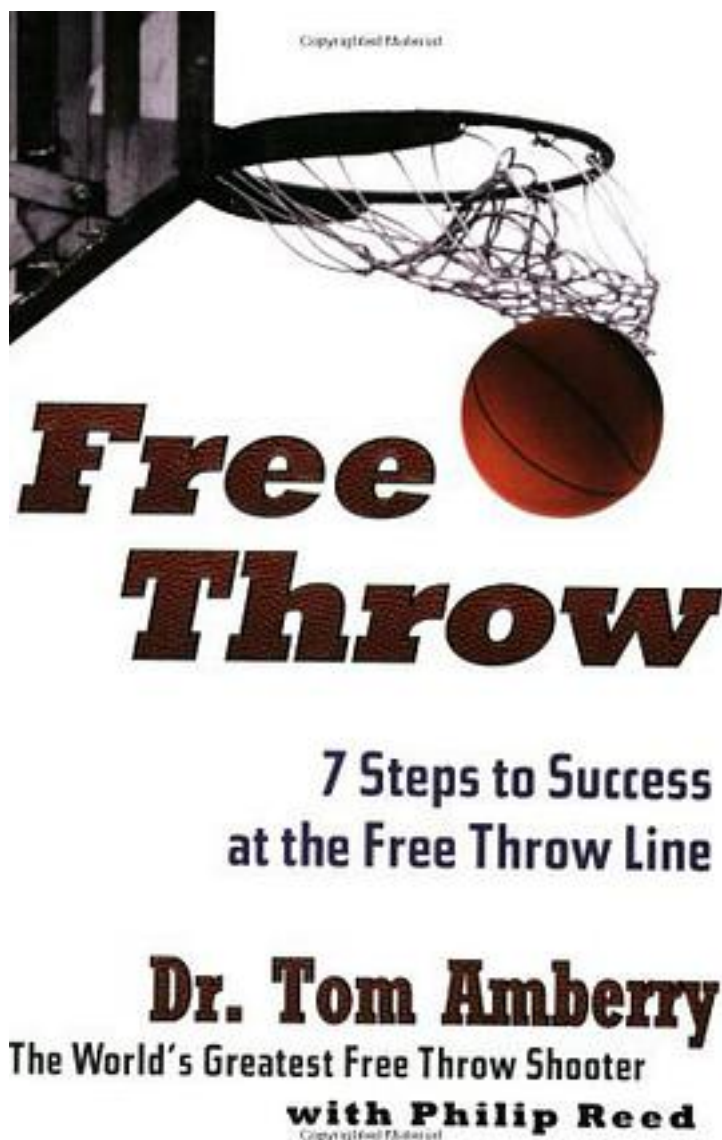


# Free Throw



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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.

作者介绍:

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