



Women s Basketball: Inside the Practice Court (Paperback)

By Paul Sanderford

Wish Publishing, United States, 2001. Paperback. Condition: New. Language: English . Brand New Book. This book is designed for players at all skill levels and for the coaches who assist them in developing the skills necessary to be competitive in the game of basketball. The first section of this book focuses on individual player development and teaches basic skill development in 14 different areas, covering every fundamental from shooting to defense. The subsequent sections cover defensive drills, offensive drills, general press offense, situational basketball and the generic zone offense. The final section of the book addresses mental toughness and techniques for developing the mental skills that can give your team the competitive edge needed to win.

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