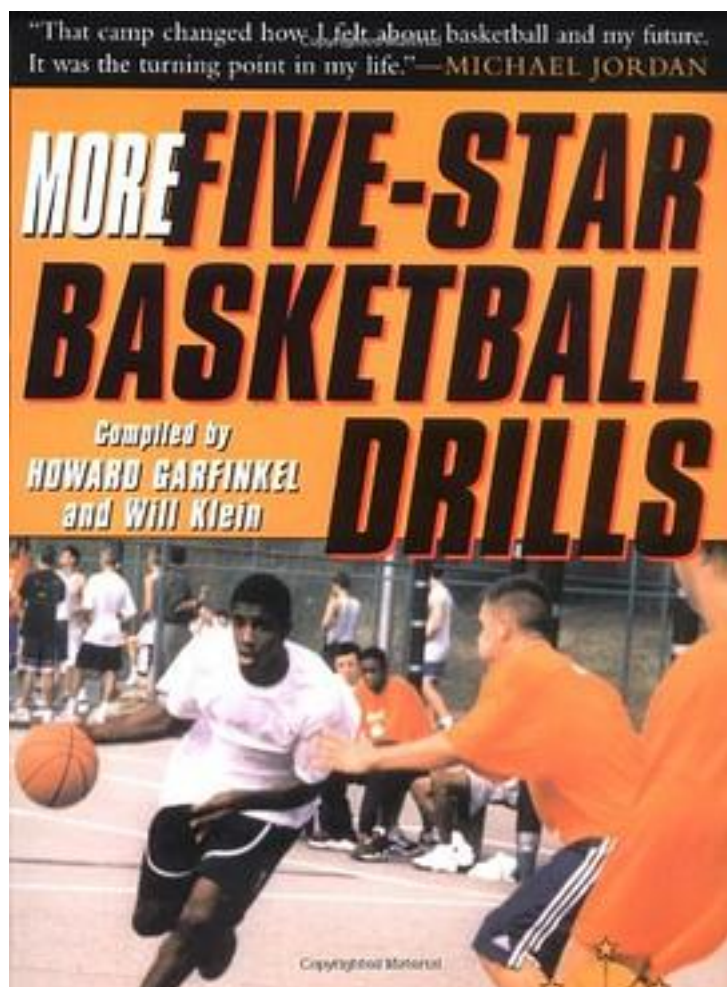


More Five-Star Basketball Drills



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This is the only source for more than 100 drills and skills from the nation's premier basketball camp. "No one has done more for the game of basketball in the past four

decades than Five-Star's Howard Garfinkel and Will Klein." -Mike Krzyzewski, Duke University. Before there was a Nike or Adidas camp for the nation's elite high-school players to attend, there was Five-Star. Still going strong after thirty-seven years in operation, Howard Garfinkel and Will Klein's Five-Star camp has produced hundreds of NBA and Division 1-A college players, including such superstars as Michael Jordan, Isiah Thomas, Moses Malone, Patrick Ewing, Dominique Wilkins, and Grant Hill. Now, in this follow-up to the popular "Five-Star Basketball Drills", Garfinkel and Klein bring the drills up to date, with the ins and outs on three-point shots, isolation plays, weight training, and the many other exciting new developments that have revolutionized the sport in the past fifteen years. Accompanied by clear, step-by-step instructions and photographs, this proven drill program will improve your game - and increase your hoop literacy - with a time-tested combination of new moves and classic maneuvers. In this one-of-a-kind, exclusive guide, Five-Star's talented and dedicated alumni coaches - including Rick Pitino, Hubie Brown, and Mike Fratello - let you in on the camp's winning strategy, as they outline more than 100 fundamentally sound and easy-to-execute drills on: speed and quickness; agility man-to-man defense; dribbling and passing; offensive moves; full-court lay-ups; shooting off-season workouts; and much more. No matter what your competition level - youth league, high school, college, or even pro - "More Five Star Basketball Drills" will give you the means to achieve with its sure-fire plan for honing and improving your game.

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