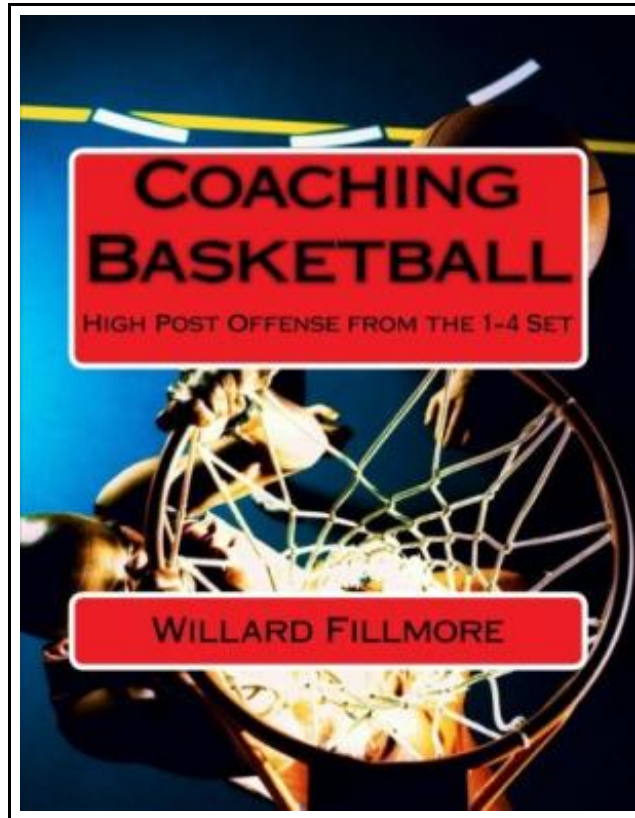


Coaching Basketball: High Post Offense from the 1-4 Set



Filesize: 9.66 MB

Reviews

Very helpful for all category of men and women. It is rally fascinating throgh studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Asia King)

COACHING BASKETBALL: HIGH POST OFFENSE FROM THE 1-4 SET



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Createspace, United States, 2013. Paperback. Book Condition: New. 280 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.The High Post Offense from the 1-4 Set has revolutionized basketball during the past twenty years and is one of the most explosive and effective offenses ever designed! Learn how to implement and utilize all aspects of the High Post Offense from the 1-4 Set with comprehensive and detailed diagrams and play descriptions covering the following topics: Sets and alignments - Strategies and unique approaches to the 1-4 offense - Screen techniques and individual responsibilities for the 1-4 offense - High Post Offense from the 1-4 Set entries and base movements - Position-by-position rules and responsibilities for all players - Potential position-less offense with ubiquitous and all-purpose sets and universal movements - High Post Offense from the 1-4 Set continuity series and resets - Special situations for the High Post Offense from the 1-4 Set - Coaching keys and progressions - Personnel evaluation for the 1-4 offense - Spacing and alignment rules for the 1-4 offense - 3-point plays for the High Post Offense from the 1-4 Set - How to defeat man-to-man defense with the High Post Offense from the 1-4 Set - and much more! Score more points and win more games with the High Post Offense from the 1-4 Set! Appropriate for any level of basketball including youth, junior high school, high school, and college!.



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