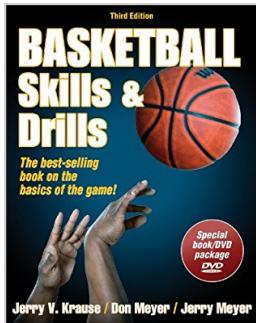


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By Jerry Krause, Don Meyer, Jerry Meyer

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Basketball Skills & Drills - 3rd Edition By Jerry Krause, Don Meyer, Jerry Meyer

Great basketball players like Tim Duncan and Dwyane Wade draw oohs and aahs with their spectacular moves. But before those players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game.

Basketball Skills & Drills provides a perfect blueprint for building the foundation that every well-rounded player needs. This special book and DVD package demonstrates each key skill:

- Player positioning
- Moving without the ball
- Shooting
- Passing, catching, and dribbling
- Perimeter moves
- Post moves
- Defense
- Rebounding

The skills and 90 drills, coaching tips, and DVD reinforce the skill instruction, emphasize key points, and explain how to correct common errors. And since individual skills are effective only when used within the team concept, the book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

To be an all-star, you must be fundamentally sound. *Basketball Skills & Drills* is your guide to becoming a complete player—one who can change the game with great moves and smart play.

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Head Women's Basketball Coach
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