

### *How To Coach Fast Break Basketball*

Paul Westhead's *The Speed Game* offers a treasure trove of information and stories about how he developed a style of basketball that not only won at the highest levels but went on to influence the game as it is played today.

Here's the guide for current and prospective coaches that covers every aspect of effectively coaching youth basketball: teaching good sportsmanship, running an effective practice, coaching to a player's age and skill level, teaching offensive and defensive skills and drills, rules of the game, executing winning plays and strategies, dealing with parents.

Ever wish you had a fast breaking, high scoring basketball team that could excite your players and fans alike? One that strikes fear into the hearts of your opponents and leads to more victories each season? Now you can develop one with Coach Battenberg's: **YOU CAN RUN WITH ANYONE**. After studying under several of America's best fast break coaches, and perfecting his Fast Breaking System over 35 years of college and high school coaching, Battenberg shows you don't need tall, quick, or great athletes to have a successful fast break attack. It's what you emphasize and how you teach it that makes all the difference. Offering more than 60 DIAGRAMS and

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including 25 DRILLS to use on a rotating basis, this book shows you how to organize your practices, train your players, and plan for games so your team can truly RUN WITH ANYONE. Learn about the SECRET WEAPON that most fast break teams fail to use. The one that will give your team many more QUICK-STRIKE OPPORTUNITIES. Discover how to get your Bigs to run the court with relentless energy and find instant scoring opportunities around the basket. Develop new ways to get your players to PLAY HARD with Short Segment Practice Planning. And if you hate running your players in wind-sprints as much as they hate doing them, Coach Battenberg tells you how to condition your team without those boring running drills. HAVING PROBLEMS WITH FULL COURT PRESSURE? Opponents will think twice about pressing your team after you run through their defense with your new found "Quick Counter-Attack." You will discover Early Offense; Advanced Fast Break Techniques; and Specific Fundamental Training that will make your team play QUICKER and more EFFICIENT. It's everything you need for the SPEED GAME you always wanted or to improve the one you already have. Whether you coach youth, high school, or college level basketball players, this book has what you need to make your team FASTER, more EXCITING, and a WINNER. My Fast Times in Basketball

The Complete Idiot's Guide to Coaching Youth Basketball  
Transition Offenses for Youth Basketball  
Coaching Basketball Successfully  
Championship Basketball by 12 Great Coaches  
NBA Coaches Playbook

*Having trouble getting any offense from your Fast Breaks? Get useful Links to Video Clips and Handouts, along with information in this eBook, and you'll have everything a youth basketball coach needs to get started teaching transition offenses. The "Transition Offense" (better known as the "Fast Break") is basically a well-run "Up Tempo" style of offense that can quickly produce easy layups, wear down defenses, and break through and pressure defense. Teaching your players how to properly run a transition offense (fast break) will help your team be successful. Packed with pictures, diagrams, video clips, and helpful forms! "Read" the information in the booklet – then "View" the demonstrations on the Video Clips using the links. An excellent "Interactive" instructional tool, resource, and reference for youth basketball coaches.*

*Legendary UCLA coach John Wooden once said, "People say Morgan Wootten is the best high school basketball coach in the country. I disagree. I know of no finer coach at any level—high school, college, or pro." Morgan Wootten has retired from coaching, but his knowledge of the game remains unsurpassed and keen as ever. Coaching Basketball Successfully contains a wealth of Wootten's timeless wisdom. And, in this third edition, Wootten adds even more value—the coaching experiences, methods, and tactics of his son Joe, a successful high school coach himself. Loaded with insights, instruction, drills, and Xs and Os, Coaching Basketball Successfully is the best single resource on*

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*making the most of your program, team, and players each season.*

*So you're thinking about volunteering to coach youth basketball? Great! You're in for a fun, rewarding experience. Whether you're new to the sport and looking for some guidance or you're a seasoned coach hunting for some fresh tips, **Coaching Basketball For Dummies** will help you command the court with confidence. Each friendly chapter is packed with expert advice on teaching the basics of basketball—from dribbling and shooting to rebounding and defending—and guiding your kids to a fun-filled, stress-free season. You get a crash course in the rules and regulations of the game, as well as clear explanations of what all those lines, circles, and half-circle markings mean on the court. You'll assign team positions, run great practices, and work with both beginning and intermediate players of different age groups. You'll also see how to ramp up your players' skills and lead your team effectively during a game. This book will also help you discover how to: Develop your coaching philosophy Understand your league's rules Conduct a preseason parents' meeting—crucial for opening the lines of communication Teach offensive and defensive strategies Keep your kids healthy and injury-free Encourage good sportsmanship Make critical half-time adjustments during a game Help struggling players Address discipline problems and handle difficult parents Coach an All-Star or Travel team Complete with numerous offensive and defensive drills and tips for helping your kids relax before a game, **Coaching Basketball For Dummies** is the fun and easy way to get the score on this worthwhile endeavor!*

*How to Coach and Attack the Zone Defenses*

*Know Yourself as a Coach*

*Adapting the Florida State Offense to High School Football*

*I'm Helping You, Coach!*

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### *The Winning Edge in Basketball*

#### *The Science of Coaching*

Every basketball team needs to capitalize on fast break opportunities, even teams that play at a slow and deliberate pace. As simple as a well executed fast break may appear, for teams and players to consistently execute the fast break and score on each "fast break chance" there are many items that need to be executed correctly. Coaching Basketball's Fast Break Attack includes concepts that will improve every team's primary fast break conversion rate, generate a consistent up tempo offense and create easy scoring opportunities by building sound transition offense habits. For coaches who are looking to improve their ability to teach the running game to their team Coaching Basketball's Fast Break Attack includes over 50 drills covering skills such as: - primary fast breaks - utilizing the 3 pt. shot on the fast break - converting from defense to the fast break - improving ball handling skills in offensive transition - reading and attacking the defense Other benefits of Coaching Basketball's Fast Break Attack include concepts and strategies designed to build a consistent all out running game that is controllable for the coach. Players love the up tempo style of play. Basketball is meant to be played fast! None other than the Wizard of Westwood himself, John Wooden, was an advocate of the fast break approach to basketball.

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Regardless of the style of play, there is something for every coach and every team in this book.

"Players today are selfish and hard to coach." "It's hard to get good team chemistry these days." "I wish I could just coach and not deal with all the hassles with parents, administrators, and players." Have you muttered such complaints to yourself or even spoken them aloud? If so, *Know Yourself as a Coach* can help. In *Know Yourself as a Coach* you will learn how to evaluate yourself as a person to determine what defines you and what motivates you-and how best to put that newfound insight to use; assess your coaching style, analyze where your strengths and weaknesses lie, and decide how to use this knowledge to enhance your skills; hone your people skills and put them to work for you; and develop the mental side of coaching. Whether you are an up-and-coming coach or a longtime veteran, *Know Yourself as a Coach* will give you new insights into yourself, your players, and your approach to coaching.

"Let's Talk Defense! will help take you and your team to the next level." --Scottie Pippen, 10-time member of the NBA All-Defensive Team and six-time NBA champion "Herb Brown's experience and defensive knowledge makes *Let's Talk Defense!* a mustread for any basketball player or coach. The concepts demonstrated in his book are the same ones I use when guarding some of the best players in the NBA."

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--Rasheed Wallace, NBA All-Star "Herb Brown understands the most fundamental aspect of the game and that is great defense wins championships. This book will explain the basic concepts of how it is done." --Joe Dumars, general manager of the Detroit Pistons and former six-time NBA All-Star Endorsed by top NBA players, this is the essential guide for coaching defense. Loaded with drills, tips, and step-by-step diagrams as well as official NBA photos, Let's Talk Defense! includes: Making the transition from offense to defense Out-rebounding opponents Causing turnovers Stopping fast-break opportunities Eliminating penetration Creating havoc for the opposition and much more

Basketball: learnig by coaching

Coaching Fast Break Football

Coaching Fast Break Basketball (3rd Edition)

Fine Tuning Your Fast Break

Fundamentals and Fine Points

64 Small Sided Soccer Games

***This book is a true account of how a psychotherapist overcomes multiple abuses she sustained growing up and throughout her young adult life. Searching six different religions for help, she ultimately loses hope for the relief she seeks, and is hospitalized for major depression. From there the author spends over a decade in therapy with mental health professionals who assist in her healing and struggle***

***to maintain mental health. Not only does this book validate the benefits of psychotherapy, but also psycho-pharmacology, as it unmasks how others can use this book as a map of how to obtain mental and emotional health, without succumbing to the taboos of professional help. "This book is a precious gift & illustrates why we call life a present. The author has explored it, lived it, celebrated it and shows how we must never ever be afraid of it! (Life)." Dr. Gwendolyn Goldsby-Grant Author, The Best Kind of Loving! Psychologist & Columnist, Essence Magazine "A must read Case-Study for all mental health professionals, graduate students and undergraduates in the field of psychology, who may also find themselves: On Both Sides of The Couch." Dr. Rosa Trapp-Dail, Professor Howard University "An inspirational book for anyone who has emotional problems, been abused, or has family members with mental illness--The author could be a poster child for The National Institute Of Mental Health!" Pancheta Wilson, M.D. Author, Inside The HMO "Heartwrenching, soul searching, spellbinding & excellently written!" Ofield Dukes, Adjunct Professor American University***

***Whether your team runs an all out fast break attack ala Loyola Marymount or Grinnell College or plays a ball control half court style of play, every team could benefit from improving its fast break attack. This short book introduces 8 simple concepts and tactics that will speed up any fast break attack. Over the course of the game another 6-8 easy points can be the difference between victory or defeat. In addition to the 8 tactics, seven drills for practicing the fast break as well***



***as additional bonus material is included.***

***Leading coaches diagram, explain, and evaluate their favorite practice exercises for every skill in this extensive compilation of drills***

***Let's Talk Defense***

***Coaching Fast Break Basketball***

***Coaching Soccer Tactics***

***The Comic Book Story of Basketball***

***Coaching High School Basketball***

***The Speed Game***

Whether you run the famed Loyola Marymount fast break made famous by Paul Westhead, the Grinnell "system," the "Tiger Ball" break of Olivet Nazarene or just leave your fast break to chance, the concepts in *Fine Tuning Your Fast Break: 75 Concepts To Improve Your Team's Fast Break Offense* will improve your team's running game! The book is organized so each concept can be found easily. The concepts are grouped by areas of specificity such as concepts specifically for point guards, the entire team, etc. Detailed diagrams are included for concepts that benefit from a visual depiction to help clarify the concept. Just some of the topics covered

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include concepts on how to train your point guard to be more efficient, resulting in reduced turnovers, ways to convert turnovers into points, making certain every fast break opportunity is as efficient as possible and 7 Bonus Concepts on how to slow down the opponent's fast break attack. Coach Kevin Sivils shares his years of experience coaching the fast break and developing up tempo offensive attacks utilizing the concepts and principles described in this book. Winner of 8 Coach of the Year awards, as well as awards for excellence in teaching and Teacher of the Year, Coach Sivils has nearly 30 years of experience as a highly successful varsity basketball coach, college assistant and varsity assistant coach.

An invaluable look at 45 of the top running and passing plays in the Florida State offense. This massive 210 page text covers every aspect of fast break play, including Toss Sweep, Fullback Trap, Fullback Belly, Strongside Sprint Draw, Weakside Sprint Draw, and Counter Information Runs, as well as Z,Y,X, and T Shallow Cross and much, much more. Contains

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dozens of easy-to-read and used diagrams

You volunteered to coach the basketball team, but are you really ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Basketball* has the answers. Yes, the wildly popular and entertaining coaching guide is back in a new, updated, and expanded second edition. Longtime coaches Keith Miniscalco and Greg Kot return to share their experience and provide advice you can rely on from first practice to final shot. From evaluating players' skills and establishing realistic goals to using in-game coaching tips, it's all here—the drills, the plays, the fun. Develop your team's dribbling, passing, shooting, and rebounding skills with the *Survival Guide's* collection of the game's best youth drills. For plays and sets that young teams can actually run, flip to the *Survival Guide's* offensive and defensive playbook. And to get the most out of every practice, follow the ready-to-use practice plans. So worry not, coach. *Survival Guide* has helped

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countless coaches have rewarding and productive seasons—and a lot of fun along the way!

How to Coach Special Situation Plays

Portfolio of Basketball Drills from College Coaches

Patterned Fast-break Basketball

An Essential Resource for Coaches, Teachers, Players and Spectators

Fast Break Basketball

75 Concepts to Improve Any Team's Fast Break Offense

*The Phoenix Suns' Steve Nash shines in running the break, but how do his teammates know where to go to get open to receive his passes? Orlando's Dwight Howard is a tremendous talent in the post, but how has he improved and added new dimensions to his game? And how is it that Utah's Deron Williams and Carlos Boozer run the screen-and-roll as smoothly as Jazz legends John Stockton and Karl Malone did years before? Coaching. Yes, even in a league loaded with superior athletic talent, the teaching, tactical maneuvers, and strategies provided by NBA coaches are second to none. And as younger, sometimes less mature and less experienced players from all over the world have entered the league, those coaching skills are more diverse and better honed than ever before. Now NBA Coaches Playbook takes you into the practice sessions and sideline huddles with detailed Xs and Os and more from the game's best at maximizing performance on the court. Let the likes of Phil Jackson, Mike D'Antoni, Avery*

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*Johnson, Stan Van Gundy, George Karl, Eddie Jordan, Mike Dunleavy, Kareem Abdul-Jabbar, and many other head and assistant coaches provide you with new insights to benefit your own team and individual players. Contents*

*Part I: Individual Offense*

*Chapter 1. Shooting Techniques Hal Wissel*

*Chapter 2. Perimeter Moves Stan Van Gundy*

*Chapter 3. Post Moves Kareem Abdul-Jabbar*

*Chapter 4. Screens and Screen Plays Phil Johnson*

*Part II: Team Offense*

*Chapter 5. Attacking Offense Avery Johnson*

*Chapter 6. Triangle Offense Phil Jackson and Tex Winter*

*Chapter 7. Princeton Offense Eddie Jordan and Pete Carril*

*Chapter 8. Flex Offense Ruben Magnano*

*Part III: Fast Break*

*Chapter 9. Fast-Break Principles George Karl and Doug Moe*

*Chapter 10. Primary and Secondary Breaks Mike D'Antoni, Alvin Gentry, and Marc Iavaroni*

*Part IV: Special Plays*

*Chapter 11. High-Percentage Plays Lionel Hollins*

*Chapter 12. Out-of-Bounds Plays Brendan Malone*

*Chapter 13. Last-Second Scoring Plays Dave Wohl*

*Part V: Individual and Team Defense*

*Chapter 14. On-the-Ball Pressure Mike Fratello*

*Chapter 15. Full-Court Pressure Jim O'Brien*

*Chapter 16. Defensive Strategies Del Harris*

*Part VI: Coaching Essentials*

*Chapter 17. Productive Practices Lawrence Frank*

*Chapter 18. Game Preparation Mike Dunleavy and Jim Eyan*

*Chapter 19. Player Development Kevin Eastman*

*Chapter 20. Player and Coach Motivation Scott Skiles and John Bach*

*Chapter 21. Modern Conditioning Methods Rich Dalatri*

*Coaching Beginning Basketball, a complete and easy-to-follow handbook, provides coaches with the fundamental techniques of the game plus all the tools necessary to teach those techniques to players. Geared to junior high and high school coaches, this book covers shooting, dribbling, passing, rebounding, and playing both offense and defense. Other basics covered include the fast break, free-throw shooting and alignment, pressing, out-of-bounds*

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*plays, and zone and man-to-man defenses. Using diagrams and exercises, this manual provides excellent drills and practice techniques for conditioning players and instilling correct ball-playing skills. Sample 90-minute practice schedules, pregame warm-ups, and off-season programs are also included. Additional material helps coaches build team morale, organize road trips, adjust to various game situations, handle first-aid procedures, and motivate players. Whether new in the field or veterans, coaches will find Coaching Beginning Basketball useful and effective in teaching and coaching the game.*

*It's 24/7 money, fame, and game on-and off-the court. But the real action is behind the scenes in Regina Hart's sizzling new pro b-ball series, where the stakes are everything and winning means playing for keeps. . . He's a two-time MVP and three-time championship winner. He lives to be the best. And now that he's a first-time coach, DeMarcus Guinn will lead the NBA's worst team to the top his way-or no way at all. But the team's fiery franchise owner, Jaclyn Jones, is fighting him at every turn. And their unexpectedly seductive one-on-one is the kind of game time he can't resist. . . Turning her family's team into winners is Jaclyn's only hope of saving them and her community. She's used to being in control, but DeMarcus' determination-and the way he makes her feel-are like no moves she's ever seen. And with everything they care about on the line, they'll have to play to win . . . or lose their hearts.*

*Eight Simple Concepts to Improve Your Fast Break Offense*

*The Basics of the Fast Break Offense!*

*How to Coach Fast Break Basketball*

*Coaching Beginning Basketball*

*Game Strategies and Tactics for Basketball*

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### *A Complete Guide to Building a Championship Team*

*Since his mother's death, Jayson, twelve, has focused on basketball and surviving but he is found out and placed with an affluent foster family of a different race, and must learn to accept many changes, including facing his former teammates in a championship game.*

*Game Strategy and Tactics for Basketball: Preparing to Win the Sideline Battles is both a how-to book and a guide for how to plan strategy and tactics for basketball for an entire season or an individual game. Coaches often focus on X's and O's and overlook how and when a particular offense or defense should be applied and used during a game. Game Strategy and Tactics for Basketball: Preparing to Win the Sideline Battles serves as a planning guide and a master checklist for all the possible situations that a coach will face during a season. The book includes both traditional and some "out-of-the-box" strategies to the common situations that coaches face and provides both the pros and the cons of the approaches described. It is not the author's intention*

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to tell each coach exactly what to do, but to serve as a guide in the decision making process. About the author: A 24 year veteran of the coaching profession, with twenty-two of those years spent as a varsity head coach, Coach Kevin Sivils amassed 464 wins and his teams earned berths in the state playoffs 19 out of 22 seasons with his teams advancing to the state semi-finals three times. An eight time Coach of the Year Award winner, Coach Sivils has traveled as far as the Central African Republic to conduct coaching clinics. Coach Sivils first coaching stint was as an assistant coach for his college alma mater, Greenville College, located in Greenville, Illinois. His teams were always known for their discipline, intense effort, execution of fundamentals, and team play. Coach Sivils is also the owner of KCS Basketball Enterprises, LLC, an enterprise focused on providing coaches with information to improve their knowledge of the game of basketball and their ability to coach. "If you have been looking for a rigorously thorough handbook on basketball tactics and strategy, you have found it!" Coach Doug Porter



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- Head Women's Coach, Olivet Nazarene University National Scoring leaders: 2005, 2006, 2007, 2008 Chicagoland Collegiate Athletic Conference Champions: 2000, 2005, 2007 "His thought provoking approach makes for an easy read and will definitely stimulate thought and, most likely, change the way you go about coaching!" Rusty Rogers - Two time NAIA Division II Women's National Championship Coach and Two time NAIA National Coach of the Year "Coach Sivils clearly brings his experience in the game of basketball to his writing. He is a great teacher who acquired great gifts over the years and it's great he wants to share those gifts with other coaches." Bill Reidy - Long time successful high school and AAU coach

Coaching Fast Break Basketball Third Edition presents an overview of every dimension of fast break basketball, offering basic fundamentals and techniques for creating and taking advantage of fast break opportunities. The third edition of this book includes three new chapters on attacking the three option areas, the passing fast break,

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*and the fast break into the secondary break. Coaching Fast Break Basketball Third Edition also covers shaping the fast break, coaching fast break situations, fast breaking after missed or made field goals, fast breaking from the free throw line, fast breaking against various zone defenses, and fast breaking from the various pressing defenses. In addition, this book includes drills which have been specifically designed to facilitate perfecting the skills and techniques involved in the fast break. Featuring nearly 300 diagrams, this book is the ultimate resource for coaching fast break basketball.*

*Coaching Basketball's Fast Break Attack*

*Secrets to a Successful Fast Break Attack*

*100+ Offense Drills for Your Basketball Program*

*Fast Break*

*A Youth Basketball Coaching Guide*

From a 40-year veteran, the only book available devoted to coaching high school basketball In Coaching High School Basketball, Hall of Famer Bill Kuchar presents

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indispensable instruction manual for experienced and rookie coaches alike. A combination of classic tactics and new, cutting-edge strategies, this one-of-a-kind handbook provides easy-to-read diagrams and instructions, plus dozens of practice drills to reinforce fundamentals and teach innovative moves. Readers will learn how to:

- Implement Kuchar's "double motion offense"
- Locate, protect, and infiltrate zones
- Defend against fast break
- Use last-second plays for when the game is on the line
- Make the most of bounds plays
- Scout and evaluate junior high school talent
- Get college coaches to watch their games

This book is written for you who are coaching children in basketball. We stress teaching children this complex game and to have fun doing it. The book covers all facets of the game from "how to" dribble to strategies and tactics. Coaching children should be fun for everyone, for you, for the parents and for the children. As a coach, we cover teaching attitude and methods. We always keep in mind that the game is for the children and not for the adults. Winning isn't everything, but learning to play well and wanting to win is. We take the children from first through the eighth grades and break them into age categories. In each category we discuss the player's needs and abilities, what they are capable of in both the physical and emotional sense, and their limitations. We have also defined the coach's role, the parent's role and the player's role.

A fast-break history of basketball--from its humble beginnings to its all-time great

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players--featuring engaging true tales from the court and vivid, dynamic illustrations. Whether it's millionaire pros facing off in an indoor arena full of screaming fans or a lone kid shooting hoops on an outdoor court, basketball is one of the most popular and widely played sports in the world. The Comic Book Story of Basketball gives you front-row courtside seats to the history of hoops. It chronicles the sport from its beginnings at the YMCA in Massachusetts to its current status as a beloved international game for men and women of all ages. Learn the true stories behind the college game, the street game, the women's game, and the international game, with legendary players and coaches like Magic Johnson, Michael Jordan, LeBron James, and Steph Curry profiled throughout.

A Fast-Break History of Hoops

Techniques, Tactics, and Teaching Points

Secrets of Winning Fast Break Basketball

Coaching Basketball For Dummies

You Can Run with Anyone

50+ Drills to Teach the Up Tempo Game

***How to Coach Fast Break Basketball*** Coaching Basketball's

***Fast Break Attack*** 50+ Drills to Teach the Up Tempo

***Game*** Createspace Independent Publishing Platform

***Section headings: Shaping the fast break; Coaching fast***

*break situations; Fast breaking after a missed field goal; Fast breaking following a made field goal; Fast breaking from the free throw line; Fast breaking against the various zone defences; Fast breaking from the various pressing defences; Drills to perfect the fast break.*

*You can't claim to know every aspect of basketball when you start as a coach. You have collected some clips here and there: something from the coaches you had, no matter what level you played at. You have seen matches, heard comments discussing with friends. That is your knowledge, we have to begin from that; organizing it, correcting it, deepening it in order to transmit it. Driving a team is much more than having knowledge about basketball. It means know how to convince, communicate, take responsibilities. If you know the game just in theory you can certainly be a commentator, not the coach. If you don't learn to build up solid relationships, to understand your players, to handle the crisis, if you don't face a loss frustration and enthusiasm of a win, you are to far away from your target. Here we*

*would like to propose a simple method. As you buy a new smart phone you will read the instructions later on, but immediately you turn it on, you start to use apps, choosing ring tones, making calls and surfing the web. You slowly discover the possibilities and notice functions never imagined before and you want to know more and more. We want to be just like that friend who can provide you with some suggestions as he already has the same smart phone or at least the same operating system. Everybody uses the smart phone his own way, personalizing it with the favorite cover. Also in the basketball world you will find the best suited road, your way or your philosophy as the big experts would say.*

*The science of coaching*

*Bench Coaching for Success*

*Survival Guide for Coaching Youth Basketball*

*A Handbook of Fast Break Basketball for the Beginning High School Coach*

*New Treasury of Basketball Drills from Top Coaches*

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*Women's professional basketball is one of the hardest games to break into, and being accepted for tryout camp is a huge achievement. Coaching a professional team is a full-time occupation with no time for a personal life. Patricia Calvin, in her second year as head coach of the Missoula Cougars, is building just the right combination of players to take her team all the way to the championship. Recently graduated from college, Sherry Gallagher is hoping to join the roster of a professional team to begin a career in the game she loves. Neither woman is looking for a relationship. So when this player and coach discover they have feelings for each other there's sure to be some Fast Break action ahead.*