

INTRODUCTION

You've decided to get this free guide for one reason. You are a student athlete or the parent of one and you want to earn a basketball scholarship. By practicing the drills and skills in our Advanced Basketball Training DVD series and reading this guide, you will get one step closer to realizing your dream. With the Advanced Basketball Training DVDs you can get the best instruction and can immediately start training the correct way with the most innovative drills. This e-book will provide you with the information you need to give yourself the best opportunity to earn a college basketball scholarship.

Our Advanced Basketball Trainers have helped many players earn scholarships valued at over \$60,000. Imagine going to college for free and playing basketball. What could be better? After college you'll start your life debt free. No loans. No bills. It won't be easy to earn a college basketball scholarship but the more effort you put into earning one, the better your chances. The sooner you start planning to earn a scholarship the better.

START EARLY

The sooner you decide you want to play college basketball the sooner you can working towards this goal and taking the necessary steps to achieve it. Start keeping a journal in middle school of your academic and athletic achievements. Keep newspaper clippings, awards, etc. Once in high school have your games video taped. Film the entire games so coaches can see you play in all situations. A highlight video may grab a coaches attention but then they are going to want to see you play an entire game. Coaches want to evaluate your entire game - good and bad. Don't try to hide anything. Everyone has weaknesses. Just work extra hard on your weaknesses and make them into strengths. A journal and video will be valuable marketing tools when approaching coaches.

A great place to start your journaling of your career is online at <http://go.berecruited.com/12080>. It is 100% free to set up an account and there are plenty of tools that make the recruiting process very easy. The days of a player keeping a scrapbook and VHS tapes are long gone. This is recruiting in the Information Age.

When should you approach a coach of a college you would like to play for? If you haven't heard from that school by your sophomore year, you should make the coach aware of your interest. Most colleges have a prospective student-athlete form you can fill out and send into the school. It's very possible the coach would never see this form so it's important to e-mail the coach directly and include a link to your [beRecruited](#) page with your videos and journal. It would also be wise to write the coach a personal letter and include a DVD of several of your games. You can also include letters of support from any coach you have played under. Remember, all being equal if you take these extra steps you will impress the coach and he'll know you want to be on his team and it will separate you from your competition for that scholarship.

LETTER OF INTEREST

You will need to send coaches of colleges you are interested in a Letter of Interest. The letter should consist of the following paragraphs and be no longer than one page:

1. Introduction stating who you are and that you want to play for his team.
2. Brief overview of your basketball career and including height and weight.
3. State you are interested in playing for his team again and than you are interested in earning a scholarship.
4. Invite the coach to review your materials and contact any coaching references. Be sure to include phone numbers of the coaches.

Use the Letter of Interest generator at this link to quickly create letters of interest to send to coaches <http://go.berecruited.com/12080>



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ATTITUDE

Your attitude is an important part of getting a college basketball scholarship. Are you a good teammate? Do you put your team's success before your own personal glory? The success of your team must come first. This means practicing hard all of the time, giving it all every minute of every game, and being a leader on and off the court.

There are many good basketball players out there who coaches are looking to give scholarships to. Coaches will analyze more than your basketball skills when deciding to give a scholarship. If two players are equal in basketball ability and one has a better attitude, the one with the better attitude will get the scholarship. Getting a scholarship is not only about your basketball skills but who you are as a person.

You must be a coachable player and be able to accept criticism. Coaches want players that they can develop and this will require criticism. Depending on a coaches personality, the way they dispense the criticism will vary. However it is delivered, you must listen to what is being said and how you can change to become a better basketball player.

How do you approach your practice sessions? Do you workout on your own to develop your basketball skills? You should never get away from working on the basic fundamentals of basketball and [Ganon Baker's Fundamental Four From the Preps to the Pros DVDs](#) will help you develop your fundamentals as long as you play the game. You should be the first player to arrive at practice and the last one to leave. That is a hallmark of the greatest players.

Are you really getting after it when you workout on your own? You must give it your all even on the days you don't feel like it. You can think of your basketball workouts as a job you love - with the payoff to be a college basketball scholarship. Many players really don't know how far they can push themselves on the court. You must get out of your comfort zone when working out and you will take your game to new levels. The [Advanced Basketball Training DVDs](#) will show you how hard you can and should workout.

What is your attitude towards your teammates? Do you put your team first? If you are a team leader it's important to always display a positive attitude towards other teammates and sacrifice your individual gain for team goals. If a teammate gets discouraged be the first person to lift them back up and encourage them. Make your positive attitude contagious on your team.

ACADEMICS

The reality is the vast majority of basketball players, even those who earn scholarships, will never play professional basketball. And the reality is that if you can't get into a school because you haven't made the grades in high school, coaches will pass on you for a player who can get in.

Develop good study habits early and make school your priority over basketball. If you handle school and take care of business, everything else will be easier, not only in obtaining a scholarship, but once your basketball career.

For NCAA eligibility and recruiting requirements visit the [NCAA Web site](#). You'll get information on how student-athletes can comply with NCAA bylaws in order to compete in intercollegiate athletics. It includes information on what high school students need to do to be eligible to compete their first year in college, as well as guidelines that coaches and prospective student-athletes must follow during the recruiting process.

PRIORITIES

Priorities are the things you value and place above all else. What are your priorities? They should be family, school, and then basketball - in that order.

Your family is your backbone and your support line. When times get tough your family will always be there. They can help you stay focused on your goals and will support and encourage you when you need it. Family will be there your entire life.

Schoolwork should be your second priority. Doing well academically shows you are mentally sharp and can follow through. You're going to have to have the grades to get into the best colleges and having good grades is just as important as having good basketball skills. Like your family, you'll have your education your entire life.

Basketball should be your third priority. Basketball may be your passion and consume you, but if you don't have your family and schoolwork in order, your basketball career will falter. Without good grades you won't get into the colleges you want to. Take care of your family and your academics, and basketball will fall into place.

LIFESTYLE

Are you doing the right things? Are you doing things that will make you a better basketball player? Staying away from drugs and alcohol are key to your success. If you are doing drugs and drinking you simply won't be as good as you could be. Some players may seem to get away with doing this but the reality is they are hurting their performance.

We all know there are athletes caught using drugs or selling drugs. It goes without saying if they are selling drugs they put their career in serious jeopardy. They may have started using drugs and their habit got out of control and they needed to make some easy money so they start selling. This is the destructive path drugs can take you on - and it won't be easy to get off.

You many know a player who smokes weed and does just fine on the court. Eventually it will catch up with them. Smoking anything is not good for you. Smoking will hurt your lung capacity and you'll get tired easier. You won't be able to play or practice as hard as you possibly could if you aren't smoking.

What are your eating habits like? You should have a nutrition plan that will maximize your physical abilities. Proper nutrition can make a huge difference in how you feel each day, how hard you practice, and how you look. Have a solid nutrition plan and allow for some cheating to be done. Occasionally eating fast food or other food that isn't that good for you isn't as harmful if you have steady nutrition plan that you stick to over time. At the least regarding nutrition, follow a nutrition plan during the season that will put you at your best in games. Once you see the results, continue during the off-season and you'll get to another level through proper nutrition.

WORK ETHIC

You must put your maximum effort forth in practice if you want to get a scholarship. You have to really put your greatest effort in when there is no one around. When it's just you and the basketball, that is the time to buckle down and stick with it. [Advanced Basketball Trainer Ganon Baker](#) says it takes about 17,000 repetitions for something to be muscle memory. 17,000 repetitions isn't going to happen in a few days or even a few weeks. It's dedication to the game day after day, week after week, and year after year.

Having the drive to succeed can be almost as rare as having great athletic ability. If you put those two together you have players like Kobe Bryant, LeBron James, Michael Jordan and the best players ever to play the game. If Kobe or LeBron didn't have the great work ethic, they would be just good players - not great. If you are the best player on your team that can't be good enough. Your attitude should be, "So what? I want to be the best player in my conference, state, nation." There is a bigger basketball world out there and you need to think in terms of it. If you do, you'll practice and play with the attitude necessary to take you as far as you can go in basketball.

Now most of us don't have the physical skills of a Kobe or LeBron - so you have to work extra hard to make up for that. You must develop your physical and basketball abilities to their fullest and never be satisfied. Kobe and LeBron aren't satisfied and they are the best players in the world.

GANON BAKER'S SCHOLARSHIP ADVICE

"Getting a college scholarship was one of the biggest accomplishments of my life. As a sophomore in high school, I had zero offers. By my senior year, I had over 30 Division I offers. As a sophomore I was ranked as a Division III player. By my senior year, I was ranked low to mid Division I. I finally accepted a scholarship with Duquesne University of the Atlantic 10 Conference and later transferred to UNC-Wilmington of the CAA Conference. My point is that you must have hard work and toughness. Here are some things that you need to be a Division I scholarship basketball player:

1. Talent-God gives you this talent, what you do with it is up to you.
2. You must be very athletic and have average skills or have very good skills and be an average athlete (These ABT videos will teach you how to become skilled)
3. You have to be very mentally tough- you cant be afraid of failing, afraid of making mistakes, or stepping out of your comfort zone. You must be able to take criticism from coaches or critics. The biggest thing Kobe Bryant said at his skill academy was DONT BE SENSITIVE, BE COACHABLE.
4. You have to be physically tough- you better be in good shape all year round.
5. You have to perform your position well, whether you are a 1, 2, 3, 4, or 5
6. You have to do everything necessary for that position.
7. Last, but not least, you must have the necessary grades to be qualified to go to college.

In research I have done, less than 5% of high school basketball players get Division I basketball scholarships. Less than 10%, get Division II scholarships. So future ballers out there must work their tails off daily to become a part of such an elite group. I am Ganon Baker and I say **GET AFTER IT!!!!**"



CAMPS

Attending camps is important to get new ideas, get other opinions of your game than what your coach might give you. But you can't just go to camps and expect to get better. You have to put in the time by yourself to really improve your skills. If you just go from camp to camp to camp you'll never develop to the level you could. Camps are good but are not the end all of your development as a basketball player.

The best camps are going to be camps where you spend most of your time working on individual skills - not playing pickup games. Sure pickup games are fun and can be a good thing in camps, but you shouldn't be spending your entire afternoon at a camp playing pickup.

You should also look to attend exposure camps that will get you in front of college coaches. Try to attend camps where coaches of schools you'd like to play for will be attending. Check with your coach or local college coaches about finding these camps. Most college coaches will attend some sort of exposure camp so give them a call.

Are you interested in attending an Advanced Basketball Training camp? If so, please e-mail us at support@hoopsking.com and let us know.

AAU

If you can get on an AAU team you can easily play many more games than you will for your school. This will give you much more experience and allow you to play against teams and players you normally wouldn't. Much like camps, you can't just play in games and develop your skills. You must put in the time by yourself. However, AAU games are a good place to try out things you have been working on by yourself.

OFF SEASON GAMES

Besides playing AAU and going to camps, you should try to find the toughest competition you can in your area and play against them. Whether it's one on one or five on five, find the best players you can to play against so that you will improve and be challenged. Don't find guys you can beat up on every day. Get out of your comfort zone.

KNOW YOUR LEVEL

Be realistic about what level of basketball you can play at. Sure everyone wants to play Division I but there are more opportunities in Division II, III, NAIA, and Junior Colleges. Start by getting an honest assessment from your high school coach. Tell him you want to play college basketball and ask him where he thinks you are at. You should then follow that up with what you should work on most to succeed at the college level.

When you attend camps, ask the directors or coaches for their opinion. Keep seeking feedback at every opportunity and take it to heart. Don't be discouraged if you don't hear what you want to hear. Make sure you find out what you need to improve to get where you want to be.

Remember, not everyone is going to play at Duke, Kansas, etc. Basketball is fun and no matter what level you play it at, if you can go to school for free and play basketball you have won.

CONTACTING COACHES

Once you have determined your level focus on schools at that level. If you are a Division II player, focus on Division II schools. Failure to do so and only contact Division I program may cost you the opportunity at a scholarship. Come up with a list of 10 colleges you would like to play for and focus your efforts there.

If you are a successful high school player you will either get letters from colleges or you will not. If you do not, then it is up to you to sell yourself to one of the top 10 programs you selected. If you are getting letters, then respond to each coach personally even if they are not in your top ten. You need to keep all doors open when

pursuing a scholarship. If the school is in your top ten, then send the coach the link to your [beRecruited page](#). Remember, you are unlimited in the number of times you can contact a coach but they are limited to the number of times they can contact you.

If after your sophomore year you haven't been contacted by any coaches do not give up. At this time you need to contact all the coaches on your top 10 list and send them game tapes and the link to your [beRecruited page](#). Stay in contact with these coaches over the next two years and even ask them what they would like to see you do to earn a scholarship at their school. If the coach runs a camp in the summer attend it. This would be a great opportunity for them to see you in person if they haven't been able to make it to any of your games. Keep after it and a free college education may be yours.

PREP SCHOOLS

If you come to your senior year and you do not have a scholarship offer one option is to attend a prep school. A prep school is like a fifth year of high school where players can go to work on academics, improve basketball skills, or both. Prep schools can also offer players more exposure to college coaches which can increase your chances of getting a scholarship. Most players who attend prep schools are looking at getting a Division I scholarship. Prep schools can be very expensive so there is a risk-reward there.

RED SHIRTING

Red shirting is sitting out a year from participation. You will still practice with the team, you just won't play in the games. You can actually red shirt any year but is most common in the freshman year. If you need to mature physically or develop your skills red shirting can be a good option. You'll still have 4 years to play basketball and sitting out the first year will let you take in the college experience without the pressure of having to perform in games.

Benefits of Red Shirting

1. Member of the team
2. Practice and workout like every other player
3. Travel with team and sit on bench during games.
4. One additional year of practice and workouts
5. Mature physically and mentally

When your final year comes, you'll be a fifth year senior which will have allowed you some extra development time which will make you a better player and give you a better chance at impressing professional scouts. Now in today's world players who stay in college for five years are actually looked down upon by NBA teams. But there are other professional opportunities besides the NBA.

Thank you for requesting our Basketball Scholarship guide. Start your plan now and we really recommend for ease of getting it started that you create a [beRecruited page](#). It is a tremendous resource for recruiting and you will learn a lot more about the recruiting process. We created this as a guide to get you thinking about recruiting and realize there is much more research you are going to need to do. We hope this guide has started your thinking about the process and if you follow the advice in this guide you can get that basketball scholarship. Work hard, get out of your comfort zone, and you will be successful