

# Women's Basketball



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出版者:Cardinal Pub Group

出版时间:

装帧:Pap

isbn:9781930546455

Designed for players at all levels and for the coaches who will assist them in developing the skills necessary to be competitive in the game of basketball, this book includes sections on individual player development, the generic press offense, situational basketball and the generic zone offense. It also addresses mental toughness and techniques for developing the mental skills that can give a team the competitive edge needed to win.

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