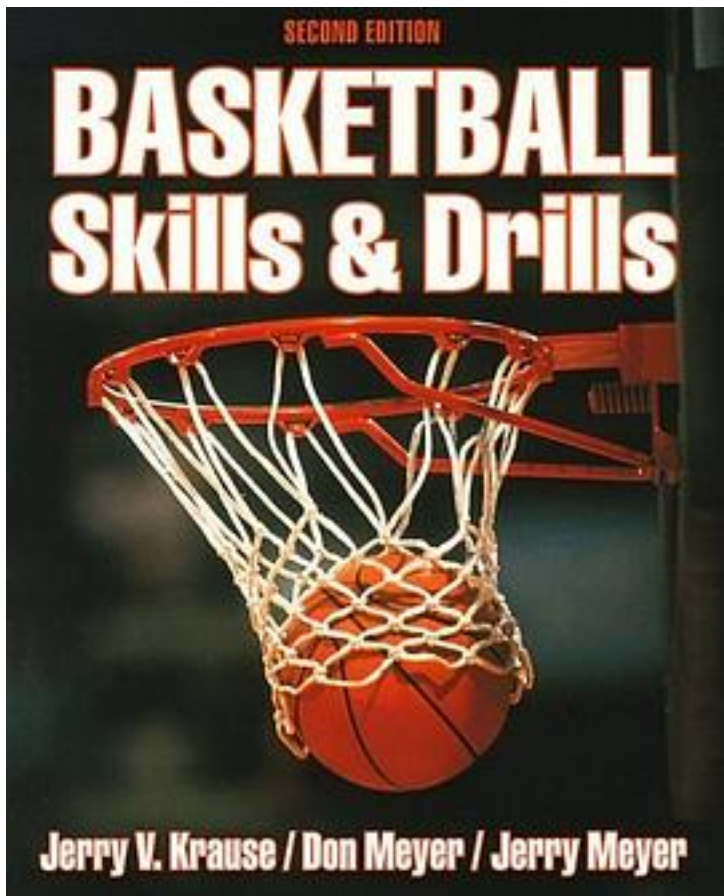


Basketball Skills and Drills



[Basketball Skills and Drills_ 下载链接1](#)

著者:Don Meyer

出版者:Human Kinetics Publishers

出版时间:1999-04

装帧:Paperback

isbn:9780736001717

Basketball Skills & Drills provides a perfect blueprint for building the foundation every well-rounded player needs. Each key skill is taught and illustrated, including • basic positioning, • moving without the ball, • ballhandling, • shooting, • passing, • perimeter moves, • post moves, • defense, • rebounding, and • setting and using

screens.

The 59 drills serve to reinforce the skill instruction and make every practice session more fun and effective. Coaching tips sprinkled throughout the book emphasize key points and explain how to correct common errors.

Since individual skills are effective in games only when used within the team concept, the book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

To be an all-star, a player must first master the basics. Basketball Skills & Drills is your guide to developing all the fundamentals of the game.

作者介绍:

目录:

[Basketball Skills and Drills_ 下载链接1](#)

标签

運動

1263

评论

[Basketball Skills and Drills_ 下载链接1](#)

书评

[Basketball Skills and Drills_ 下载链接1](#)