



Basketball Skills & Drills - 3rd Edition

By Jerry Krause, Don Meyer, Jerry Meyer

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Great basketball players like Tim Duncan and Dwyane Wade draw oohs and aahs with their spectacular moves. But before those players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game.

Basketball Skills & Drills provides a perfect blueprint for building the foundation that every well-rounded player needs. This special book and DVD package demonstrates each key skill:

- Player positioning
- Moving without the ball
- Shooting
- Passing, catching, and dribbling
- Perimeter moves
- Post moves
- Defense
- Rebounding

The skills and 90 drills, coaching tips, and DVD reinforce the skill instruction, emphasize key points, and explain how to correct common errors. And since individual skills are effective only when used within the team concept, the book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

To be an all-star, you must be fundamentally sound. *Basketball Skills & Drills* is your guide to becoming a complete player—one who can change the game with great moves and smart play.

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"Basketball Skills & Drills is one of the definitive books on the game. It's been an amazing resource for coaches at all levels."

Brenda Frese
University of Maryland
Head Women's Basketball Coach
2006 National Champions

"Jerry Krause, Don Meyer, and Jerry Meyer bring three generations of basketball playing and coaching expertise to bear on the fundamental skills of basketball. It is a landmark contribution for all coaches of men's and women's basketball. If you want to teach the basic skills, this book is a must."

Pat Summitt
Head women's basketball coach
University of Tennessee

"Basketball Skills & Drills has stood the test of time. With the inclusion of a DVD and timeless basics updated and changed for today's game, this book will continue to be a classic required by all coaches and players."

Mark Few
Head Basketball Coach
Gonzaga University

"Proper and quick execution of fundamental skills is necessary for every basketball player. The Basketball Skills & Drills package will help you develop these skills and add substance to your game."

John Wooden
Former UCLA Head Basketball Coach
Hall of Fame Member as a Player and Coach

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