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Coaching Youth Basketball-5th Edition



Synopsis

Coaching Youth Basketball, Fifth Edition, will help you run organized practices as you develop your players' fundamental skills. Written by the American Sport Education Program (ASEP), in conjunction with expert coach Don Showalter of USA Basketball, this book covers all aspects of player development that you need to know:

- Preparing for and conducting efficient, age-specific practices
- Teaching and developing skills
- Providing a safe playing environment
- Identifying and correcting errors in performance
- Communicating with and encouraging players

You'll also gain court-tested tips on running your team; communicating with players, officials, parents, and other coaches; providing basic first aid; and keeping it all fun. The book contains drills and coaching tips that are sure to jump-start your practices and improve players' performance. In addition, you receive many photos and diagrams to facilitate your understanding of the skills and drills. Ideal for coaches of players ages 5 to 14, the fifth edition of Coaching Youth Basketball will help you focus on long-term athlete development by creating an environment in which your players can learn, progress in their skill development, increase their understanding of the game, and, most important, have fun. v

Book Information

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Customer Reviews

This book it's really the best tool for a coach that wanto to begin with youth basketball. I would say more, i think it's necessary

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