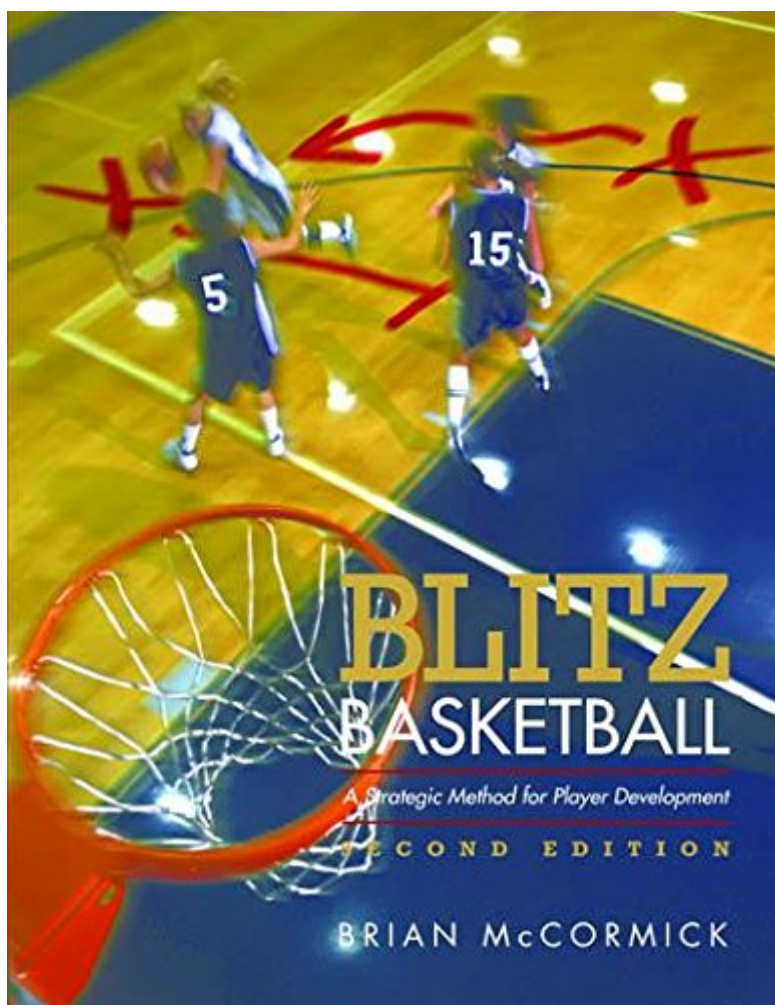


The book was found

Blitz Basketball: A Strategic Method For Youth Basketball Skill Development



Synopsis

Blitz Basketball is a complete youth basketball development system incorporating offensive and defensive strategy with player development. Offensively, Blitz uses a dribble-drive-motion style and incorporates numerous drills to develop ball handling, passing and shooting skills. Defensively, Blitz uses a man-to-man trapping press which builds solid defensive fundamentals, while nurturing young players' instincts. Blitz uses the "Games for Understanding" approach, using small-sided games rather than drills to develop skills. Originally designed for an u-9 AAU team, I have used the system with high school, college and professional teams. With over 60 drills and 100 diagrams, Blitz Basketball is a complete development and strategic system for youth basketball teams and coaches. The Second Edition includes six different offensive entries and six quick hitters for high school and college teams seeking more complexity.

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Customer Reviews

Great stuff! I love the theory behind this type of system of play. I have seen it work and I learned a few things to implement into what I do currently that will help my system.

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