

AWAKEN THE JORDAN WITHIN!

10 ideas That Will Give YOU an "Unfair" Basketball Advantage

JORDAN 23

TRAJKO DANGOV

**Вазкрстајте
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I want to personally congratulate you on making this important decision. The fact that you decided to get your hands on this e-book puts you in the top 1% of basketball players who know what it really takes to have a powerful mindset.

And I sincerely wanna thank you, for giving me the opportunity to prove to you, that there is a Michael Jordan in every one of us.

I love doing this, it's what I'm. I don't want our relationship to end as soon as you finish reading these pages. You can always go to my website...

www.best-basketball-tips.com and contact me from there. Feel free to ask me just about anything at any time. You have a critic for this e-book? Let me know. Your feedback is appreciated. You wanna comment on something? Don't hesitate to shoot me an email at any time.

When reading, keep an open mind. Be judgmental and critical about the ideas, but also be receptive to them. Think about how they could and should work. Because in reality, they are extremely effective.

Enjoy!

Warmest Regards,

Trajko Dangov



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You're The One



I've been studying success in basketball and success in life. That's me. That's something I'm passionate about. And I've looked at the same patterns that happen with guys who turn pros and pros who become legends. Basketball legends. People who inspire us.

What is this book about?

You know it. It's not about Michael Jordan or anyone else. It's about YOU. There are things that you can do that you're not doing. Think of them as small changes that will get you on the right track.

The "Michael Jordan" thing is just a metaphor to let you know that there's a beast inside of you that you don't know how to provoke. I'm gonna start throwing ideas at you that will get you in alignment with whatever your purpose with basketball is. This stuff here will start moving every single part of you towards your ultimate goal. Okay, sounds good?

Alright...

Do you know what "leverage" means? In basketball terms it's when something bad happens to you and you have to change. You just have to. Things like, one of your old teammates gets to play full time and you're glued to the bench. And you know you're better than he is. But maybe he's got these little things about him that make him special. Maybe you think it's all full of B.S. but who knows right? Or maybe, you've had an experience that really hurt you deep inside.

This is the part when I'm gonna ask you to tell me...

What's your leverage? Just think about that for a second. First, let me walk you through my true story here. And to get you sorta on the right path of what we're doing here.

"I'm a big believer in dreaming. If you don't dream it you can become it"
– Magic Johnson

My Story



Okay, I'm from Macedonia - "Google" that country if you've never heard of it:) To me, I was coming from a mindset that it was "the holy grail" or nothing. I wanted to play in the NBA. It meant the world to me.

So I went, okay. I'm gonna give my all. And I'm gonna make this happen, cuz I had a plan. Sadly, I had very little education about how to train effectively so I went extreme.

Here's some of the things that I remember, at the top of my head that I was doing for 2 years in order to get my body prepared for the goal I was shooting for...

1000 squats in a set. No stopping. Full throttle. I did probably about 5 or 6 sets of them without stopping in a one month period. Then 1000 dunks in a row in about 2 hours (I have a small backyard basketball court with a lowered basket – probably 9 feet). Running for 2 hours without stopping. Running the stairs up and down, 100 times for 30 minutes.

1000 reps of the basic ab exercise without stopping in about hour and a half. And I did 3 sets of these. 1000 blast offs (jumping as high as I can by bringing my knees to my chest – helped me a lot with my vertical leap) in about 2 hours with 50 reps in a set and about 5 minutes rest between sets.

I remember once I made a commitment to run for half an hour everyday and do 100 push ups after that for a month. And one time I did it at 05:00 a.m.

Did this help? Ahem, I think I trained my brain to endure unbelievable pain and keep going once I set my mind to it. Probably if I trained smarter and not practicing like a maniac, I may have had better results. Point being, I was motivated as hell. I was ready for anything.

How could I get drafted for the NBA? I figured getting a scholarship. Going to America and killing myself everyday so that scouts will hopefully notice my desire and of course, my skills. This scholarship was given to sophomore students (I needed this scholarship so I can go to America). For two years, I'll be settled in a family and continue my education there. And in case I'm really good at anything, they'll offer me a chance to stay there.

That was my plan. That was my huge, bold, arrogant plan.

But the thing is, I didn't get past the scholarship. I did not manage that. It ruined me because the program I was getting prepared for, for 2 years had turned out to be cancelled. It's the most nasty feeling in your stomach you could imagine. And I felt as if my destiny was changed. The funny thing is, I'm so grateful that that happened. So grateful.

Because that made me a MAN and prepared me, for the upcoming ugly stuff that's bound to happen over the course of my life. It's like, if I can take that, there's lot more I can take and I'm gonna be okay with that. It's almost as if, I'm proud of that. I would not trade a minute of all my struggles in my life because the tough times make you what you are.

Did I quit? Hell no. I just chose a different path. Basketball is what I absolutely LOVE but I would not settle for playing in some lame-ass league in my country. I was thinking big. The principles I learned from that experience are helping me immensely in other areas of my life right now. The principles that I'm about to throw at you that will hit you so hard, that you'll never think of going back to your old-self and accepting "being average".

What was my leverage? The NBA! There was nothing else in my mind. Not a single other option. Up until that point where I was told the whole program was cancelled I had tremendous desire. I discovered myself through that process. After that, I kinda lost my drive. I lost what I was so strongly believing in. It's weird how many things turned out for the better in my life after that experience. In areas that I found fulfilling beyond basketball (though I love to share what I know on the internet). But as I said, this book is about you, so...

What's Your Leverage?



Do you have a dream? Why are you (or aren't you) focusing so hard on basketball? Do you have a purpose in why you're doing this? How would that make you feel after you achieve what you want? Clearly define it because clarity is power.

Some NBA stars wanted to stay out of trouble. To get off the streets. Others just wanted to make money and it worked for them. Others purely loved the game more than anything else. Air Jordan comes to mind.

This is harsh, okay? You have to pave your way with sweat and tears to get to the next level. And then, pave it some more. And more. And then you realize, you'll get there. You'll really get there.

Just think about it, what's your leverage. Don't just continue reading. This is interactive activity. You're involved. Get a piece of paper and jot down everything that comes to mind. If it's one thing, cool. Write it down. But make sure it's specific, clear and it really excites you.

I want you to really think about this. For me, it was the NBA. For you, maybe it's fame, money, taking care of your body, having the life style that you know you deserve. Go crazy with this. Write 10 things if you can. The more the merrier. You got them down? Nice!

"Many athletes have tremendous God-given gifts, but they don't focus on the development of those gifts. Who are these individuals? You've never heard of them-- and you never will. It's true in sports and it's true everywhere in life. Hard work is the difference. Very hard work." - John Wooden

The “Magic Pill”



After reading so many biographies on the famous NBA legends, it's a no-brainer to figure out that they all share some common things. Clarity, focus, discipline, dedication are some qualities to get started. You may lack the motivation. LeBron James, Larry Bird, Pete Maravich, Magic Johnson, Michael Jordan, Allen Iverson, Julius Erving all had the motivation. They were inspired. But they didn't think it was gonna be easy.

That's what marketing wants us to think. We're socially conditioned that we can buy these cool products like the DVD set on better shooting, the "jump shoes" with some fancy name on them, or this new "revolutionized" machine that can get you in shape by exercising 10 minutes a day. You think these guys ever believed in the "magic pill" society that we live in? Do you think they ever thought their path was going to be easy? It's as if, we really tend to believe that we can take that new underground product, or hell even steroids and we can be ahead of the curve and have the edge and all that ridiculous hype.

It's the same thing in my country and it's the same in yours. How do I know? We're all the same, no matter where we live in. Because we all want instant gratification. Nobody wants to know they have to walk the 10,000 miles road only to discover that there might be another one like that. Sure, if marketing sells something like that, nobody would buy it.

Some players like to brag about how special they are and how easy it all came to them because they were gifted. They hide the fact that they've trained harder than ever. They wanna be thought of as talents. Things like slow, steady, focused and committed work in order to make small improvements everyday, are so outside people's realities.

Julius "Dr.J" Erving once said that after he got famous, many people were saying things like: "That man is so lucky. He must not know how we, as "average men" feel like. He's so lucky that he's special." Well, Dr.J put it very nicely when he said that the people only see the end result. They don't look at all the hours of hard work you've invested.

"It feels great to have my hard work pay off, especially when the fans made it hard for me." Steve Nash

More Than Just A Game



If you're into basketball and all that and you wanna have fun, that is great. I think that is awesome, awesome, awesome. But actually hoping for something big is not gonna do it. I mean, if you don't LOVE this game, if it's not a passion or something that excites you, you might as well forget it. If you're not in that mindset, it will be a struggle for you. A big, fat, ugly struggle that you may get addicted to.

The fact that you're reading this book tells me that you're thinking big. You have big dreams man. You're going in for the kill and you are ready for challenges. When you find yourself not being inspired you need to consciously take charge, "grab the wheel" and start improving. Stick to something. Have a plan of how much you're gonna exercise. Is it 5 days a week, 6 or maybe 7? Have a vision of where you're going with this. Why you're doing it.

Always improve and play against better players. Pump yourself up everyday. Listen to songs that get you emotionally driven to go out there and kick some ass. You know you're special. Set goals and be specific. Be patient. You can work on your shooting for 2 weeks then move on to dribbling. Then the vertical leap. Then shoot some more.

Whatever it is. Whatever your goal is. Don't just put yourself on "autopilot" everyday and hope that things will fix themselves. They won't because you're in charge. This is about you.

"You can't get much done in life if you only work on the days you feel good." - Jerry West

You Have No Excuse



What holds back a lot of guys is, they think of their shortcomings a lot. They think that their height or intelligence for the game or their fat is the “excuse” of why they aren’t getting anywhere with this. Or maybe it’s genetics. Maybe it’s their parents. The same processes that happen with any other major area in life where you want to have success, are the same processes for getting exceptionally good at basketball. You have to be coming from that mindset. But no! Guys come up and think of their “unique story” of maybe why they can’t play in the NBA.

Let’s look at 2 guys who have nothing to do with basketball but I think can show you that you have no legitimate right, to make up an excuse. The first guy is Sean Stephenson. He’s about 3 foot tall who’s suffering from a very rare disease on his bones. He can fracture his bones just by sneezing. You wanna know he does for living? He’s a motivational speaker. He’s even talked at a seminar on how to be better with women and have more success with them. You think he’s got excuses? Please, don’t take my word for it. Go to www.youtube.com and type “Sean Stephenson” and check out his story.

The other man is W. Mitchell. If you’re talking for a guy who’s been through the most severe pain we could imagine, that’s him. His story is amazing but to get the idea, let me just say that 2 times he was in an accident. The second time, he was paralyzed, face disfigured and they had to take his fingers on his legs and put them on his hands so that he could grip on something. His job? Motivational speaker telling you to cherish the good things life and be grateful and happy. Check out his story too.

I mean, I don’t know about you but you really can’t walk around life and accept being defeated because of an excuse you think you have. Because life is too short man. Life is too short to care when other people say you can’t do it and accept that. It’s all about how badly you want it. If you want it, you will find a way.

"Obstacles are those frightful things you see when you take your eyes off your goal." - Henry Ford'

Surround Yourself With The Best



The players that you play with and against, pretty much set the standards for how good you are. I do believe that you shouldn't compare with anyone else and you should compete with yourself. Even to the point when you have a competitive "problem" like Michael Jordan used to have.

Have you never found yourself playing against someone who was kinda tough and ugly in a way that even made you nervous.? And a lot of times you probably have bailed out and said he's playing dirty. Common, we've all had that. It's normal.

Well, when we play against someone who's better, our subconscious mind will try to live up to his reality. Again, I know I'm taking this unusual twist to telling you something, but that's because I've been into self-help for quite some time. And you might not totally understand the whole process and that's fine. Just be aware of these things and the more you think about them the more they'll make sense to you.

You may have heard me say this on my website but I'm gonna say it again because I believe it's that important. Study the masters of the game. The true masters like Larry Bird, Magic Johnson and Michael Jordan. You may think that their style of playing for something is little outdated but you're wrong. It's not about sweet, fancy, AND1-Globetrotters-cool-street moves.

It's about fundamental basketball. Go to www.youtube.com or any other video site and search for these basketball legends. They're just an example and you can go out there and look for whoever you want.

When you see a guy who's playing tough and he's dominating, think to yourself, I want some of that. Have a variety of different sources. Don't just learn moves from one source.

"Don't do anything as an individual that will make you stand out from your teammates." – Mike Krzyzewski

Make A Commitment



If you can't do this, I mean if you can't decide that TODAY you gonna make a commitment to dedicate some part of your life to this, you'll pretty much fail in many areas of your life. That is, in anything that wants you to "invest" a bigger chunk of your time.

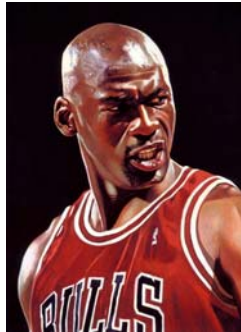
Being amazingly good or above average in basketball, means sticking to improving. Constantly evolving as a player. Making that firm commitment and not being distracted by other minor things. Not procrastinating because the procrastination is a silent killer. That's why we gotta consciously decide of how much time we gonna dedicate to this.

It just doesn't happen overnight. It takes time. Have a game plan of what areas of your game you're gonna focus on more specifically this week or this month. Write down the areas where you're lacking skill or confidence or whatever is holding you back.

Then write down several ways you think you can improve them and immediately start working on them. That is the "secret" to constant and never ending improvement in the game of basketball.

"The men who have succeeded are men who have chosen one line and stuck to it" - Andrew Carnegie

Inner Game



The state you're in will pretty much define your performance. What do I mean by that. It's the same as in with every other area in life. If you get up there to give a public speech about whatever, something that you don't enjoy talking you gonna be in a pretty messed up state.

You know you gonna suck and you will. It's a self-fulfilling prophecy. And when you're a confident, not really worried of the outcome, or better yet, "know" that the outcome will be positive, you'll be in a much better state and as a result, do so much better.

I know that you're probably aware of this, but... - How can we "translate" this in basketball terms? Think about it, when there's a game you're in when it's just ON. When every shot you take, the ball hits nothing but the net. I mean, you're in state, kicking butt, having a great time, being on fire. And your chances of doing that again, being more confident and know that you gonna be awesome, will go sky high.

In order to do that, you need... what? You need to spend countless hours on the floor. Drain your body everyday and improve and constantly evolve as a player. Only when you "get there", you can be in the state we're talking about. Well, how about we add a little twist to this. Because basically, the state comes from your mind. It's that inner game that you have to master in order to get the outer game handled.

Here's a rule of thumb. What you expect it to be true, generally will. It's a simple concept, but when you look deeply into it, you'll realize that you can relate to it more times than you can remember.

Point being, this is how your mind works. When you're confident, not attached to the outcome (whether you make that shot or not for example) so strongly, and you're "outside your head", expecting that every shot you take or a pass that you dish out or whatever it is, to be positive, in terms of how you like it to be, generally it will be. Read that sentence again if you have to.

I mean, this is pure logic we're talking here. It's the blueprint of how your mind works when you're in top state. And we're trying to consciously decode that blueprint. I know I may sound little...pffff... unusual when I communicate in this manner, but that's the way I'm doing.

At least I'm trying. Guys out there know this stuff but can't teach it. And if hey, my method doesn't work for you, I respect that. I just want you to know that I'm trying to help. Bear with me on this. If you try to grasp the principles here and really think about them, you WILL rip the rewards of it.

These are the stuff that top people in any other areas are using to have almost "unfair" advantage over other people.

"There's always the motivation of wanting to win. Everybody has that. But a champion needs, in his attitude, a motivation above and beyond winning." – Pat Riley

Eliminate Bad Habits



Habits are what make us as human beings. If you always put off things, if you procrastinate and tend to think that some other day you'll do it, you are a procrastinator. We not only want to have a bunch of good habits, we want to eliminate the bad ones. Because success is merely the lack of failure. If you look at it, you can easily write down 5 things that you're doing for example, that take a lot of your time.

Whether that be, watching too much TV, hanging with your buddies too long and not really doing anything. Flipping through the magazines too much or any other time consuming activities that are not helping you with "this".

I'm sure you can come up with a bunch. We all tend to do them on autopilot but if we consciously decide to take charge and get rid of them, we'll eventually eliminate the possibility of failure. And speaking of failure, I think there is no such a thing.

For example if you wanted your coach to give more playing time by trying to impress him with something, and then realize that, it just didn't work that way, that's not a failure. That's not a rejection. That's only a feedback. That actually means that you've successfully found a way that doesn't work.

You can always twist this. And this is not positive thinking it's just being realistic about things. Sure the feeling sucks a lot of times but you're the one who's stronger.

"Man never fails, he only quits trying."

The Pistol Pete Maravich Story



You can't be in basketball without knowing about Pete and his story. I mean, it's that important.

No basketball story ever struck me as hard as this one. Do yourself a big favor and inspire yourself with Pistol Pete Maravich. The most dedicated fundamental basketball player of all time.

When you think of a skinny frame, floppy socks, magical dribbling, unreal circus shots and phenomenal passes, you think of Pete. As a kid, he was pushed to transform his life beyond all boundaries. His father started working with him when he was 7. Little Pete had no choice but to be possessed and obsessed with basketball. When you talk about determination, you talk about Pete Maravich.

If it was raining, he was out there in the mud with his basketball. Alone, as always. If it was lightning, he would be on his bicycle, dribbling. If it was scorching hot, all of his friends would go to the lake and have fun. But not Pete. Pete was in the gym 6 to 10 hours a day. Working on drills his father developed that he called homework basketball.

In 3:00 p.m. Pete would go to the movie theater. The reason he would go at 3:00 p.m. was because no one else was going at that time. He'd sit in the front row, to the right side and start dribbling with his right hand. Half way through the movie he'd go to the left side to dribble with his left hand.

When he went to bed, he took his basketball with him. His mom would come to say good night and he'd say "Good night mom" as he'd shoot the basketball in the air and think of how much he loves basketball. He'd think of how he can't wait for the next day, to practice some more.

During the day he'd walk 2 and a half miles to the playground in his hometown of Clemson, South Carolina dribbling with one hand and then come back dribbling with the other. His dad would take him on a highway with his car,

with an opened window and he'd tell him to dribble with the basketball while he's driving the car at various speeds.

When his dad would hit the breaks, he'd slip away from his ball. And little Pete would get out of the car to get the ball but his dad would accelerate the car so that Pete would have to run faster to get in.

In the gym, his father would make him shoot 100 free throws before he was allowed to go to bed. He often deliberately missed the last shot after he made 99 straight shots so that he can continue playing ball outside.

He was forced to learn to dribble with gloves. He was forced to dribble blindfolded. No matter how many points he scored, it was never enough. Eventually Pistol Pete started drinking even though his father once told him that if he catches him drinking he'd keep shooting him till he was dead. But for Pete, this was just too much.

Many close friends remember watching him drink. They say when Pete would hoist a beer, it was as if a college kid is having a good time. But when you look deep in his eyes, you'd see the how sad he was.

Like it or not, Pete spent a lot of time with his father. Her mother was often depressed and ended in suicide. No matter what his father said, he'd always listen. He was a constant, devoted, disciplined and relentless character who knew nothing about giving up. There was never a doubt in his mind, as he says, that he'd play professional basketball and make a million dollars.

In 1988, when he was 40, he died of a heart attack while he was playing basketball. Less than a minute before he died, a friend of his remember him saying... "I feel great".

And you know what's the scary thing? When he was 25, he told a reporter...

"I don't want to play 10 years in the NBA and then die of a heart attack at 40".

I know. I had goosebumps all over my body when I first read that. Isn't that something to think about? My favorite quote of Pistol Pete Maravich is this one...

"Love never fails, character never quits, and with patience and persistence, dreams do come true."

Take Action



Reading is great but you can't get far unless you act upon your new knowledge. These principles in this book work because there are millions of walking and breathing examples who are using them, some consciously some unconsciously. You gonna have to start using them consciously. ACT on them. Make a decision, TODAY!

Armed with this information and using it, you can be in that top 1% who stand a great chance of making it big. Some points are just to inspire you and make you look at things little differently, while others require that you act on them. So do it.

Knowledge is great, but it's not enough. Having knowledge and not using it it's as good as not having it in the first place. Ultimately, you're responsible for what happens to you in this life so take action today. Seize the moment. Build the momentum. The more action you take the stronger the muscle it gets. Because really, taking action even when you don't really feel like it, develops your muscle even more.

"Most people are afraid of death because they feel like they haven't achieved anything and that they haven't lived" - Owen Cook

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If you just read through the pages for the sake of reading, go back and this time read and interactively follow through. Really contemplate about the deep question. Write down stuff. They're gonna come. The more serious you are about becoming a better basketball player the more things you'll have to write.

I hope you enjoyed reading my e-book and as I said, any feedback is much appreciated.

Thank you.