

Title:

7 Areas in Improving Your Basketball Game

Word Count:

397

Summary:

Becoming a better basketball player doesn't happen over night. It involves serious work, disci

Keywords:

sport, basketball, basketball plays, history of basketball, basketball court dimensions, baske

Article Body:

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Speed and agility - There are many exercises you can do to improve your speed and agility. One

Jumping - Improving the strength and power of your legs will improve your vertical jump. Do so

Strength - Weight lifting is an effective tool to become strong and increase muscle mass. If y

Stamina - Stamina training such as road running is effective to build up the heart to go to di

Dribbling - This skill can be improved by using different dribbling techniques and drills. The

Shooting - Improving your shooting skills involves correct jump, body form and power. This can

Defense - Improving your defense is as important as improving your shooting and dribbling abil

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