

3 Principles Every Basketball Coach Should Know

① Athletes excel when they enjoy their sport

Athletes start and continue playing because they enjoy it. Playing and staying in “the zone” is about athlete enjoying and playing without fear.

We as coaches can instill a spirit of improvement, competition, and enjoyment by:

- Balancing encouragement and instruction / correction.
- Avoiding intimidation or deriding
- Building in fun moments
- Providing off-field bonding experiences
- Individually reassuring players



② Fundamentals and communication are the foundation

Without mastering the fundamentals, and creating great communication your team will have difficulty reaching higher levels of achievement.

- Always drill and reinforce fundamentals.
- Make communication a habit or it will break down
- Always communicate even when you don't think you need to

③ Controlling the paint controls the game

Most basketball games are won or lost in the five or six feet surrounding the hoop. If you can get into the lane and produce high-percentage shots, control the boards and prevent second chance opportunities for your opponent, and disrupt or block their shots close to the rim, you'll have a huge advantage.

- Add an athleticism component to your training to improve quickness and vertical leap
- Work on contested "game situation" shots around the rim
- Provide your players with training they can do outside of practice

Best Q&A in the World!

There's been a lot of questions about Jump Manual: Basketball Coach Edition 2014. So here are our answers to your questions.

Q: What is the different between the regular version and this.

The regular version is very limited and was written with players in mind. This version includes everything of the regular version plus more. The 2014 updated version of the Jump Manual which is designed for basketball coaches. It has new videos, new updated content compared to the previous version of the basketball edition.

It also includes LIVE Jacob Video Calls/Webinars, this is something that Jacob hasn't done before and will get all your questions personally answered. This also gives you a chance to interact with other coaches in the program to see any common goals you may have. Included is also the Coaching Mobile App & 60 Day One on One Coaching with Jacob. Best thing is, it's the same price as the regular version.

Q1: There's lots of free info on the internet, I'll just try that for now.

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There's 2 problems with all the free info on the internet.

1. Lots of it is put out by marketers and amateurs that lead athletes and coaches down a long and frustrating path of not getting the results they deserve.
2. Sorting through that material can be a never ending time suck that distracts from your core responsibilities as a coach: teaching and applying the best training available.

Q2: I'd love to have Jacob train my team, is that possible?

Jacob travels and trains at a full time schedule but can be booked for \$150 / hour or \$500 / day. He is currently on tour in Europe so you'd need to make an advanced booking.

Q3: I don't have the money now.

Let's be real. At our price point and the amount of actionable information being provided will likely save you money in the long run. Getting one on one access to a coach with Jacob's knowledge and experience is priceless if you take your coaching and training seriously. You will never find a better price than the one we are offering you now.

Q4: I don't have access to a weight room.

All of our training comes with non weight room alternatives you can do anywhere, with our without weights. Jacob has worked with teams all over the world using no weights or equipment at all.

Q5: I work with young kids, and I'm not sure if training is appropriate for them.

There has not been ONE single case of a child training that has 'stunted their growth.' In fact evidence has shown it may be the opposite. Training even at young ages will reduce injuries, provide an edge for kids, and get the excited and having fun with making progress towards their goals. Training is not only appropriate for kids of all ages, it is optimal and fun.

Q6: Can you ship to _____? How do I get access?

You will get instant access to the membership area with downloads, videos and information for doing live and one on one coaching sessions.

Q7: I'm not very computer literate.

Most of our clients are not. That's why we have a fully manned support desk to make sure any and all questions get answered and you get access to the information you need without any hassle.

Q8: How much time does this take?

You can implement a training program in as little as 30 minutes to one hour, on one or more days of the week. We can help you integrate this hassle free into your training schedule so your athletes can make progress even if you are in a time crunch.

Q9: Will this offer be available later?

We will be offering some of this promotion later at a higher price point, but some of the products and one on one coaching are only available during this promotion.

Q10: How fast will my team see results?

Most players see "beginner gains" in the first couple weeks and steady gains thereafter. Gains should be seen on a weekly or biweekly basis.

Q11: Is this suitable for girls?

Yes. Men & girls can use the same plans.

Q12: Are there any equipment costs?

Nope. You do not need any extra equipment, you do not even need access to a weight room.

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Jump Manual: Basketball Coach Edition



Only \$67. Worth over \$1,900.89. Available only for 3 days! Includes:

- Jump Manual: Basketball Coach 2014 Edition (new updated coach specific content and product delivery).
- Jacob's 'Winning Team' Mastery Clinic: 6 week mastery video course teaching advances techniques and training principles. New video sand interactive discussions each week.
- 60 Day One on One Personal Coaching with Jacob (email, skype etc.)
- Live Video Coaching Series with Jacob: Feb 20th, 27th, March 6th, March 27th (follow up)
- And much more

If you have any more questions contact us at

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