



I Get It, Coach!: Practice Drills for Your Developing Team

By Joao Da Costa

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The drills in this book are intended to help your basketball program. Preparing your team to perform at game time is what practice is all about. I have learned that training the team to respond to different situations and adversity during practice will make the team more adaptable and comfortable with the demands placed on them at game time. I have used all the drills in this book during my own practices and they helped not only keep my team motivated during practice but also instilled confidence in their own skills so they were not afraid to push themselves at game time. Confident players are more versatile at game time and can perform the plays that help win the game. As a coach, hearing the words, I get it, Coach! is music to my ears. When my players understand how to execute my plays, my drills or the methods I am working during practice it is the greatest feeling. One of the most effective ways to build confident players is to keep your players sharp in the area...



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