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(Kevin Bergstrom Sr.)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to learn how you can stop procrastinating in your practice? Do you want to learn how the formula which will separate you from the rookies to the pros? Do you want to get rid of the laziness you have in practice? Do you want to see physical proof of your shot getting better? Do you want to create the discipline to put the maximum effort in your practice? Truth be told the hardest thing about practice is pushing yourself to the limit you know you have to reach every practice and not knowing if your practice will provide you the results you wish. In this book, you will be taken through 18 weeks of game speed, hard and efficient practices. What will this program do for me after 18 weeks? 1. You will become a better shooter 2. You will become more of a confident type player 3. You will be able to trust your shot 4. You will have more cardio 5. You will learn how discipline can get your shot from nothing to the greatest shot you can have 6. You will learn how progression can get you from a rookie to an advanced player 7. You will learn how consistency can separate you from 90 of players 8. You will have proof at the end to see your progress in your shot 9. You will have developed even more confidence from the progress you see in your shot 10. You will learn what separates the rookies from the pros Learn How to Really Practice and Get The Results You Wish for. Click the Buy Now Button and get ready for you to become the best...



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