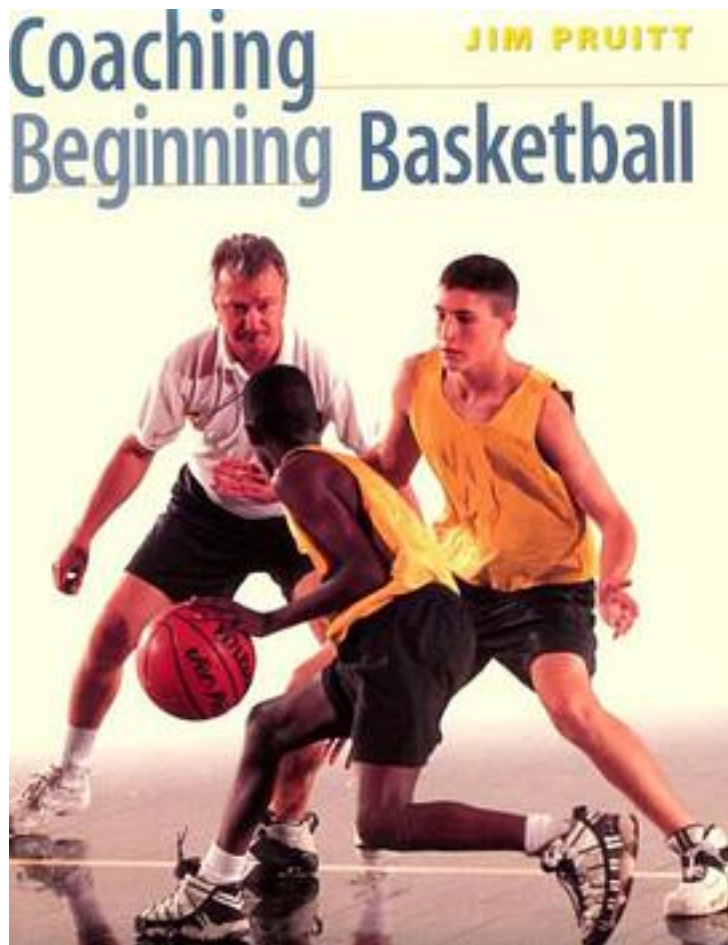


Coaching Beginning Basketball



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"Coaching Beginning Basketball," a complete and easy-to-follow handbook, provides coaches with the fundamental techniques of the game plus all the tools necessary to teach those techniques to players. Geared to junior high and high school coaches, this

book covers shooting, dribbling, passing, rebounding, and playing both offense and defense. Other basics covered include the fast break, free-throw shooting and alignment, pressing, out-of-bounds plays, and zone and man-to-man defenses. Using diagrams and exercises, this manual provides excellent drills and practice techniques for conditioning players and instilling correct ball-playing skills. Sample 90-minute practice schedules, pregame warm-ups, and off-season programs are also included. Additional material helps coaches build team morale, organize road trips, adjust to various game situations, handle first-aid procedures, and motivate players. Whether new in the field or veterans, coaches will find "Coaching Beginning Basketball" useful and effective in teaching and coaching the game.

作者介绍:

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