

Let's Talk Defense

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LET'S TALK DEFENSE!

TIPS, SKILLS, AND DRILLS FOR BETTER DEFENSIVE BASKETBALL

HERB BROWN

McGraw-Hill

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著者:Brown, Herb

出版者:McGraw-Hill

出版时间:2004-11

装帧:Pap

isbn:9780071441698

How many times have you heard the old adage that "defense wins championships"? While it is true that one can't teach things like height, talent, or heart, sound defensive play can and is taught to great success at all competitive levels. Author Herb Brown of the Detroit Pistons preaches that defense is a state of mind - the great equalizer. If a team is prepared and committed to playing defense each time it hits the floor, Coach Brown believes it has an opportunity to win any game, especially if each player has dedicated himself to collectively stopping their opponent. Whether or not that opponent is more physically talented, if you can limit their ability to score, you will be in a position to win. Let's Talk Defense distills forty years of coaching experience into one handy volume. Beginning with the basis that effort is the major prerequisite for playing defense successfully, Coach Brown contends that a defensive mindset must be a constant if you hope to be able to build a championship caliber team. Effort, along with determination, preparedness and proper execution must be there every night to truly give your team a chance to win when your shots aren't falling and your team is struggling to score. Coach Brown knows that there is no one correct way to play defense, so this book details a defensive philosophy that has evolved over many basketball seasons. A true student of the game, Coach Brown has studied the philosophy, techniques, practice methods and game management of the world's most successful coaches. Let's Talk Defense incorporates all of that knowledge into a concise, easy-to-follow blueprint for better defensive basketball, complete with dozens of drills, tips, and step-by-step diagrams, and features a foreword from his brother Larry Brown, a Hall of Fame coach in his own right.

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When everything becomes priority,nothing is priority.

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