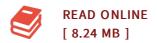




I m Helping You, Coach!: 100+ Offense Drills For Your Basketball Program

By Joao Da Costa

AUTHORHOUSE, United States, 2004. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. As a coach I always find one of the most challenging parts of my job is keeping the players motivated. One of the best ways I have found for doing this is to vary the drills I use in practice. Drills provide a powerful opportunity for coaches because they combine so many important elements of training at once. Drills can train all fundamental skills. They train the team to work together in speed, agility and execution. The flowing repetition of the drill allows the training to become second nature to the players. Using new and varied drills and incorporating them into our practices, we train a wide variety of fundamental skills and variations on basic offensive plays like the fast break. I have found that drills are often overlooked as an asset in coaching. No matter where I am coaching whether at a clinic, or watching the practice of a club in Europe, South America, an NCAA or high school team. I see that coaches around the world often get into a routine of the same drills every...



Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehended every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- Crystel Hagenes