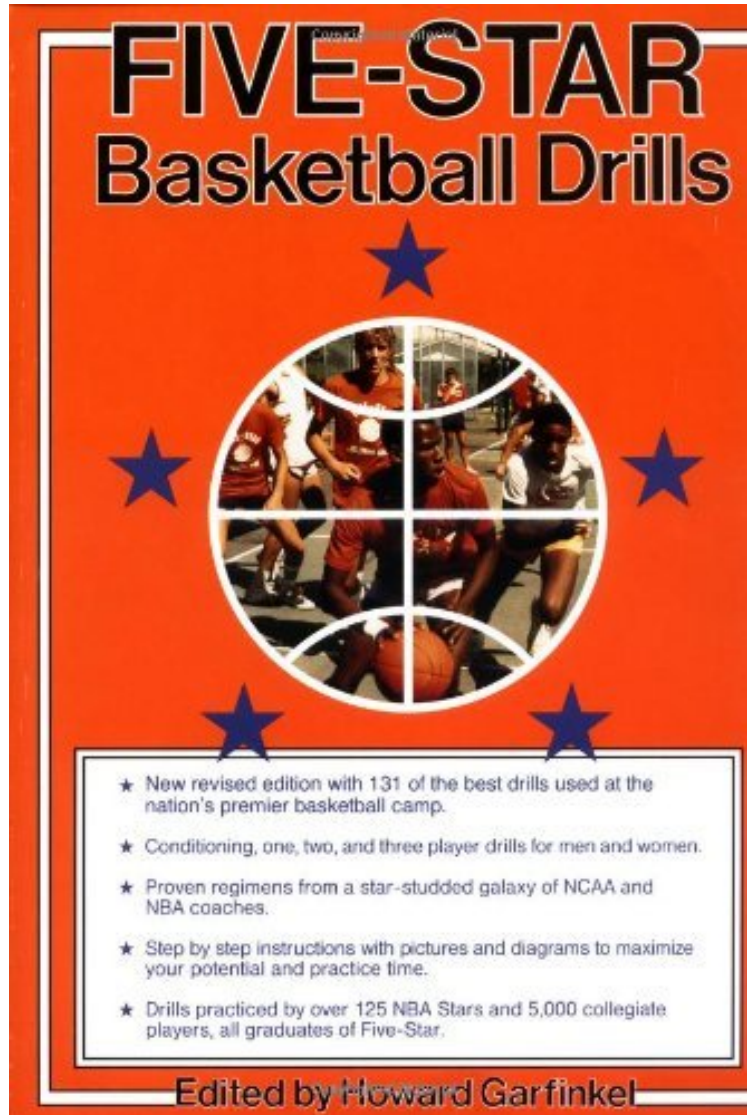


(Free read ebook) Five-Star Basketball Drills

Five-Star Basketball Drills

Von Howard Garfinkle, Will Klein
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Von Howard Garfinkle, Will Klein : Five-Star Basketball Drills before purchasing it in order to gage whether or not it would be worth my time, and all praised Five-Star Basketball Drills:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Fantastic BookVon Ein KundeThis book is a classic. I can not believe that there are not more reviews giving this book the priase it deserves. If you want to become better at basketball you must not only practice consistantly, but you must know the correct techniques and moves to practice. This book is basically a complete reference of drills for every position that have been used at the nations premire basketball camp - five star. When Trajon Langdon started out as a freshman at

duke this book received a lot of attention because Trajon, being from Alaska, did not have great exposure to a wide variety of basketball camps. Trajon bought this book and used the drills in it to make him the player he became. Every high school player and coach should own a copy of this book if they are serious about improvement. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Excellent for either an individual or team training Von jsataten@dcscorp.com I used this book, after being placed on the J.V. team at my high school my junior year. I had very little skill at all, but wanted desperately to become a better ball player. After purchasing this book, I used the drills in it for only 2 months and improved my game to a whole new level. I not only made the varsity team that next year, but was a starter and had a very good senior year. Since graduating, I have coached at the high school level, and this book worked wonders for the team. I have also used this book to work with younger individuals, and seen drastic improvement in their abilities. I would recommend this book to any young person who wants to better his/her skills, and to any coach to strengthen their teams fundamental abilities 1 von 3 Kunden fanden die folgende Rezension hilfreich. ONE of the two best ever on coaching basketball Von Customer This book and Coaching Basketball by Jerry Krause are the two best coaches books out there. 5-star has drills that we use daily in our practices and coaching basketball as some great plays and ideas regarding the game. Get both these books ASAP!

Kurzbeschreibung Over 5,000 talented players have completed the Five-Star program and received scholarships. Distinguished alumni include Isiah Thomas, Moses Malone, Dominique Wilkins, Michael Jordan, Mark Aguirre, John Paxson, Jim Paxson, Jeff Ruland, Darnell Valentine, and Mike O'Koren. Here, in print for the first time, is a compilation of 131 drills they practiced at the nation's premier basketball camp. The book includes the following: 131 of the best drills used at the Five-Star camp Conditioning, one, two, and three player drills for men and women Proven regimens from a star-studded galaxy of NCAA and NBA coaches Step by step instructions with pictures and diagrams to maximize your potential and practice time "Howard Garfinkel and Will Klein are as well organized in their presentation of drills as they are in their camp. This book is a great contribution to your basketball library." -- Bob Knight "Owning one of the most varied sports libraries in the country, I consider myself an expert on sports books. Nowhere on my shelves is there anything approaching the value of these drills for youngsters and young coaches. It's the best drill book in America." -- George Raveling "With the advent of the three-point shot, there's now a high priority on the skill parts of the game. This book will help the dedicated user become a fundamentally sound player." -- Mike Fratello "A must for all young players and coaches who want to learn the game the way it should be taught." -- Rick Pitino "Five-Star has done a great job helping kids. I admire the way they've emphasized teaching the concepts and maintained the personal touch in dealing with youngsters. This book carries on that great tradition." -- Mike Krzyzewski Kurzbeschreibung Over 5,000 talented players have completed the Five-Star program and received scholarships. Distinguished alumni include Isiah Thomas, Moses Malone, Dominique Wilkins, Michael Jordan, Mark Aguirre, John Paxson, Jim Paxson, Jeff Ruland, Darnell Valentine, and Mike O'Koren. Here, in print for the first time, is a compilation of 131 drills they practiced at the nation's premier basketball camp. The book includes the following: 131 of the best drills used at the Five-Star camp Conditioning, one, two, and three player drills for men and women Proven regimens from a star-studded galaxy of NCAA and NBA coaches Step by step instructions with pictures and diagrams to maximize your potential and practice time "Howard Garfinkel and Will Klein are as well organized in their presentation of drills as they are in their camp. This book is a great contribution to your basketball library." -- Bob Knight "Owning one of the most varied sports libraries in the country, I consider myself an expert on sports books. Nowhere on my shelves is there anything approaching the value of these drills for youngsters and young coaches. It's the best drill book in America." -- George Raveling "With the advent of the three-point shot, there's now a high priority on the skill parts of the game. This book will help the dedicated user become a fundamentally sound player." -- Mike Fratello "A must for all young players and coaches who want to learn the game the way it should be taught." -- Rick Pitino "Five-Star has done a great job helping kids. I admire the way they've emphasized teaching the concepts and maintained the personal touch in dealing with youngsters. This book carries on that great tradition." -- Mike Krzyzewski Synopsis Over 5,000 talented players have completed the Five-Star program and received scholarships. Distinguished alumni include Isiah Thomas, Moses Malone, Dominique Wilkins, Michael Jordan, Mark Aguirre, John Paxson, Jim Paxson, Jeff Ruland, Darnell Valentine, and Mike O'Koren. Here, in print for the first time, is a compilation of 131 drills they practiced at the nation's premier basketball camp. The book includes the following: 131 of the best drills used at the Five-Star camp; conditioning one, two, and three player drills for men and women; proven regimens from a star-studded galaxy of NCAA and NBA coaches; step by step instructions with pictures; and, diagrams to maximize your potential and practice time. 'Howard Garfinkel and Will Klein are as well organized in their presentation of drills as they are in their camp. This book is a great contribution to your basketball library' - Bob Knight. 'Owning one of the most varied sports libraries in the country, I consider myself an expert on sports books. Nowhere on my shelves is there anything approaching the value of these drills for youngsters and young coaches. It's the best drill book in America' - George Raveling. 'With the advent of the three-point shot, there's now a high priority

on the skill parts of the game. This book will help the dedicated user become a fundamentally sound player' - Mike Fratello. 'A must for all young players and coaches who want to learn the game the way it should be taught' - Rick Pitino. 'Five-Star has done a great job helping kids. I admire the way they've emphasized teaching the concepts and maintained the personal touch in dealing with youngsters. This book carries on that great tradition' - Mike Krzyzewski.