



The Women's Basketball Drill Book

By Womens Basketball Coaches Association, Betty Jaynes

Human Kinetics Publishers. Paperback / softback. Book Condition: new. BRAND NEW, The Women's Basketball Drill Book, Womens Basketball Coaches Association, Betty Jaynes, The ultimate drill collection from basketball's best! Two of the game's winningest coaches - Tennessee's Pat Summitt and Texas' Jody Conradt - share their favorite drills that have helped produce over 1,800 victories! Fellow NCAA National Championship head coaches Nancy Fahey, Brenda Frese, Wendy Larry, Muffet McGraw, Amy Ruley, and Tara VanDerveer combine with over 40 more of the game's legendary minds to bring you their game-winning drills and strategies to create "The Women's Basketball Drill Book," the most comprehensive basketball drill book ever published. Whether you're a coach or player, aspiring young hopeful or experienced team leader, this resource will provide you with 186 drills covering all aspects of the game: -Warming up-Conditioning-Footwork-Ballhandling-Passing-Screening-Shooting-Rebounding-Defense-Perimeter play-Post play-Transition play Whether you wish to develop new skills or fine-tune your game, rely on the drills that have produced a combined 21 NCAA National Championships. "The Women's Basketball Drill Book" is the one and only drill book you'll ever need!.



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