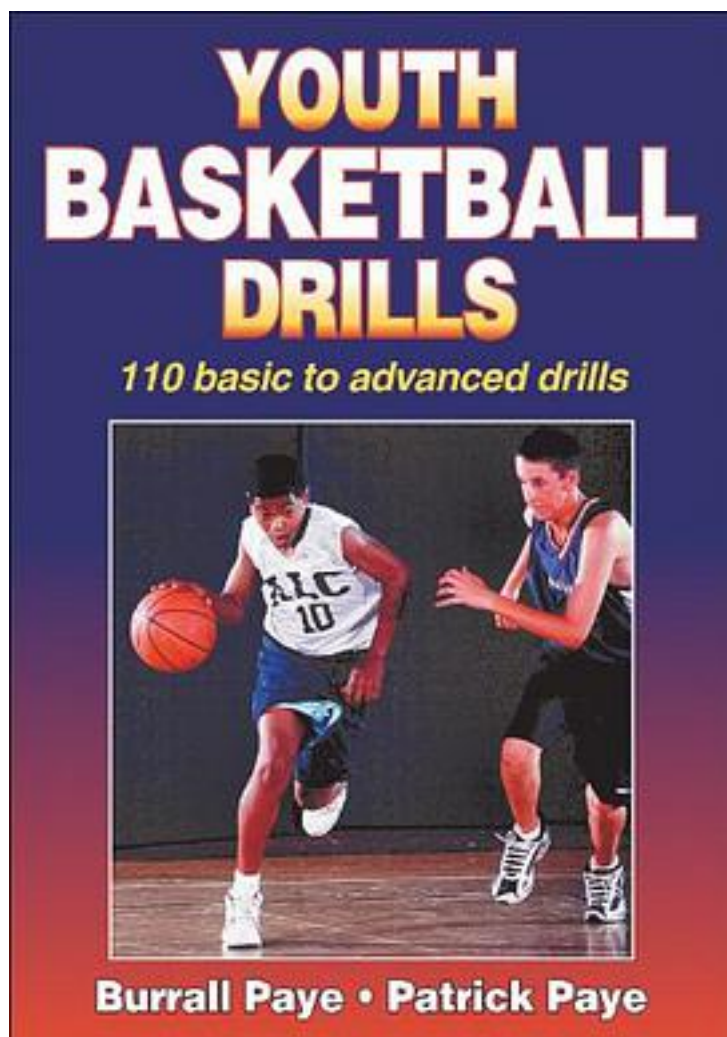


Youth Basketball Drills



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Spectacular plays may make the highlight reels, but winning results from consistent

execution of sound fundamentals. "Youth Basketball Drills" contains all the drills you need to develop the essential skills in your players. Authors Burrall and Patrick Paye have outlined drills and variations that cover the entire scope of the game in both offense and defense. The drills are grouped by skills, with variations that progress as your players learn. Explanations show you how, when, and why to use each drill. You'll find the information to build stronger individual players and develop a winning team. The arrangement of this book makes it a perfect reference tool-all of the details are presented in a step-by-step format. The drills are categorized into three skill development levels: beginner, intermediate, and advanced. Each drill is clearly marked by number and by name, with an estimate of how much time it takes to execute. A list of all related drills is given to help you implement a systematic order to your workouts. There are drills for all facets of basketball, including balance and agility, footwork, ballhandling, passing, cutting, screening, rebounding, and shooting. Defensive skills are also addressed - both for the individual and as a team - including stance and footwork, individual moves, and team defense. It's important to start young players out right - executing each move and each technique exactly as they are meant to be done. Having youngsters learn and then practice the proper techniques is vital. "Youth Basketball Drills" will give you the know-how and practice tools to teach young players the correct techniques, fundamental movements, and proper footwork to excel in basketball.

作者介绍:

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