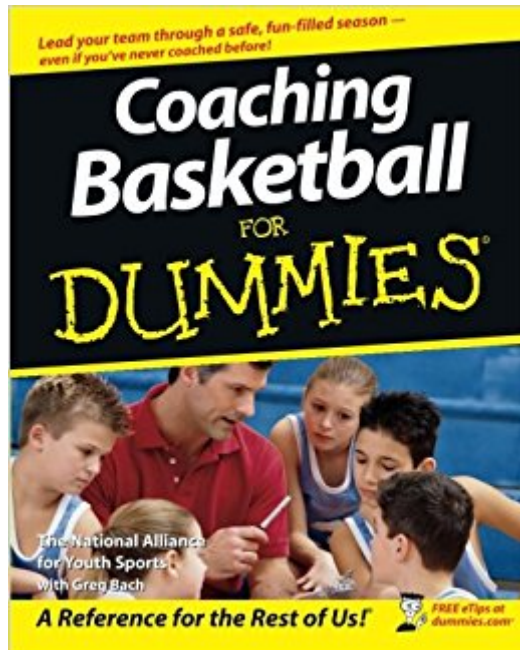




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# Coaching Basketball For Dummies



## Synopsis

So you're thinking about volunteering to coach youth basketball? Great! You're in for a fun, rewarding experience. Whether you're new to the sport and looking for some guidance or you're a seasoned coach hunting for some fresh tips, *Coaching Basketball For Dummies* will help you command the court with confidence. Each friendly chapter is packed with expert advice on teaching the basics of basketball—from dribbling and shooting to rebounding and defending—and guiding your kids to a fun-filled, stress-free season. You get a crash course in the rules and regulations of the game, as well as clear explanations of what all those lines, circles, and half-circle markings mean on the court. You'll assign team positions, run great practices, and work with both beginning and intermediate players of different age groups. You'll also see how to ramp up your players' skills and lead your team effectively during a game. This book will also help you discover how to:

- Develop your coaching philosophy
- Understand your league's rules
- Conduct a preseason parents' meeting—crucial for opening the lines of communication
- Teach offensive and defensive strategies
- Keep your kids healthy and injury-free
- Encourage good sportsmanship
- Make critical half-time adjustments during a game
- Help struggling players
- Address discipline problems and handle difficult parents
- Coach an All-Star or Travel team

Complete with numerous offensive and defensive drills and tips for helping your kids relax before a game, *Coaching Basketball For Dummies* is the fun and easy way to get the score on this worthwhile endeavor!

## Book Information

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## Customer Reviews

Packed with numerous offensive and defensive drills The fun and easy way® to get the score on coaching youth basketball Planning to volunteer as a basketball coach? This friendly guide helps

you command the court by explaining the rules of the game, giving you expert advice on teaching essential skills to different age groups, running great practices, promoting teamwork, helping struggling players, keeping kids healthy and injury-free, and leading your team effectively during a game. Develop your coaching philosophy Teach offensive and defensive strategies Encourage good sportsmanship Ensure safety on the field Communicate effectively with parents

Greg Bach is the communications director for the National Alliance For Youth Sports (NAYS), a position he has held since 1993. Before joining NAYS, he worked as the sports editor of the Huron Daily Tribune in Bad Axe, Michigan, where he captured numerous writing awards from the Associated Press, Michigan Press Association, and the Hearst Corporation. He has a journalism degree from Michigan State University, which he earned in 1989. He's an avid sports fan particularly of his beloved Spartan basketball team and has coached a variety of youth sports. He's also the author of Coaching Soccer For Dummies, Coaching Football For Dummies, and Coaching Baseball For Dummies. The National Alliance For Youth Sports has been America's leading advocate for positive and safe sports for children for the past 25 years. It serves volunteer coaches, parents with children involved in organized sports, game officials, youth sports administrators, league directors, and the youngsters who participate in organized sports. The Alliance's programs are utilized in more than 3,000 communities nationwide by parks and recreation departments, Boys & Girls Clubs, Police Athletic Leagues, YMCAs/YWCAs, and various independent youth service groups, as well as on military installations worldwide. For more information on the Alliance's programs, which appear in the following list, visit [www.nays.org](http://www.nays.org).

I don't know much about basketball...actually I didn't know anything... but both of my kids love the game and I got tired of watching them play without having the slightest idea what they were doing. Now I know quite a bit more about the rules and strategies of youth basketball, a bit more about what the coaches are trying to do, and what the people around me are talking about when they grumble about the referee's calls. The book also provided good guidance when I installed a hoop for the kids and when they wanted me to mark out a court on the driveway. Maybe next year I'll even be willing to help as a temporary junior assistant substitute coach.

Lots of great tips and ideas for how to be the best kids basketball coach. From the very beginning of getting the job and contacting the parents to how to run a practice. The most important piece of info in it though is the emphasis on not having kids standing in lines in practice. So many youth coaches

waste their time and the kid's time by not having efficient and challenging practices that ensure the kids IMPROVE their skills. Read this book to help ensure that you're the coach that makes a positive impact on your young players.

This book is very insightful if you are a beginning coach. It walks you through just about every step that you need to take as a coach. It discusses practice, parent interaction, offense, defense, pep talks, and much more. Like I mentioned if you are a beginning coach this book will be great. If you have been a coach for more than a couple of years you probably won't learn much from this book. This book covers the very basics, and will not teach you anything new if you have a couple years experience.

This was on my daughter's Christmas wish list.

First time coach needing assistance and I found this book very informative. I now feel better about coaching. I feel I will be referring back to the book several times during the season.

I started coaching girls basketball and didn't know what I was doing. The book was 'ok' and helped me, but the real life coaching is mostly about relationships and trust.

Great for those looking to learn the basics about coaching basketball. Very easy to read tips and drills and the price was great compared to what book stores were offering!

I have been coaching younger children for 4 years, and I wanted to get some new drills that I could use during practices. This book has a really good outline of offense, defense, rebounding and practice drills. There are also some very good points at the beginning of the book on how to deal with parents and other coaches, etc... Overall this book is very good to design a practice plan for coaches who are either new to coaching basketball, or are looking for additional or different drills to run.

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