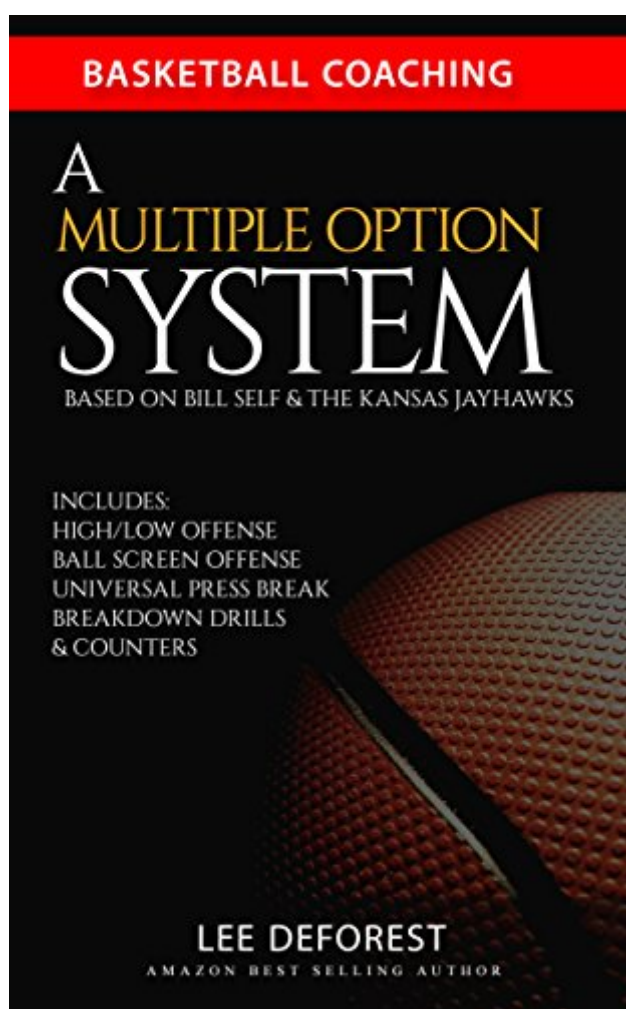


The book was found

Basketball Coaching: A Multiple Option System Based On Bill Self And The Kansas Jayhawks: Includes High/low, Ball Screen, Press Break, Breakdown Drills And Counters





Synopsis

Basketball Coaching: A Multiple Option System Basketball coaching made easy! You will learn the Multiple Option Offense based on Bill Self and the Kansas Jayhawks. Also, this offense is adaptable to your personnel and can either focus on a high/low or ball screen attack. We also include counters to the basic motions that will help you take advantage of the strengths of your players and a "cheat sheet" with in-game coaching adjustments. Here is a Preview of What You'll Learn: • high/low offense • ball screen offense • universal press break • breakdown drills • counters • in-game "cheat sheet" • If you want a simple, yet effective offense to develop high quality shots, then this book is for you. It will reveal many of the counters and adjustments a coach can make during a game to take control at the right moment. This book will give you an offense that has proven itself time and time again as well as the teaching methods to help your players. Guaranteed.

Book Information

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Customer Reviews

Coach does a great job of breaking down the Kansas system. Along with including a press offense as well. If you are looking for some good information on the Kansas motion offenses, a couple sets, and a press offense this is worth the purchase.

Bill Self has been really successful at Kansas using this system. This playbook breaks down every set in detail, and I love the end-game coaching tips and options. I bought his other book as well and this one is even better because it gives you an entire offensive system to use with your team. Highly recommended!

I have read all of Coach Deforest's published material. While our team runs a different system, I liked this book and its system too. If I had 2 tall athletic Post players, I'd run this motion system. The book opened my eyes, particularly chapter 3 and 4. There are some nuggets in there to use even if you don't plan on installing this motion system. Very useful to have in any coach's library (HS and up).

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