

Title:

Basketball Training Aids to Improve Your Game

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396

Summary:

If constant practice and sheer dedication aren't enough to improve your game, then you might a

Keywords:

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

Article Body:

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Shooting

Oversized basketball - is usually 3 inches larger in diameter than your regular basketball. Th

Board-less hoop - is designed to improve your shooting accuracy by making shoots without dependen

Rebounding device - helps you to practice your shooting without rebounding the ball after even

Shooting straps - is attached to your shooting hand to assist you in maintaining the right for

Dribbling

Dribbling aid - is designed to help you use your fingertips in dribbling (and not your palm).

Basketball goggles - are designed to keep your head up while dribbling your ball. The goggles

Speed

Speed parachute - uses the principle of a parachute that provides resistance during sprint. Th

Agility ladders - helps you develop eye-foot coordination, foot quickness, and versatility. Yo

Vertical jump

Jump boxes - help you improve your jumping ability and overall strength. These boxes vary in h

Weight belt - increases your strength, at the same time, improves your vertical jump - helpful

Jump soles - are training aids that are attached to your own shoes during practice and training

Stamina

Jump ropes - are the most basic and probably the cheapest basketball training aids you can hav

Take note that these are only aids to improve your game. They aren't designed to automatically

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