



The Art of Shooting Baskets: From the Free Throw to the Slam Dunk

Ted St. Martin

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The perfect instructional for learning the art of shooting hoops at every level—completely revised and updated!

From free throws to jump shots, this edition is the complete guide to all the fundamentals of shooting a basketball. With new photos and a focus on contemporary trends, it provides easy-to-follow advice and fully illustrated step-by-step instructions on everything players need to make critical shots with confidence.

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