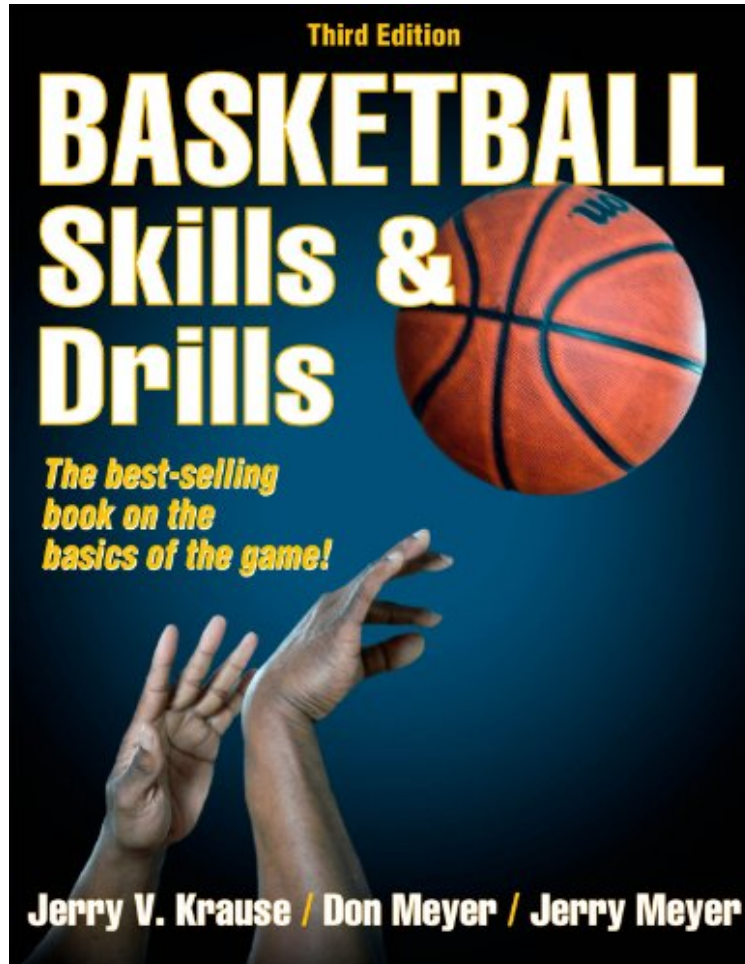


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Basketball Skills Drills, Third Edition

Von Don Meyer, Jerry Krause, Jerry Meyer
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Von Don Meyer, Jerry Krause, Jerry Meyer : Basketball Skills Drills, Third Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Basketball Skills Drills, Third Edition:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Gutes BuchVon Baptista D.Es bekommt nur 4 Sterne da die bungen nur mit Text beschrieben werden und nur selten mir einer Zeichnung die zum Verstdnis beitrgt man muss schon eine minimale Kenntnis von Basketball haben um jede bung ohne Zeichnung zu verstehen. Ansonsten ist das Buch super, die DVD hat sehr gute bungen die auch im Buch stehen und die fr Jugendteams sehr geeignet sind da es um die Basics geht, die alsTrainer sehr schwer beizubringen sind!

Kurzbeschreibung Build a solid base of fundamental skills with Basketball Skills Drills. Including drills and coaching tips, this guide covers tactics for offense and defense to improve your players movement, shot selection and positioning on the court. These skills will benefit the career of coaches and players into the future.

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Synopsis This book is aimed at basketball players serious about improving their game, as well as coaches looking to improve team play and incorporate new drills into their practices. It combines detailed instruction and practice drills to establish and reinforce the fundamentals of individual and team play. It covers essential topics such as basic positioning, moving without the ball, ballhandling, shooting, passing, perimeter moves, post moves, defence and rebounding. Tactics such as out-of-bounds play and offensive and defensive systems are incorporated to provide players and coaches with a comprehensive resource for the development of basketball skills. This is a more comprehensive approach to teaching basketball basics including expanded concepts, critical cues, teaching tips, skill assessment and troubleshooting.