitness Routines of the LeBron James* Jeff Savage, 2019-09-04 LeBron James gained fame as a teenager. He set scoring records as soon as he joined the National Basketball Association (NBA). He has become among the world's most popular athletes. But fame and scoring points are not important to James. He cares about winning. Through hard work, James has led his teams to eight straight NBA Finals. His grueling workout routine has built him into what seems like a human machine. Learn more

about LeBron's amazing fitness.

This Game's the Best! George Karl, Don Yaeger, 1998-02-27 He's fiery, funny--and brutally frank. He's George Karl, head coach of the Seattle SuperSonics, and one of the most outspoken men in professional basketball. Opinionated and always passionate about the sport, Karl cuts loose with controversial views on the NBA, the players, the media, sports agents, and the many other elements that make the game great--and sometimes screw it up. Photo insert.

**Hoops Nation** Chris Ballard, 2004-09-30 Looking for a game? Here's your guided tour of the country's best pickup basketball courts, from the blacktops of Brooklyn to the asphalt of Anchorage to the gyms of Jackson, Mississippi. It's all inside: where the pros play, the most scenic runs in the land, and a ranking of the top five courts. ø Chris Ballard and three other former college players piled into a used Chevy van and traveled thirty-one thousand miles in seven months, playing at over a thousand courts in 166 cities in forty-eight states. This is the story of their roundball road trip and a guide to the places, people, and communities they encountered. ø More than a travel guide, Hoops Nation is a celebration of the game of basketball as it is played in America. It includes guides to streetball fashion, the lingo of the courts, the etiquette of the pickup world, the tricks of old-guy basketball, and tips for the dunking impaired. Also included are profiles of playground legends and dispatches from the legions of basketball lifers who populate the country's courts. ø This book can tell you where they're running today, all over America. Who's got next?

*Jews in the Gym* Leonard Jay Greenspoon, 2012 For some, the connection between Jews and athletics might seem far-fetched. But in fact, as is highlighted by the fourteen chapters in this collection, Jews have been participating in and thinking about sports for more than two thousand years. The articles in this volume cover a wide chronological range: from the Hellenistic period (first century

BCE) to the most recent basketball season. The range of athletes covered is equally broad. The authors of these essays raise a number of intriguing questions such as: What differing attitudes toward sports have Jews exhibited across periods and cultures? In what sports have Jews excelled, and why? How have Jews overcome prejudices on the part of the general populace against a Jewish presence on the field or in the ring? This volume features a number of illustrations (many of them quite rare). It is accessible to the general reader and contains much information of interest to the scholar in Jewish studies, American studies, and sports history.

*Hang Time* Elgin Baylor, Alan Eisenstock, 2018 Elgin Baylor's memoir of an epic all-star career in the NBA--during which he transformed basketball from a horizontal game to a vertical one--and his fights against racism during his career as a player and as general manager of the LA Clippers under the infamous Donald Sterling. People think of Elgin Baylor as one of the greatest basketball players in the history of the game--and one of the NBA's first black superstars--but the full extent of his legacy stretches beyond his spectacular, game-changing shots and dunks. With startling symmetry, Baylor recounts his story: flying back and forth between the U.S. Army and the Lakers, his time as a central figure in the great Celtics-Lakers rivalry and how he helped break down color barriers in the sport, his 1964 All-Star game boycott, his early years as an executive for the New Orleans Jazz, and twenty-two years as general manager for the notorious L.A. Clippers and Donald Sterling, spent fighting to draft and sign young, black phenoms--only to be hamstrung by his boss at every turn. No one has seen the league change, and has worked to bring change, more than Baylor. Year after year, he continued to fight and persevere against racism. At the beginning of his career, he was forced to stay in separate hotel rooms. From those days to today's superstardom, he has had a front-row view of the game's elevation to one of America's favorite sports. For the first time, Elgin Baylor tells his full story. He's



played with the legends, lived with them, and knows more about the NBA than anyone living, and is finally ready to set the record straight.

**Long Shot** Craig Hodges, Rory Fanning, 2017-01-09 In this memoir, the Chicago Bulls basketball star details his life on the court as an athlete and off the court as an activist. As a member of the 1992 world-champion Chicago Bulls, a dashiki-clad Hodges delivered a handwritten letter to President George H. W. Bush demanding that he do more to address racism and economic inequality. Hodges was also a vocal union activist, initiated a boycott against Nike, and spoke out forcefully against police brutality in the wake of the Rodney King beating. But his outspokenness cost him dearly. In the prime of his career, after ten NBA seasons, Hodges was blackballed from the NBA for using his platform as a professional athlete to stand up for justice. In this powerful, passionate, and captivating memoir, Hodges shares the stories—including encounters with Nelson Mandela, Coretta Scott King, Jim Brown, R. Kelly, Michael Jordan, and others—from his lifelong fight for equality for Black Americans. Praise for *Long Shot* “A skillfully told, affecting memoir of sports and social activism.” —Kirkus Reviews “Hodges has told his compelling life story with fiery passion, looping around a cast of characters stretching from Jordan, Magic Johnson and Phil Jackson back to Muhammad Ali, Arthur Ashe and Kareem Abdul-Jabbar, before returning to the present.” —Guardian “Craig Hodges is someone I looked up to as a child & now as an adult . . . I read *Long Shot* in like two hours, I couldn’t stop turning pages. There are so many hooks in it.” —Jesse Williams, actor, producer, director, activist “A beautifully written, brutally honest book. If you loved the Michael Jordan-era Chicago Bulls, if you love black history, or if you are fascinated by the politics of sports, I highly recommend this book. Simply put: Craig Hodges’ life is incredible and *Long Shot* is invaluable.” —AETHLON: The Journal of Sport Literature

Capital Kings Josh Barr, 2015-10-16 The President might live at 1600 Pennsylvania Avenue in the heart of Washington, D.C., but in the nation's capital, there is no question that basketball is king. For more than half a century, local standouts have gotten in their run, first at the local playgrounds and now in air conditioned gyms. And for just as long the debate has raged: Who are the best players to come out of this fertile basketball ground? The conversation dates back to Elgin Baylor and Dave Bing, who starred at Spingarn High in the 1950s and eventually were selected to the 50 Greatest Players in NBA History when the league celebrated its 50th anniversary in 1996. Then there were standouts like Adrian Dantley and Danny Ferry of DeMatha High in the 1970s and 1980s, respectively, and Grant Hill at South Lakes in the 1990s. The first decade of the new century brought Montrose Christian phenom Kevin Durant, who already has put together a splendid career in a short time. Throughout the years, the discussion has remained fervent, as local hoops aficionados wonder where each sensation belongs on the list of Capital Kings. This book attempts to sort things out.

**Billy "the Hill" and the Jump Hook** Billy McGill, Eric Brach, 2022-06-14 Growing up on the hardscrabble streets of LA in the late 1950s, Billy McGill stood out. At eleven he was dunking. At fifteen he was playing in pickup games against Bill Russell and Wilt Chamberlain--and holding his own, in part because he invented the jump hook shot, which no one could defend. How he went from college phenom, well on his way to becoming the greatest player Los Angeles ever produced, to sleeping in abandoned houses and washing up in a Laundromat sink is the story Billy the Hill McGill recounts here. The first African American to play basketball for the University of Utah and the highest scoring big man in NCAA history, McGill was the first pick of the 1962 NBA draft. But the injury that would undo him--a knee injury in his junior year of high school--had already occurred, and it would worsen year after year until his career faded away. From college star (whose scoring record is still

unbroken) to troubled player, bouncing around the NBA and the ABA, McGill takes us from the heights to his precipitous fall--and the slow recovery of a life he had never prepared for. A cautionary tale, written with a candor and authenticity rarely seen in pro athletes, his book is also the incredible story of one of the greatest unknown basketball players of all time.

*Zion Williamson* Jackson Carter, 2019-06-19 In the dark of a Carolina night on the edge of morning, a young man is awoken by an alarm at 6 am. He wakes up, groggy from his sleep and thinks about how easy it would be to hit snooze and go back to sleep. But he knows he is destined for something great, a future that will require a little extra of him, so he laces up his shoes and heads to the gym to outwork the competition before they even wake up. A once in a generation athlete The most explosive athlete to play the game People have tried to describe Zion Williamson in a variety of different ways, but none of these descriptions really capture the true essence of who is his. In *Zion Williamson* we will tell the story of how Zion went viral with his powerful dunks and captured the nation's attention by overcoming a potentially devastating injury. The story of Zion Williamson isn't just a story of someone who was gifted with nearly infinite athletic talent and coasted on it. It's the story of a young man who accepted the challenge of being a highly talented athlete and became Zion, a cultural icon

**Crazy Basketball** Charley Rosen, 2011 *Crazy Basketball* is the story of Charley Rosen's unlikely and crazy basketball journey--from the CBA to his role as commentator for Foxsports.com.

**The Hoops Whisperer** Idan Ravin, 2015-05-05 Basketball's most unlikely--and most sought-after--training guru offers an inside look at his career, his methods, and the all-star players whose games he's helped transform. Where do the best basketball players in the world turn when they want to improve their game? Whom does a future NBA Hall of Famer thank at his press conference when he's named Rookie of the Year? Who is it that Sports Illustrated, The Wall Street Journal, and Men's

Journal all call the Hoops Whisperer because of his ability to engage, inspire, and challenge the players he trains? The answer to all of these questions is Idan Ravin. Ravin never played or coached in college or the pros, yet a virtual NBA All-Star team relies on him to better their game and reach their full potential. A soft-spoken former lawyer, Ravin has become professional basketball's hottest trainer. In *The Hoops Whisperer*, Ravin shares the fascinating story of how he transformed a passion for the game into working with iconic basketball stars such as Chris Paul, LeBron James, Kevin Durant, Carmelo Anthony, Stephen Curry, Blake Griffin, James Harden, Dwight Howard, and many more. He offers a rare unguarded glimpse inside the lives of these great athletes, drawn from his intimate connection with them that is the basis of his success. Showcasing his unorthodox drills and improvisational techniques in action, Ravin reveals how faith, effort, dedication, and passion can make a player into a superstar—and anyone into a success. Combined with his own inspiring journey, Ravin's insights make *The Hoops Whisperer* a must-read for anyone who loves the game.

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