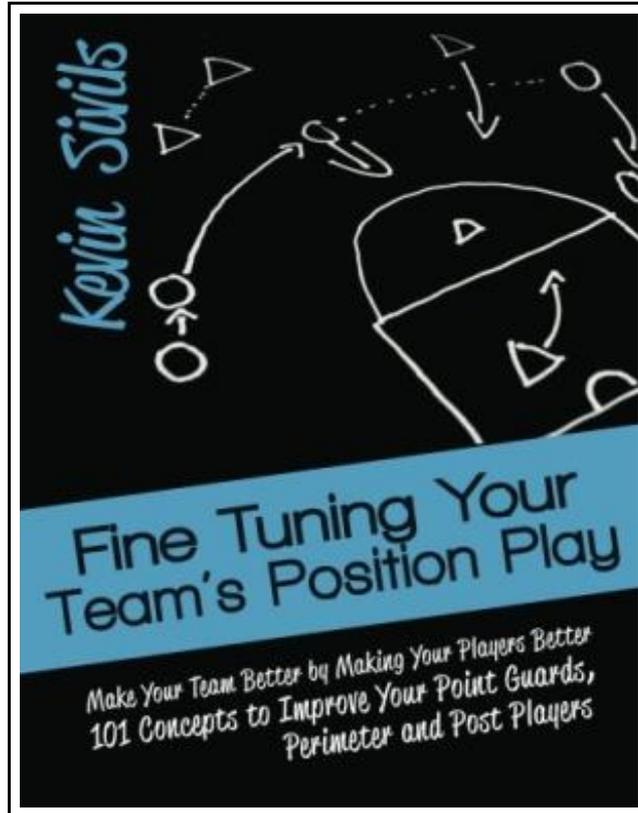


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Createspace, United States, 2012. Paperback. Book Condition: New. 278 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Coaches always want to improve their teams. Usually they go about this by searching for the perfect offense or defense. Few coaches stop to realize one of the best ways to improve their team is to improve their players. Fine Tuning Your Team s Position Play provides position specific concepts to improve player s skills. Included are concepts for point guards, perimeter players (shooting guards and small forwards) and post players (power forwards and centers). Illustrated with 120+ photographs and 120+ diagrams in an 8.5 x 11 inch sized format, Fine Tuning Your Team s Post Play also includes drills to teach the concepts described. The author, a long time coach, includes ideas on the importance of using mastery of fundamentals to build confidence, ideas for planning practice sessions and additional bonus material. Fine Tuning Your Team s Position Play is an excellent reference manual for veteran or young coaches as well as players who want to learn some of the finer points of the game. Some examples of concepts included are: --Two different tactics to inbound the ball to point guards when pressed. --How to best enter the ball into the post - coordinating the perimeter and post players. --Passing from the low post. --Setting and using screens. --Techniques that will reduce turnovers. Also included in Fine Tuning Your Team s Position Play are 34 Drills and Drill Progressions designed to improve player s skills. Some of the drills described include: --Basic Movement Drills --The Shooting Progression --Feed the Post Skill Progression --Daily One Minute Drills --Drills designed to master lay-ups in game-like conditions. Fine Tuning Your Team s Position Play is part of a five book...

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