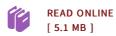




Coaching Beginning Basketball

By Jim Pruitt, Pruitt Jim

McGraw-Hill Education, United States, 1997. Paperback. Book Condition: New. 7th ed.. 276 x 217 mm. Language: English . Brand New Book. 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.



Reviews

The very best book i actually study. It is actually writter in easy terms and never hard to understand. Your daily life period will probably be enhance when you total looking over this publication.

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This publication is indeed gripping and intriguing. It is actually writter in basic terms and not difficult to understand. I am just pleased to explain how here is the greatest publication we have read through during my own lifestyle and could be he best pdf for at any time.

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