

Free Throw Mania

Jake Maddox

Free Throw Fail Jake Maddox,2017-08 Jake's jump shot is as good as money in the bank, but when he heads to the foul line... clank If Jake doesn't find a way to solve his free throw woes, his coach will have no choice but to put him on the pine. Will Jake nail it, or will he fail it?

Free Throw Tom Amberry,1996-09-13 On November 15, 1993, a white-haired, 72-year-old gentleman named Dr. Amberry stepped up to the free throw line and into the Guinness Book of World Records by sinking 2,750 shots in a row. He ended his 12-hour streak without a miss, stopping only because they had to close the gym for the night. In Free Throw, he reveals his secrets. Beginning with the proper mechanics of the shot, he then explains the importance of the mental game and shares his techniques to help players stay on target even while under pressure. Combining these mental and physical elements, he presents a unique and straightforward 7-step method that teaches readers how to become a 90% free throw shooter. The free throw is the Achilles heel of the basketball player -- many players are great from the floor but lousy at the line. Free Throw is the only book to address this important skill. Clearly written, with principles that are easy to put into practice, it is an indispensable manual for all basketball players and coaches.

Free Throw Mike Neigoff,1968 A young black student is happy to make the basketball team in his new school but finds it difficult to get along with white teammates.

Sports Math Mania! Lorraine Hopping Egan,Lorraine Jean Hopping,Christopher Egan,2000-07 Gives the scoop on all the major sports stats.

Hoopmania! Christopher Palmer,Brad Herzog,Brad Henoy,1999-02

Jake Maddox: Free Throw Jake Maddox,2006-07-01 Since Derek is now the tallest player on his basketball team, the coach decides to have him play center but Jason, the former center, has little confidence in Derek and will not pass him the ball.

Free Throw Jacqueline Guest,1999 Matthew Eagletail was happy with life until his mother remarried. Now he must get used to a new school, a new father, five pesky new sisters, and a dog named Precious.

Why You Can't Make Free Throws the Mental, the Myth, and the Make Keith Coleman,2018-06-11 Did you know that the average basketball team misses between eight and ten free throws in a single game? That equates to an overall loss of 12 to 14 points, where the average margin of victory in a basketball game is only 11.3 points. These are clearly make or break opportunities. Unfortunately, teams have defaulted to breaking. The simple truth is that coaches just aren't putting an emphasis on teaching free-throw skills. Why have coaches and teams thrown the free-throw to the wayside?There are numerous reasons behind what makes free-throws so difficult. Even players in the NBA and WNBA are constantly criticized for low free-throw percentages. There's one major reason behind this, and a lot of smaller reasons that contribute to what makes free-throws such a tough shot to make.That's why Coach Coleman set out to develop a method that works. He's helped players at every level increase their free-throw percentage and has been widely recognized for his success in doing so. They don't call him the Mr. Miyagi of free-throw shooting for nothing!Coleman's method is unique as it is targeted at helping coaches better coach their players. By helping these coaches teach their players to free-throw, he can single-handedly improve free-throw percentages and win rates. With Coach Coleman's help, no longer will games be lost at the free-throw line.

Sourdough Mania Anita Šumer,2020-11-23 Anita Šumer is a passionate, self-taught, 100% sourdough baker and teacher, based in Slovenia who has become an international sensation – she now has over 70,000 followers on Instagram @sourdough_mania. She started baking sourdough when her husband was ill and could not eat yeasted bread. So successful has she been that she is now teaching sourdough baking around the world; 9 countries and across 3 continents. In 2017, she published her unique sourdough book in her native Slovenia, a first of its kind and the book received two Gourmand World Cookbook Awards. The book has now been published in German, Dutch, French and Croatian. The book features both simple-to-make recipes and more ambitious recipes for more festive occasions. Readers can feast their eyes (and later their stomachs) on rye bread, simple white bread, corn bread, buckwheat bread, fruit bread, donuts, brioches and much more. Sourdough Mania contains chapters on types of grain, making a sourdough leaven, the baking process, ingredients and useful tools. Every stage is fully illustrated with step-by-step photography on weighing, mixing, kneading, shaping, scoring, and baking, to take you on a journey to the healthy world of sourdough baking made easy. Anita has started a real bread revolution which more and more people are joining in to bake healthier and more delicious bread. Sourdough Mania is here.

The Book of Word Records Asher Cantrell,2013-06-18 From antidisestablishmentarianism to zo, a unrivaled collection of today's greatest words! Have you ever wondered what the longest word in the dictionary is? Or the origin of your go-to curse word? With The Book of Word Records, you'll uncover hundreds of bizarre, ugly, gross, and otherwise extreme words that have what it takes to break some serious records. From the seven longest speeches ever given to twelve of the most popular passwords used today, each of these entries reveals the history behind the world's most noteworthy expressions and fascinating details on how they stack up against the competition. You'll also learn how to step up your vocabulary with pronunciations, definitions, and sample sentences for each award-winning word. Whether you're a Scrabble champ looking to get a high score or just want to impress those around you, The Book of Word Records is sure to surprise even the most skilled wordsmith with its one-of-a-kind superlative lists.

American Mania: When More is Not Enough Peter C. Whybrow,2006-04-17 A doctor's bold analysis of the cultural disease that afflicts us all. Despite an astonishing appetite for life, more and more Americans are feeling overworked and dissatisfied. In the world's most affluent nation, epidemic rates of stress, anxiety, depression, obesity, and time urgency are now grudgingly accepted as part of everyday existence they signal the American Dream gone awry. Peter C. Whybrow, director of the Neuropsychiatric Institute at UCLA, grounds the extraordinary achievements and excessive consumption of the American nation in an understanding of the biology of the brain's reward system offering for the first time a comprehensive and physical explanation for the addictive mania of consumerism. American Mania presents a clear and novel vantage point from which to understand the most pressing social issues of our time, while offering an informed approach to refocusing our pursuit of happiness. Drawing upon rich scientific case studies and colorful portraits, this fascinating and important book will change the way you think about American life (Karen Olson, Utne Reader).

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Coaching Basketball For Dummies The National Alliance For Youth Sports,2011-02-09 So you're thinking about volunteering to coach youth basketball? Great! You're in for a fun, rewarding experience. Whether you're new to the sport and looking for some guidance or you're a seasoned coach hunting for some fresh tips, Coaching Basketball For Dummies will help you command the court with confidence. Each friendly chapter is packed with expert advice on teaching the basics of basketball—from dribbling and shooting to rebounding and defending—and guiding your kids to a fun-filled, stress-free season. You get a crash course in the rules and regulations of the game, as well as clear explanations of what all those lines, circles, and half-circle markings mean on the court. You'll assign team positions, run great practices, and work with both beginning and intermediate players of different age groups. You'll also see how to ramp up your players' skills and lead your team effectively during a game. This book will also help you discover how to: Develop your coaching philosophy Understand your league's rules Conduct a preseason parents' meeting—crucial for opening the lines of communication Teach offensive and defensive strategies Keep your kids healthy and injury-free Encourage good sportsmanship Make critical half-time adjustments during a game Help struggling players Address discipline problems and handle difficult parents Coach an All-Star or Travel team Complete with numerous offensive and defensive drills and tips for helping your kids

relax before a game, Coaching Basketball For Dummies is the fun and easy way to get the score on this worthwhile endeavor!

Moose Mania Kevin Lovegreen,2020-04 Join Luke, his family, and their friends as they journey into the wilds of Alaska in search of majestic moose and giant bear. The ninth book in the Lucky Luke's Hunting Adventures series proves to be another hit with outdoor adventure-loving kids. Dive in and see how Luke and the gang use their hunting skills, patience, and determination to take on everything the Alaskan wilderness can throw at them.

Fifteen Feet For Free Jim Lee,2012-06-07 “Jimmy Lee was the best shooter from 15-feet I have ever seen. If he got his shot, he made it. Early, middle, or late in games – it did not matter when. Jimmy had great fundamentals, he worked hard and he shot the ball with great confidence. He was so consistent; if he missed a shot you thought it was an accident. His thoughts and techniques can help anyone improve their free throw shooting” Jim Boeheim – Head Coach at Syracuse University, Naismith Basketball Hall of Fame, Class of 2005; 2008 Olympic Gold Medal, Team USA, 2010 World Championship Gold Medal, Team USA; 2010 Division I Coach of the Year “Jim Lee and I were contemporaries at Syracuse. He played in the games – I talked about them. I remember him as a clutch shooter (in the 1975 NCAA Tournament, his 18-footer with 3 seconds left upset North Carolina, and paved the way for Syracuse’s first trip to the Final Four). Since Jimmy was pretty close to automatic from the foul line, just about every player, at every level, can benefit from his advice and proven approach.” Bob Costas – NBC Sports “This is a rare book, because Jim is able to weave together invaluable skills instruction with a very personal and informative story about his relationships with teammates, coaches, and most importantly his family. Jim’s father, as both a veteran and a person with disabilities, clearly served as an exemplar for Jim with regard to how he approached basketball – and how he approached life. This is clearly illustrated by the fact that Jim has committed to leverage the proceeds from sales of this book to improve the lives of this generation of veterans with disabilities. On so many levels, Jim’s book is powerfully positioned to impart lessons about basketball and life that are meaningful and timeless.” Mike Haynie, PhD – Executive Director, Institute for Veterans and Military Families, Syracuse University; Barnes Professor of Entrepreneurship, Whitman School of Management, Syracuse University “Fifteen Feet For Free is an easy read for all ages. It can be very helpful for kids just beginning their basketball days, and I can see a great benefit for more experienced players. The fundamental instructions in this book can easily improve a player’s free throw percentage.” Morgan Wootten – 1,274 wins as Head Basketball Coach at DeMatha HS; Naismith Basketball Hall of Fame, Class of 2000; National Coach of the 20th Century; Four-time recipient of National Coach of the Year; 10-time recipient of Coach of the Year in the Washington D.C. Area “The fundamentals of great free throw shooting are in complete alignment with the values of practice, repetition, goal sitting, and mental calm that successful business people employ. Jim gets this and writes about it in an amazingly real and compelling way.” Mike Perlis – President and CEO, Forbes Media

Free Throw Shooting Bob Reinhart,1982-02

The Art of Shooting Baskets Ted St. Martin,Frank Frangie,1992 Presents tips for improving basketball shooting skills, with sections on free throws, jump shots, layups, slam dunks, and hook shots.

Mastering the Art of Free Throw Shooting Adam Filippi,2016

PE Connections Thomas M. Fleming,Lisa Bunting,2007 You want your students to be successful - not just in the classroom, but throughout their lives as well. With PE Connections: Helping Kids Succeed Through Physical Activity, you can provide the experiences that help students succeed in a much broader sense than is usually associated with a physical education class. PE Connections accomplishes this by offering teachers and after-school care providers three instructional approaches that expand the definition of student success: teaching quality physical education, building social and personal competencies through developmental assets, and creating the foundation for a coordinated school health program.--BOOK JACKET.

Scouting ,1998-11 Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals, Scouting magazine offers editorial content that is a mixture of information, instruction, and inspiration, designed to strengthen readers' abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families.

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