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The Complete Guide to Girls Basketball

By Michael D. Mullaney

Mullaney. Paperback. Book Condition: New. Paperback. 396 pages. Dimensions: 10.8in. x 8.4in. x 1.1in. This book gives detailed coverage of the fundamentals of basketball - how to play the post-offensive strategies; man-to-man and zone defenses; full, three-quarters, and half-court presses; and out-of-bounds plays. It also includes more than 200 drills, sample practice plans, coaching strategies, tips on communicating with players and parents, excerpts from official basketball rules, and more. This book includes funny and interesting quotations from sports legends and others that serve as reminders to enjoy the game. This is an indispensable book for any coach or family member seeking to help a young woman succeed on her team. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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