

# **Average 20 Points a Game**

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How to become a big-time scorer

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## ***INTRODUCTION***

Scoring 20 points a game isn't easy, but it's also not as difficult as you might think. In this e-book, I'm going to show you the tips and secrets to increasing your scoring average. This information is all based on my experience as a player, coach, and private trainer.

How do I know it works? It worked for me as a player: I averaged over 28 points a game playing professionally overseas, and scored 56 points in one game. And it works for the players that I train as a private coach: I've taken average players and turned them into all-league performers based on the tips and training information I'm going to provide to you in the following pages.

The information in this e-book works, and will help you become a better scorer. It's that simple.

Now, can I guarantee that everyone who reads this e-book will average 20 points a game? No. Only you can make that happen. I can't go out and shoot the ball for you. I can't put in the practice and hard work it will take for you to become a big-time scorer. Only you can do that. Only you can make that happen.

But if you do have the drive and are willing to put in the hard work that it will take to become a great scorer, then let's get started. Using the information in this e-book, and working harder than you've ever worked before, you can push your scoring average into double-digits, and eventually work your way up to scoring 20 points a game.

## ***THE MENTAL PART OF THE GAME***

### **Can you become a 20-point a game scorer?**

The first part step to becoming a big-time scorer is realizing that it is possible. You have to believe you can do it before you can go out and make it happen. Once you wrap your head around that thought, and start to believe you can average double-digits in scoring, you've taken the first step to making it happen. Take a look at the following snap-shot of a hypothetical series of plays in a hypothetical (but very possible) game:

- The jump ball goes up, your teammate grabs the tip, passes to you streaking to the basket, and you lay the ball in.
- A few minutes later, you get good position on the offensive boards, grab the rebound, and go up strong for a put-back basket.
- A couple minutes later, you catch a pass on the wing, and knock down a jump shot.
- A couple of possessions later, you drive to the basket, get fouled while shooting, and knock down both free throws.

I think you'd agree that the series of plays I listed above could very easily happen in the first eight to 10 minutes of a game. And guess what? If that actually happened in a game, you would have already scored eight points, and be well on your way to a double-digit scoring game.

It's even possible for that series of plays (or one like it) to take place over an even shorter time period. It's very possible to score three or four baskets in a matter of a couple of minutes, rather than eight or 10. I remember one game in college where I scored eight points in just under two minutes (I hit a jump shot, put in an offensive rebound, scored on a fast break, and hit two free throws). Think of the type of game you can have when you score eight points in two minutes. Even if

you score just a few baskets over the entire rest of the game, you've still had one heck of a scoring game.

Remember: offense happens one basket or free throw at a time. A 15, 20, or even 30 point game is just a bunch of individual baskets and free throws all added together. There's no magic to it, it's just some jump shots, rebounds and put-backs, and some free throws all added together.

The point is to realize that it's very possible for you to score in the double-digits. You don't have to play the entire game, have the ball in your hands all the time, or take 15 or 20 shots to make it happen. By being aggressive, taking good shots, and making the most of your time on the floor, you can become a solid scorer. I remember playing in high school, and thinking that scoring 10 or 12 points game was a lot. Then in college, an 18 or 20 point game was big-time.

But by the time I was playing professionally overseas, scoring 25 or 30 per game was the norm. My expectations changed. Once I realized that I could be aggressive and score the basketball, it became easier.

Once I developed the confidence in my offensive game, I started to take it to the defense, to punish them for their weaknesses and mistakes they made. Once I realized what I was capable of, scoring became easier.

### **Do you have a scorer's mentality?**

Part of being a big-time scorer is to have the "scorer's mentality". What is it? The mindset of a big-time scorer is simple: you can score the basketball at anytime, on anybody. I know that may seem a little arrogant, but it's not. What it really means is that you are confident in your abilities, do not fear your opponent, and welcome the challenge of competition.

If you walk out onto the court unsure of yourself, hesitant and tentative, and scared of your opponent, you've already beaten yourself. You're already defeated. Don't let that happen to you. Take the court with confidence and certainty, eliminate any doubts or negative thinking, and then let the game come to you.

Now don't forget that basketball is a team game. There is no place for anyone to try to take every shot, to take bad shots, or to hog the basketball. The only thing that kind of play is going to get you is a seat on the bench. That's not what having a scorer's mentality is about.

So don't go out and try to be the next Michael Jordan or Kobe Bryant. Don't go out and shoot the ball every time down the court, or force up shots while trying to score 40 points a game. Shooting the basketball should not be your entire focus. Scoring lots of points should not be your only goal. Your goal should be to help your team win games by being a strong, solid, offensive player.

By becoming even more of an offensive threat, you help keep the defense honest, which helps the offense run more smoothly, and opens the game up for your teammates.

If you're a better, more confident offensive player, you'll get more playing time and help your team win more games. It's that simple. It's a win-win: both you and the team will be more successful.

### **Visualize yourself becoming a better offensive player, then go out and make it happen**

One way world-class athletes improve their performance levels is through visualization. This training technique can be very useful for basketball players, and can play an important part in helping you become a better scorer, and a better all-around player.

What is visualization? Visualization is the process of closing your eyes, relaxing, and picturing yourself playing well. One key is to picture in as much detail as possible situations in which you want to succeed. During your visualization, you should make sure to include as much detail as possible to make them as realistic and lifelike as possible.

For example, if you're picturing yourself knocking down some key free throws at the end of a game, in your mind's eye, put yourself in a crowded gym, with the fans screaming and yelling, with the ref handing you the ball just before you have

to take the shot. Then picture, and put yourself physically in the situation, as you take a few dribbles, take a deep breath, bend your knees, and shoot the ball with perfect form and backspin, and watch it swish through the net.

As you visualize yourself succeeding in various high-pressure, game-like situations, you will feel more comfortable and confident when those situations actually take place in real life. In fact, there have been some studies with athletes which indicate that visualization practice can actually greatly enhance actual real-life practice. For example, if you visualize yourself hitting 10 out of 10 free throws or jump shots from various spots on the floor, that can actually help you improve your free throw shooting or jump shooting in real life. Visualization training can be that effective, and have that big of an impact on your game.

Here are some visualization scenarios that you should include in your training program.

- Free throws: rehearse in your mind stepping up to the line and hitting pressure, big-time free throws.
- Jump shots: picture and rehearse in your mind hitting jump shots from various spots on the floor against pressure defense.
- Dribble drives: visualize yourself catching a pass, then dribbling past your defender, to the basket, then going up strong for the lay-in.

These are just some examples of game-like situations you can use in your visualization practice.

### **Techniques for getting in the zone**

Great scorers have a tendency to be able to put themselves in the zone, where their game is flowing, they are on fire, and they are knocking down shots left and right. How do they do it? How do they get in the flow, where the game seems to come easy to them and the basket looks like it is five feet wide?

Have you ever had one of those practices or games where you can't miss? You pull up from 20 feet, and knock down a jumper. You know it's good from the moment it leaves your hand. Wow, that felt good. It felt natural and effortless,

almost like you barely made any effort, yet the shot was perfect, and splashed through the net like it was sucked in by a giant magnet.

The next time down the floor, you catch a pass, give a pump fake and the defender flies by you. You take a hard dribble to one side, pull up from 18 feet, and swish another one through. The basket seems like it's huge, and the ball feels light, almost like it's an extension of yourself. This is easy. You're in a groove. The action seems like it's in slow motion. You seem to be a step ahead of the action. You seem to be able to anticipate where the ball is going to go, where your teammates are going to be on the floor, what the defense is going to do.

That's being in the zone. Most athletes who've played a sport at a high level have, at some point, been in the zone. It's a place where everything seems to fall into place. It's a space where everything seems to flow. It's a feeling of being in total control, having perspective, and confidence. It's also elusive and fleeting. No one really knows how to get into the zone, or how to stay there.

So let's pinpoint some very specific ways you can help put yourself in the zone so you can increase your scoring average. There are three main areas to touch on: confidence, mental re-sets, and routine.

### Confidence

This is one of the key areas to success in basketball, especially for scorers.

Confidence goes a long way to making good things happen. If you take the court with a total lack of confidence, unsure of your abilities, scared of the opponent, well guess what? You've pretty much taken yourself out of the game right from the start. You're shaken. You're unsure. You've set yourself up for failure, not success.

Give yourself every advantage you possibly can. Set yourself up to succeed. Give yourself the mental edge by taking the court full of confidence. Walk onto the floor (whether it's in practice or a game) feeling totally sure of yourself. Believe in yourself. Stand tall, feel strong, and go out with all the confidence in the world. Everyone gets a little nervous before a game or gets down after missing a couple of jump shots. That's natural. But don't let that pre-game excitement turn into uncertainty or fear. And don't let a missed shot or two turn you into a hesitant, or scared offensive player.

## Mental re-sets

This is a key tactic I teach to my private coaching clients. Here's what it means: being in the zone is all about being on track, following up one successful play or sequence with another, and not letting a bad play snowball into another one. So throughout the game, re-focus yourself, re-focus your thoughts, and set yourself back on track, back on a path to make good plays, back on a path to playing with confidence and good results.

Mental re-sets are simply times throughout practices or games where you re-establish what positive things you plan to do going forward. Most people don't take the time to do this. And all it takes is a few seconds. Stop, focus your thoughts, re-emphasize the positive things you plan to do, then make them happen.

The best times to do this are during stoppages in play, whether it's a time out, the end of a quarter or at halftime, or after a foul (when people are setting up in free throw situations). Stop, focus your thoughts, and give yourself another positive boost of confidence. Erase thoughts of any bad plays you may have made. Focus on any of the good plays you've made, and re-emphasize to yourself the good things you intend to do going forward: whether it's playing extra tough on defense, being extra aggressive on the boards, or knocking down a three-pointer. Constantly re-set yourself so you feel confident in your abilities as a scorer, and this will go a long way to helping you make it happen on the floor.

## Routine

This is another key element of getting in the zone. A routine is simply a series of actions you take to get yourself ready to succeed. It may be the routine you do before shooting a free throw. Or it may be the routine you use before a game, during warm-ups, to get mentally and physically ready to play at your best. Whatever routines you have developed over time, and with practice, make sure to use those to your advantage.

One of the most important routines, in my opinion, is what you do to get ready before a game. Lots of players get to the gym, put on their uniform, and take a few jump shots during warm-ups. That's it...they're "ready" to hit the floor. That is amazing to me. If I'm going to play ball, I want to be totally warmed up and ready

to go (having stretched and worked up a sweat), but I also want my jump shot ready to go to. Personally, I need to shoot at least 30 or 40 jumpers before I'm ready to play (usually more). That includes face-up jumpers, one dribble moves, turnaround jumpers in the post, drives to the hoop with pull-up jumpers, etc. That is my routine. That is how I get ready to play.

Now, you have to find the routine that works for you. And when you find that routine, keep using it. Find what works best for you and keep doing it. Always look for ways to make that routine better, of course, but don't find a routine that works, and then change it midway through a season, or a game for no reason. Most players, for example, have developed a routine for shooting free throws. It's something that feels good and natural, and seems to work for them. Well, if you practice shooting free throws with that routine, and it seems to work for you, then use it in a game. I'm always amazed when I see players use a different routine each time they step up to the free throw line.

These three areas (confidence, mental re-sets, and routine) are three key components of getting into the zone. By doing these things, you should be able to improve your focus and performance, and become a better scorer.

### **Watch great scorers and learn from them**

One of the best ways to become a better scorer is to watch great players play the game, and then do the things that they do well. Pay attention to what great college and NBA players do on the offensive end of the court, and then try to do those same things when you play.

For example, watch how good players move without the basketball. Watch how they set up and use screens from their teammates. Watch the decisions they make in terms of shot selection and the actual types of shots they take (do they tend to shoot from certain spots on the floor, do they use only bank shots from certain spots or in certain situations?).

Don't underestimate how much you can learn from watching great players. Study their moves on the court and parts of their game that make them great, and you'll improve your game.

## **Watch tape of yourself in games and at practice**

If you are able to, have someone film practice(s) and games. Then watch yourself on the court, and study the things you did right and the things you did wrong. Professional athletes and teams have watched game and practice films for decades because it's such an effective tool for improving performance. When you're out on the court, it's not always easy to pinpoint the things you are doing right or wrong. But watching yourself on tape, it's much easier to see your strengths (the things you're doing well), and areas in need of improvement.

For example, by watching tape of yourself, you'll be able to judge where you positioned yourself on the floor, critique the moves you made to get open, and really see the effectiveness of moves you made with the ball. Were you aggressive enough? Were your pump fakes and dribble moves quick and decisive? Did you shy away from contact or drive to the basket with strength and power?

Watching tape of yourself can be an amazingly effective tool for improving your game. Break down your performance into the things you did well (and build on those things), and the things that need work (and focus on eliminating those weaknesses).

**Thanks for reading Chapter 1 of our best-selling e-book!**

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