



Mastering The Mental Side Of Basketball

Ernest Solivan

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Basketball players will spend hours working on shot making and strategies for an upcoming game, but what do they do to mentally prepare for game day? What do they do to insure that the decisions they make during competition best supports their team in winning the game? Mastering The Mental Side Of Basketball is a book specifically written for the mental side of basketball. From amateur to professional players, this remarkable book will show you step-by-step how to mentally prepare for game day so that you are in a mental space that allows you to play your best. It will also help you minimize and/or eliminate those mental errors during your game that adversely affects the outcome. It is said that basketball is 95% mental and 5% physical. When you have finished reading Mastering The Mental Side Of Basketball you will understand why basketball is 100% mental.

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