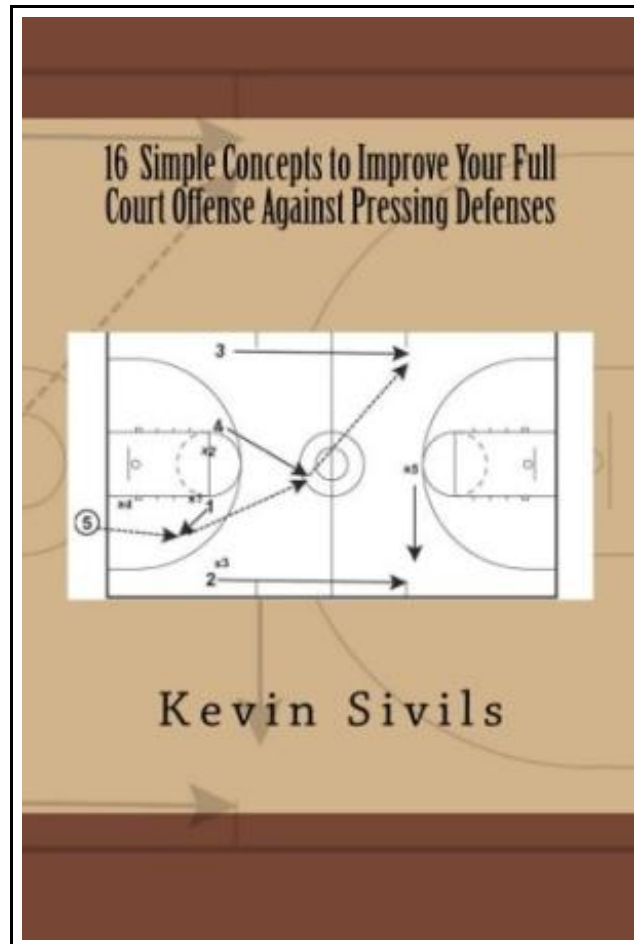


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16 SIMPLE CONCEPTS TO IMPROVE YOUR FULL COURT OFFENSE AGAINST PRESSING DEFENSES (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Attend a coaching clinic or an informal gathering of basketball coaches and ask the question what three things give your teams the most difficulty? Usually full court defensive pressure will be one of the three responses. 16 Simple Concepts to Improve Your Full Court Offense Against Pressing Defenses addresses some of the most common concerns of coaches including: -- how to get the ball to your best ball handler on the inbounds pass. -- selecting an effective alignment to inbounds the ball. -- how to get the opponent to stop pressing. -- how to create a way to not turnover the ball when the ball handler is trapped. This short book also covers why teams press and what the defense hopes to achieve by pressing. The objective of 16 Simple Concepts to Improve Your Full Court Offense Against Pressing Defenses is NOT to provide detailed press break offenses. Those can be scouted by the opponent and plans developed to defend a set play. Instead, the objective of this book is to teach principles that defeat pressing defenses, allowing the coach to develop his or her own flexible system of beating pressing defenses. Players who understand principles and do not rely on set plays are always able to adapt during games and take advantage of what the defense gives up. This book is meant to help coaches develop players who can adapt when faced with a full court pressing defense.

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