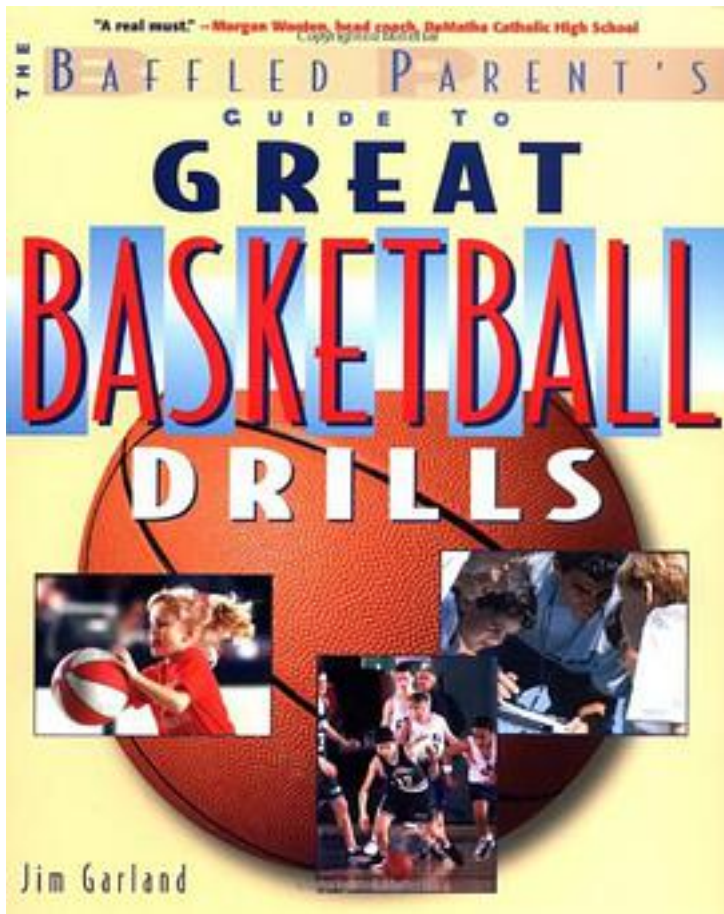


The Baffled Parent's Guide to Great Basketball Drills



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"A real must." - Morgan Wooten, head coach, DeMatha Catholic High School. "A great addition to any youth basketball coach's library. I know we'll be using these activities in

our basketball camps." - Greg Murrell, director, Motion Concepts Sports Camps. So, you've finally settled into your role as coach. Now you're looking for ways to make practices more active and rewarding. "Great Basketball Drills" includes 125 step-by-step illustrated drills that will keep your players moving, motivated, and most of all, having fun. Coach Garland covers the basic skills of dribbling, passing, and shooting with the "games approach" that enhances team communication and decision-making skills. Other drills focus on improving court movement, defense, rebounding, and screening. You'll even learn a thing or two about coaching style, and how to make improvement the goal of team practices rather than winning or losing. You can: use Garland's 'Ten Commandments of Practice' to improve your players and your team; pinpoint problems with the Troubleshooting Chart; find answers to common problems in the Q&A section; get tips on creating a positive attitude, building team spirit, and getting along with parents; make your practices fun and rewarding; and match your drills to age and ability. "Coach Garland has done a great job designing a way for kids to learn basic skills while having fun." - Mike Edge, clinician, Motion Concepts Sports Camps. "Equips coaches with the ability to understand and present skills and movement in a clear and enjoyable manner." - Rob Bailey, recreation supervisor, Harford, Maryland. "Breaks down the basic skills of basketball to a simple plan for learning." - Spike Griffith, youth coach, North Harford High School.

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