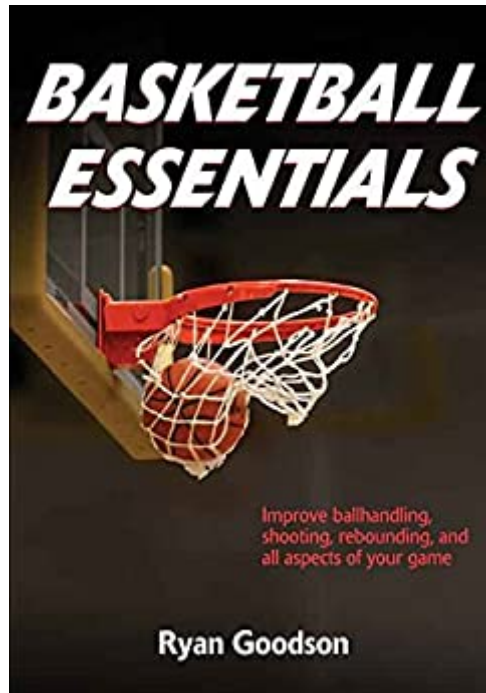




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Basketball Essentials



Synopsis

LeBron James, Stephen Curry, Kevin Durant, and all of the best basketball players in the world began their careers in the same way: by focusing on the fundamentals. With *Basketball Essentials* there has never been a better way to learn to play! In *Basketball Essentials*, you learn by doing. Sequential instruction and detailed photographs will guide you to perform the techniques and tactics of the game: Shooting, Passing, Dribbling, Defending, Rebounding. In addition to the basics, you'll be challenged to expand your repertoire of skills and use those newly acquired tactics for competitive advantage. More than 100 of the best practice drills will develop your game and improve your performance. You'll gain an understanding of the game, offensive and defensive strategies, and proven plays. *Basketball Essentials* is the best way to learn the basics in less time. It's the only guide that teaches the skills and the love of the game.

Book Information

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Customer Reviews

The great thing about this book is that it cuts right to it - how to play basketball. No long chapters on the history of the sport. It straight up tells you how to do a basic dribble, "a no-excuse skill," and

then builds on that to the fun stuff of dribbling behind the back and between the legs. The author tells you how to shoot and make inside shots, outside shots, how to "get open," and how rebounding can be the determining factor in a game, and then gets right down on exactly how to do that. The book has photos of players demonstrating the skills being taught, and illustrated drills of key concepts, with the setup and execution of the drill, followed by a coaching point. The author is a world-renown coach, directed the Stephen Curry Skills Academy in 2011, and directs camps for the US Basketball Association. But my personal favorite attribute of the writer is his positive winning attitude and approach to basketball. He admittedly wants to improve your game, and help you in your basketball journey, and enjoy every single minute along the way. Read the book.

Great book. Will help my get my team in shape for the season!

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