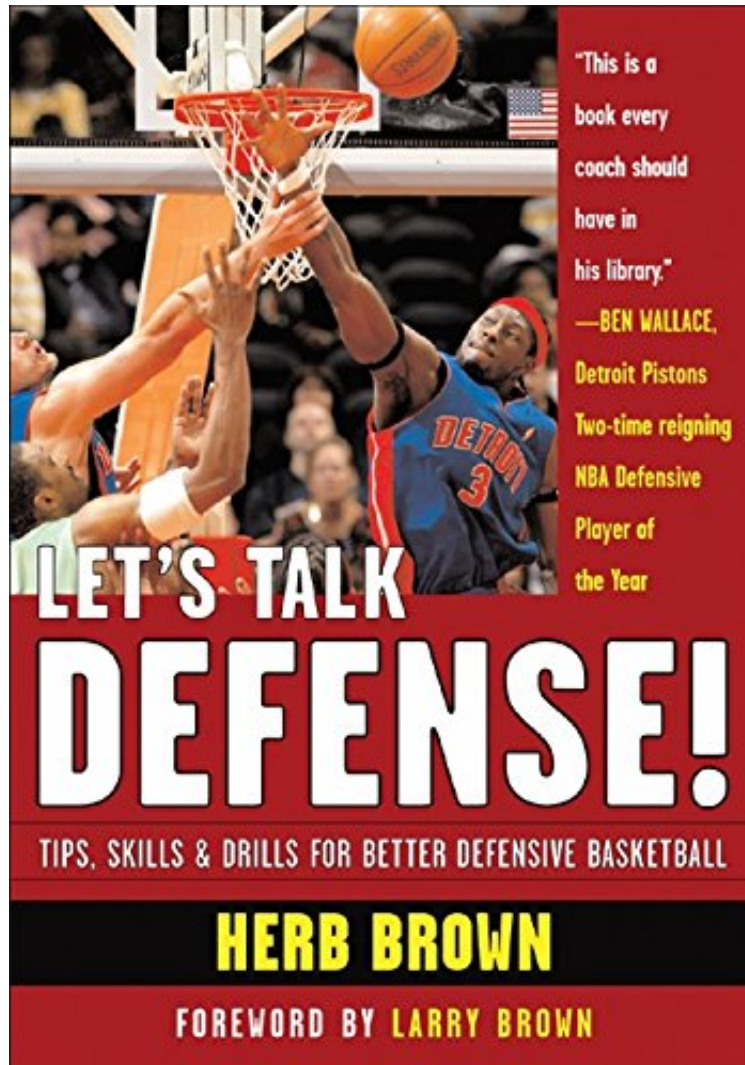


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# Let's Talk Defense: Tips, Skills and Drills for Better Defensive Basketball

Von Herb Brown

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**Von Herb Brown : Let's Talk Defense: Tips, Skills and Drills for Better Defensive Basketball** before purchasing it in order to gage whether or not it would be worth my time, and all praised Let's Talk Defense: Tips, Skills and Drills for Better Defensive Basketball:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Defense wins Championships!Von B. HerbigDas Buch "Let's Talk Defense!" ist ein sehr umfangreiches Werk, was die Wichtigkeit der Verteidigung im Basketball beschreibt. Es ist komplett in englischer Sprache aber dennoch gut

verständlich geschrieben. Es legt neben vielen Defense-Drills auch viel Wert auf den Teambuilding-Prozess und wie man mit einigen kleinen psychologischen Tricks sein Team zu einer besseren Defense bewegen kann. Herb Brown war/ist selbst lange Zeit bei vielen NBA-Teams als assistant coach tätig gewesen und weiß daher wovon er spricht. Das Buch stellt den komplett anderen Weg um Spiele zu gewinnen dar, als das Buch von Bobby Cremins ("Ultimate Offense") und ist daher eine gute Ergänzung. Positiv neben den vielen Diagrammen und Spielzügen, Drills etc. ist das Glossar und der Index am Ende des Buches, wenn man mal einige Fachbegriffe schnell nachschlagen möchte. Es ist ein anspruchsvolles Trainingshandbuch. Ich werde einige Drills und Übungen in mein Training einbauen und kann das Buch nur empfehlen. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Schade Von B. Suci Das Buch hilft leider nicht das was es verspricht. Drills und Tips sind leider zu kurz gehalten.

Kurzbeschreibung "Let's Talk Defense! will help take you and your team to the next level." --Scottie Pippen, 10-time member of the NBA All-Defensive Team and six-time NBA champion "Herb Brown's experience and defensive knowledge makes Let's Talk Defense! a mustread for any basketball player or coach. The concepts demonstrated in his book are the same ones I use when guarding some of the best players in the NBA." --Rasheed Wallace, NBA All-Star "Herb Brown understands the most fundamental aspect of the game and that is great defense wins championships. This book will explain the basic concepts of how it is done." --Joe Dumars, general manager of the Detroit Pistons and former six-time NBA All-Star Endorsed by top NBA players, this is the essential guide for coaching defense. Loaded with drills, tips, and step-by-step diagrams as well as official NBA photos, Let's Talk Defense! includes: Making the transition from offense to defense Out-rebounding opponents Causing turnovers Stopping fast-break opportunities Eliminating penetration Creating havoc for the opposition and much more

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