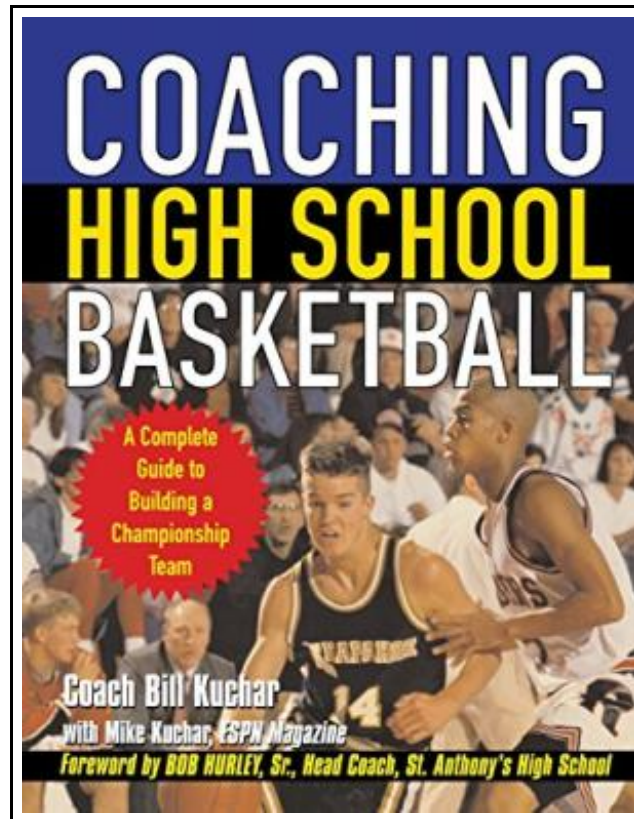


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COACHING HIGH SCHOOL BASKETBALL: A COMPLETE GUIDE TO BUILDING A CHAMPIONSHIP TEAM (PAPERBACK)



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McGraw-Hill Education - Europe, United States, 2004. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.With 40 years of coaching experience at the high school level and 8 state championships, Hall of Famer Bill Kuchar lends his battle-tested philosophies and principles that made his teams unbeatable, and offers his advice on how you can start to build a dynasty of your own. Using easy to read drill diagrams and concepts, Coach Kuchar breaks down the game of basketball into a science. Offensively, it focuses on dynamic zone play such as the 1-2-2, the 1-3-1 and the box and one--concepts that will help your team score at will against the stingiest of defenses. Kuchar also introduces his double motion offense, where you utilize your three best scorers by screening away from the ball and making back cuts. He shows you how to locate zones and how to infiltrate them using proper jump shooting angles, zone cutters, screeners and producing man to man situations. He demonstrates how this will open up gaps for your players that will overwhelm the opponent with deadeye shots. He also gives his 15 best out-of-bounds plays as well as three sure fire last second desperation plays when the game is on the line. Defensively, Coach Kuchar provides a complete breakdown of the man for man pressure defense from half-court and full-court sets, as well as the zone defense with bases from a 1-3-1 set to a 2-1-2. He not only teaches you how to defend a particular offense, but what to defend it with and why. He shows you the individual and team techniques to build a tenacious defense that uses both these man-to-man and zone styles of play. In Coaching High School Basketball, you ll also...



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