

**Collection Of
My Articles
And
Yahoo! Answers**



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This are some stuff that you may have seen on my website, written in a slightly different manner that boils it down to the nitty-gritty (articles that I've published on the web). Just scroll down through the topics that you wanna improve to get the maximum results in a minimal time without reading tons of books. The first part is the articles and the second part is my Yahoo! answers.

The First Part

3 Myths About Jumping Higher

There are 3 myths about jumping higher that I want to clarify. I've been obsessed with my vertical leap for 5 years and I learned quite a lot in that process.

1.) Having a high vertical leap is a born advantage

A lot of people think that players like Michael Jordan or Vince Carter had the genetic advantage and they just had their way of jumping higher than anyone else. A lot of times people tend to watch someone like Dr. J and say: Ooh gosh, he is so lucky with that talent. And what people don't realize is that Dr. J went through hours and hours of training and sweat and dedication to reach that level. He said that himself.

2.) You should stop playing basketball when you're doing a "vertical jump program"

That's far from the truth. I mean, why would you? A lot of players often feel bad because they see that after practice their vertical has actually decreased. Well, that's totally normal. You're attacking a certain group of muscles and they get separated in this weird way. They get developed and as a result, temporarily can't "serve you as well. In fact, if you notice that your jump has decreased that means that you're doing it right.

3.) Get the hardest program out there

In basketball, as in everything else in life, you have to lay the foundation. You have to start small and build your way up. You have to start, for example with 20 calf raises, 20 seconds with a jump rope and so on. Build the foundation. Don't go after these crazy programs that are just so exhausting that might get you injured. They're for more advanced athletes and a lot of times, that's not the case with you.

How to grow taller

If you're looking for some harmful liquids or pills, this article is not for you. Here, I'm giving you, few simple, but effective tips that you can use to "pull"/"add" and inch or two (to your height). Okay, here they are.

1.) Nutrition

Nutrition is important, as you've probably heard. Drinking milk provokes the human growth hormone. Drinking about 7-8 cups of water a day, stimulates the blood flow to function better thus, also, provoking the growth hormone. It's also vital that you don't eat big meal right before you go to bed. Just don't do that. Now, how old do you think you have to be in order to stop growing? Well, I'd say about 27-30. After that, it's very unlikely that you can gain inches.

2.) Stay upright in every situation

I have no evidence whatsoever to prove that this works, but I really believe it does. It's logical. I've heard it from other people, and it gives me enough reasons to post this tip here.

3.) Stretching

Aahh... We all know this one right. Getting into yoga, swimming, basketball is worthwhile. It'll help you for sure. If you are into basketball, you can start dunking. And when you go for the dunk, grab the rim and just hold on to it. Hang like that for 5-10 seconds. This one really works. I know a friend of mine who had 7-8 inch summer just by doing this. If you can dunk, you can lower the basket few inches just enough so that you can dunk. But don't lower it too much. Just enough so that you'll need to jump little higher than you normally do so that you can throw in

the dunk. Again, this one goes along with the second tip.

Improve Your Dunking Ability

To get better at dunking you need dunk like a maniac. Ask Michael Jordan and he'll tell you he never actually worked on any program he just went out there and he was dunking like hell. And that's what you should do. But hey.. I'm not going to leave you without some sweet little tips:) Okay? Here we go.

Here are several tips to improve your dunking ability:

Pull" 2-3 inches with this one

If you are determined to dunk with authority everytime you are dunking a basketball, and you lower your buttocks little more than usual you can pull off maybe 2-3 inches from you vertical. It's true.

I'll say that again. Having faith that you will jump so high that eventually your eyes will see the rim right in front of you, and you will lower you legs more than you normally do (in other words – as if you are seemingly going to crouch), can easily add 2-3 more inches to your vertical leap. Try it!

Better palming

Are you having a hard time palming the basketball? Try licking your fingertips for better palming. It always helps. You'll learn/train to palm the ball even better the more dunks you do, of course, but this little trick can help you a great deal.

Learn 360s the easy way

I learned to spin the hard way because I didn't know where the head should be turned. Well, here's a principle. The head follows the body. It's a pretty basic concept but a lot of players tend to forget. When I was learning to do 360 spin, my head was the last thing to look at the rim. And boy, was I ever wrong.

The head should be the first thing to look at the rim. Here's how you do that.

So as you start spinning, concentrate on the head. Before you can position your limbs towards the rim your head should have already seen the rim. In other

words, try to turn your head towards the rim as quickly as you can. Okay, I emphasized that enough:) After several successful dunks I didn't have to think about the head at all.

Also remember to "land" with both feet at the same time after you dunk the ball (after doing a 360 or 180 spin). If you land with one foot there is much greater chance you'll lose balance and fall on the ground.

Increase Your Energy Level

Having the right psychology is crucial but being in a great psychical shape is equally important.

People who have more energy, are more productive in every way. This is especially important for someone who is practicing and trying to get better in whatever sport he is.

I'll briefly outline the basic factors that influence our energy level..

1.) Desire to achieve something. Think about it.. Don't you feel better when you have to finish something you enjoy doing. It's not even a task for you. It's just something you love doing. Something that fulfils you and drives you. It's all perception. There was this quote that was something like..."find what it is that you love working and you'll never work ever again.

This first factor tends to get into the psychological part of what drives us as human beings. The point of the matter is to have a goal that we want to achieve. We will find the energy to make it happen.

2.) Drink a lot of water. I'm sure you've heard it many times but the water in our bodies is everything. It's not for nothing you keep hearing this in every self help program. Water equals energy. I'm not going to say you shouldn't drink tap water and buy my special water bottle that has this and that. That's all part of marketing in these self help programs. Just make sure you drink 8-9 cups per day and you'll do great. If you're exercising, don't let your body hydrate. There is approximately 80% water in our blood. When we have more than usual we improve our blood flow.

3.) Be curious and commit to constant and never ending improvement. Another strange factor is this. If we feel like we know everything and we've done it all and we're satisfied with "status quo", we'll have less energy. It's just a fact. People who are dreamers, who tend to improve all the time, have more energy.

4.) Don't eat one big meal. Instead, eat several meals (4/5/6) per day to get the metabolism going and feel better. There are thousands of graphs and statistics who claim that it's ten times better if we divide the food we consume to smaller chunks.

Powerful basketball mindset

Michael Jordan had a powerful mindset. Bill Russell had a powerful mindset. You want me to go on?

All the great players have a powerful mindset. Now, having the right mindset is not enough. Take a look at Michael Jordan. When he decided to play for the Wizards, he didn't have the same psychological ability he once had. But in his mind, he was all Jordan.

Here is a recipe for improving your mindset:

1.) Believe in yourself. See yourself as a great basketball player. I remember watching an interview with Bill Russell. The reporter asked him something about how he manages to be such a good defensive player. Bill answered that no matter what the opponent will try to do, he can't score. He can't win. He just can't. It's as simple as that.

2.) Play your heart out. It's not for nothing that a lot of people say, just go out there and give a 110%. You can win in a game, but if you didn't give your all, you're a loser. You didn't win because you weren't at your best. You might have actually won the game but that's because the other team sucked big time. Try to be the best player you can be every game. The next game, try to be even better. It's all inner state of mind.

3.) Have a goal to achieve something. May that be to win a championship or just please your father, or impress your girlfriend. It doesn't matter. I can challenge the greatest shooter in the world, in his best day, and I'll win. I'm positive. But first I'll put blinders on him and turn him around a couple of times so he has no clue where he is at.

Now you may say, well Trajko, that sure is a silly example. How can you possibly hit a target you can't see? Pretty good question huh? Here's one, even better. How can you hit a target, you don't have?

Psychology Behind Shooting

Shooting has a lot to do with the mind. Well, probably every fundamental in basketball has a lot to do with the mind but with shooting it all comes down to a positive mindset.

How do you get a position mindset? It certainly doesn't come with just some silly positive self talk, saying. "Oh, I'm the best shooter there is, or I can't miss". It comes with practice. Getting the mechanics down. Of course. Now, there's a whole lot tips on shooting that are just not necessary and not helpful at all. You definitely don't need to know every little fancy, cool and new tip there is in order to be a good shooter.

I believe in basic fundamentals of shooting like putting your right foot about an inch forward when shooting if you're right handed and putting your left one if you're left handed. But that is only one part of the equation. The second part, is your mind. Your psychology.

The psychology behind shooting is crucial when dealing with a strong opponent. He might be a good blocker, fast player. He might steal your ball for a split second. And when dealing with this opponent is really important that you maintain a positive mindset. Don't be afraid to shoot the ball. Even if you start missing, don't ever get discouraged. Never!

Because if your coach knows that you are a good scorer, he'll give you extra minutes. He'll let you get in balance. The reason I'm saying this is because you know that it's very common to see players who get discouraged after few missed shots. They lose their positive mindset. It's completely natural. And I'm not saying it's easy. It comes with practice. It comes with persistence and experience. It's not for nothing that Pistol Pete Maravich said that there are no born good shooters. Only good shooters that are made through practice and practice.

One of the things you can do to make your shooting better is have some kind of rituals before the game. A lot of NBA players have at least one. Michael Jordan was envisioning his shots going straight to the basket. He visualized every shot was a good one. He was aware of his thoughts on the court, out there. He never let any negative thoughts in his mind. I'm not Michael Jordan and no one is except him but I think it's fair to say/guess that he never doubted his abilities. That's why he was the best.

You see players like Jason Kidd, Richard Hamilton, to name a few, they all have rituals when they're on the free throw line. But think about it. Why would a professional basketball player need to have some stupid ritual before they throw a simple shot? A free throw shot that is. Well, because it has a lot to do with the mind. They want to feel the ball. To get into the zone. To get ready to shoot. I guess these rituals are not that silly after all.

Another thing you can do, is use this technique that Pete Maravich used. Pete was thinking of this little man. And this little man was in his head and he never missed. Every single shot he took was a good one. He was a scorer. A perfect shooter. Pete was thinking of this crazy little man, and was picturing him in his head. You can do the same. Picture this little man in your head and picture him making every shot he takes. That's why Pete says that you should never take a shot if you haven't previously envisioning the ball going in.

What Motivated Michael Jordan

Ever wonder what motivated the best basketball player of all time? I'm talking about Michael Jordan in case you think he is not the greatest.

I've been reading some of his quotes and listening to his interviews long enough to learn what drove him to be the superstar he became. It certainly wasn't some complicated philosophy or saying positive affirmations about himself like, "I'm the greatest ever", "I'm the greatest ever". Not even close.

For him, it was pretty simple. But the most profound things in life are simple. They hit us hard. Here is what it WAS for him..

1.) His parents, his role models, thought that in his family, he was least likely to be successful. To make it big. Now, for most children, that would discourage them or make them cry, but for Mike, it was a different story. He says that that drove him to prove them wrong. To prove to himself that he can be more than that. He didn't want to settle with mediocre results.

2.) There was a reporter that asked him, who's the toughest player to play against. He goes.. Myself! I "just had to keep challenging myself. I was in a constant battle with myself". The point of the matter is that he wasn't satisfied if he won the game but if he knew that he could be better. If he didn't give his "all" it was all nothing.

3.) His self-image. This is SO important. When asked, do you think there is any NBA player that has been more competitive than you. He goes.. No! "I'm the most competitive guy I know". And that's not that he's underestimating the other players or anything like that. It's just that his self-image is so right on the spot, that fuels him with energy and drive and motivation.

You can combine this motivation with his athletic ability and powerful mindset and you get the one and only Air Jordan.

Your Shooting Style

Shooting is something that every player needs. How satisfied you're from your shooting? Even though there are so many shooting experts out there who're trying to perfect NBA player's shooting percentage, a lot of times they don't do a good job. Take a look at Shaq.

Basically it comes down to whether you're satisfied from your shooting or not.

If you're and they don't block your shot, I don't see no reason you should change it. Only for the positioning of the legs maybe as they form the foundation. That's a fact. If the opponents block your shot and it's not because you're short, you should consider shooting from a different "higher" angle. A lot of times Allen Iverson could get past a lot of big guys and manage to shoot the ball by penetrating the entire team. His shot was an arch shot a lot times. He was really good.

So to make it clear, only practice like a maniac. Don't fight the system. You have your own way of shooting and you should appreciate it and accept it. Don't listen to a lot of guys. Just practice. Practice makes perfect.

Another thing to remember is to develop a consistency with your shooting. It doesn't matter if there is a 7 footer in front of you or you're just shooting the ball on practice, your shooting style and the way you release the ball should be the same. Shoot from different positions and have someone to try to block your shot. He can get a groom which is even better in case he/she is not very tall.

You can watch clips on youtube.com or other websites that have a lot of clips. You may notice that guys who make those buzzer beaters are guys who are great shooters. It doesn't just by accident. Every day they get up and start shooting. And that way, not only you too can become a shooter, but you will become a scorer.

The Second Part

The Yahoo! Answers

The Question:

Basketball handling drills?

Can someone tell me how i can get quicker hands for dribbling a basketball, tell me a drill. i am 14 years old and i play point guard, i am 5 feet tall.

My Answer:

Here is something that will help you..

- 1.) Dribble with both hands. If you're right handed dribble with your left hand even more. As soon as you notice that you can handle the ball with your weaker hand dribble with 2 balls at the same time. Just walk to court dribbling with 2 balls. After you get good at this then dribbling with one ball will be easier.
 - 2.) Walk the court 2 times, dribbling between the legs.
 - 3.) Walk the court 2 times, dribbling behind the back
 - 4.) When you try to get past someone, don't look at the ball you're dribbling with. Just look at him. Look at his hands and try to anticipate what he's going to do. Get used to dribble without looking at the ball. It does help.
- Basketball workout-- I need to lose weight?

Hi there i am asking for serious help so please do not post stupid answers, or even insulting me. Ok i am high school student who is really serious about basketball. I am a sophomore and i played varsity this year, but did not start. My coach talked to me and said "if we could get you to shed 15 pounds you would do great" coaches and teammates expect a lot from me next year since i am one of the best there is (played for jv and have scored over 20 4-5times) still i and coach are satisfied with my body, i weigh 230 yes i said 230 and i am 6'1, now yes that is not in perfect shape, but I work out so some of it is muscle, everybody says i have the perfect "football" body, but i LOVE basketball. SO PLEASE someone please answer me with workouts or methods, ideas, anything except for medication and surgery lol.

P.S if these workouts ideas etc... could help me in the basketball category that would be great, thanks for your help and you time!

My Answer:

Okay. **First** you need to be aware that you have an advantage over the other people who want to lose some weight because there is a sport that you LOVE.

Second, since you're a sophomore, you have a lot of potential to gain muscle. And when you gain muscle, you increase your metabolism, thus you burn more and more calories. So I wouldn't suggest lifting weights because I think you can

still grow. It doesn't mean that if you start lifting weights you'll stop growing but you'll certainly slow the process.

Third, stay away from sugar and fat-rich food. Drink a lot of water, eat fruits and vegetables and you'll do great.

Dribble better?

I play basketball often, every aspect of my playing is good EXCEPT for my dribbling it's horrible any drills you recommend to get better at it?

My Answer – this answer was chosen as best by the asker:

Phew, okay.. practice makes perfect but what's the point of practicing like a maniac if you are just not "doing it right".

So here are some tips:

1.) Dribble with both hands -if you are right handed dribble with your left hand even more.

2.) Don't ever look down when you dribble - players who look down demonstrate

they're amateurs and you can steal their ball pretty easily

3.) Practice with a tennis ball to train your ball handling ability. This one is probably over-said but it's effective.

4.) Walk the court by crossing the ball between your legs.

5.) Walk the court by crossing the ball behind your back.

6.) Dribble with 2 balls at the same time. You'll definitely lose control over one

ball, and probably over both of the balls but as I said earlier, practice makes perfect.

How to Grow Taller?

How would someone grow taller? are there certain types of food that you can eat that will help you grow? or is there a diet or eating plan that will help make me grow taller? Do you have any tips?

My Answer – this was chosen as the best answer:

It is definitely an advantage if your parents are tall but there're couple of things that you can do to easily "pull" an inch or two:

- 1.) Drink a lot of water

- 2.) Stay upright in every situation

- 3.) Get into yoga - that is maximum stretching as far as I know, and we all agree that stretching helps

- 4.) Get into swimming - again stretching

- 5.) Play basketball - and if you can, probably the best thing you can do, is lower the rim and try to dunk. And when you dunk, hang on the rim for about 3 or 4 seconds. This is a killer. I know a friend of mine grew 4 maybe 5 inches with this.

The Question:

Dunking help.?

im trying to learn how to dunk a basketball, what can i do to help?

My Answer:

Here is what you need..

- 1.) Increase your vertical leap. Use jump rope. play more basketball and grab more rebounds, do 50 explosions (jump as high as you can by bringing your knees to your chest) per day and so on.

- 2.) Grow taller. I don't know how tall or old you're but you can get into swimming, stand in upright posture, get into yoga, just get involved into something that will stretch your body.

- 3.) Lean to dunk better. Now, of course for this, it wouldn't bother if you could improve in the first two things I mentioned:)

I mean, dunking is not a science, it's work. Ask Michael Jordan and he'll tell you

that due to the fact that he was doing all kinds of dunks all day long, he became such a powerful dunker.
Higher jump techniques?

im 16 years old 5'6 and i can jump something 4'2 just running and jumping, is that good or bad? and what can make me jump higher?

My Answer:

Wait a minute.. Is that 42 inches vertical leap (that is my mistake actually, I didn't see the apostrophe there)? Because if it is, that's sick. That's close to Vince Carter's. Anyways, if it's not, don't worry. You'll get there. You just gotta keep practicing. Do exercises that involve jumping. Here are some good ones..

1.) Jump rope

2.) Box jumps (find a stable box or chair, and jump onto it. Then as you're on it, immediately jump off of it). Do this 15 times to complete a set. Do about 4-5 sets a day. And rest about a minute between sets.

3.) Knee jumps (basically what you do is bring your knees close to your chest by jumping as high as you can). Do this 20 times to complete a set and 2 sets a day. Rest for 2 minutes between sets.

4.) Play basketball How to jump higher, sprint faster. PLZ HELP?

ok, i'm a 13 yr old kid and i really love basketball. The problem is that im not really good at jumping or sprinting. And i dont have the equipmesnt needed, and a gym is pretty far away. So, how can i jump higher and sprint faster at home. Also, is it true that jumping and sprinting are inherited traits mostly. My family is not very good athletically, so can i be very good at sprinintg and jumping plz help

My Answer – this was chosen as the best answer by voters:

Jumping and sprinting can be partially inherited but no matter how fast or strong your parents are, you still gonna have to work.

Here are some things you can do outside the gym, without equipment:

1.) Lift up - find a big book and stand on the it, but not with your whole feet. Only with your fingers. Then you slowly raise up and then go down to complete a rep. Do 50 reps to complete a set and 5 sets a day. Rest about a minute between sets.

2.) Jump rope -if you can't find one that's okay but jumping rope is really

effective. Jump with one leg for 30 seconds, then switch leg and do another 30 seconds and then with both legs do 60 seconds. If this is too hard, then start slowly

3.) Explosions - jump as high as you can by bringing your legs to your chest. Do 15-20 of these to complete a set and 4 sets a day. Rest for 2 minutes between sets.

How do i get good at man to man defense in basketball? at my school we play man to man, if i cover guards i stay back a little, but my coach yells at me to play up on her. When i do that i feel like my person will blow past me. So i guess my real question is how to i get better at guarding people

My Answer:

In order to get better at guarding, not only do you need some practice but you need to know what kind off exercises to do.

Here are some good ones:

1.) Sliding - Move sideways, with your hands up, and legs about shoulders width apart. This way you'll train you legs and arms and you'll have better defensive stance. Move across the court while sliding.

2.) Work on your foot speed. It's crucial that you move your feet fast so make sure do several sprints every day. Let's say 5 sprints a day with a minute break between sprints.

3.) Learn from your man. When guarding someone, learn fast. See what moves he or she usually makes. Does he do fake passes? Does he fake his shot? Be aware of those things.

Tips for Competition Shooting?

Is there a website with tips on how to improve accuracy at the range? I've seen the clips on YouTube of some competition shooters and some of them are just too good! How do they do it?

I know --practice, practice, practice. But there has to be some fundamentals that are used. What up?

Thanks in advance?

My Answer:

Sure man, there are some fundamentals for better shooting.

Here are some of them:

1.) Your legs should be about shoulders width apart.

Because if they are too close to each other, you won't jump as high (if your opponent tries to block your shot). And if you spread them too much, you'll be more static

2.) Positive mindset is also crucial.

Ever noticed that when players get blocked or miss a few shots they hardly ever make shots after that. It's because they have negative mindset.

3.) Don't overthink the situation when you shoot.

Just shoot the ball (it comes with practice)

4.) Try this exercise. Have someone pass you the ball and after you receive it,

immediately shoot it. This way you train your subconscious mind.

P.S. -- If someone else sent you this report and in case you don't know my website, here it is:

<http://www.best-basketball-tips.com>

P.P.S. – Also, feel free to send this report to whoever you want (especially someone who you think might find this helpful or informative), or publish it in your newsletter/e-zine/website, as long as it's not modified in any way.