

Jasen Baskett Level Shooting Program

Coach Baskett Philosophy: The ability of a basketball player to perform at the top level depends largely on their physical ability, such as skill, talent, strength etc. However, the mental approach is acknowledged as having a major bearing on the success of the athlete in terms of attitude and confidence.

One way in which the psychological performance of an athlete can be improved is through goal-setting as part of their training plan, and given that there are often tiny margins between success and failure, the mental state of an athlete can give them the extra edge that can make all the difference.

How the Program works:

1. The program is based on grade/basketball level
2. It's a Percentage Base Program that makes the Shooter push themselves to pass level after level
3. There is a total of 75 levels 10 drills in each level
4. The Player on their own must pass all 10 levels, then Ecba staff will test the shooter on each of the 10 drills. The shooter will get 2 chances to pass the drill. The shooter must pass 8 out of 10 to move onto the next level
5. IF The Shooter DOES NOT PASS a level. The Shooter is not allowed to re-test for another 4 weeks
6. Every time a Shooter comes to do Jasen Baskett Level Shooting. The Shooter will receive a form with all 10 drills and a chart to record their scores and keep track of their progress and completion of the drill
7. Shooting Sessions are 60 mins long
8. COSTS: \$110 for 4 sessions
9. All Shooting Sessions must be booked online
10. Email us at ecbahoops@hotmail.com for information on how to register

The Benefits of the Program:

When it comes to improving shooting in games, it is critical that you record your progress, shoot at game speed, and make shooting a healthy competition for yourself to reach shooting goals that are put in front of you.

Players that do this program will see an increase in their shooting percentage in games for the following reasons: Players will practice more on their own to accomplish the shooting percentages in this program, NOW every shot matters, players are not just out there shooting they are shooting with a purpose, the speed of the pass of the shooting gun makes players to practice at game speed and finally the confidence players gain for knowing they have put the time in prior to the game and the belief they will have by accomplishing these percentage goals are indisputable. Great shooters want to be challenged constantly, so developing points, time, different shot combo's that are charted and challenged, can only enhance a player's performance.