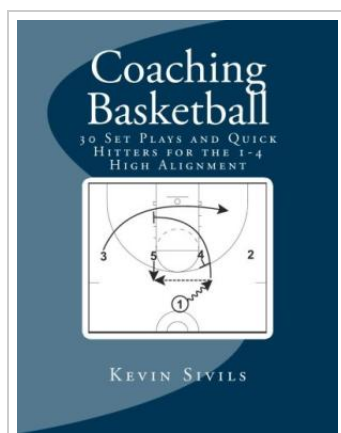




Coaching Basketball: 30 Set Plays and Quick Hitters for the 1-4 High Alignment

By Kevin Sivils

Createspace, United States, 2013. Paperback. Book Condition: New. 278 x 215 mm. Language: English . Brand New Book ***** Print on Demand *****.Why the 1-4 High? Why run all of your set plays, quick hitters or entry plays from a 1-4 high set? Good question. Here are the reasons this alignment is great for all set plays: Less is more. This one set keeps things simple for your players. It creates excellent spacing. Offense is all about good spacing. This alignment creates good scoring opportunities for every position. It is easy to create plays for any type of shot necessary from this alignment. The plays can be run to either side of the court simply by running the mirror image of the play. It is very easy to get into from a numbered fast break system. It denies the defense from establishing its defensive priorities, making this alignment difficult to defend from the onset. What are defensive priorities? Regardless of the type of defense run, most traditional defensive systems want to establish the following priorities: Be able to apply tremendous pressure on the ball and provide help to the on-the-ball defender. Be able to provide help in any situation. Protect...



READ ONLINE

[7.78 MB]

Reviews

This ebook will never be straightforward to get started on looking at but really fun to read. It is amongst the most incredible publication i have got read through. I realized this pdf from my i and dad encouraged this publication to learn.

-- Mrs. Anya Kautzer

Very beneficial to all category of folks. I really could comprehended every little thing out of this created e publication. I found out this book from my dad and i encouraged this ebook to discover.

-- Maia O'Hara

Relevant eBooks



[On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback](#)

Book Condition: Brand New. Book Condition: Brand New.



[Read Write Inc. Phonics: Green Set 1 Storybook 1 on the Bus](#)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 144 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 sounds. Each set...



[Absolutely Lucy #4 Lucy on the Ball A Stepping Stone Book™](#)

Random House Books for Young Readers. Paperback. Book Condition: New. David Merrell (illustrator). Paperback. 112 pages. Dimensions: 7.4in. x 5.1in. x 0.4in. Ilene Coopers fourth story of a boy and his beagle takes Bobby and Lucy into the wild playing fields of grade-school...



[Comic eBook: Hilarious Book for Kids Age 5-8: Dog Farts Dog Fart Super-Hero Style \(Fart Book: Fart Freestyle Sounds on the Highest New Yorker Skyscraper Tops Beyond\)](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a very time limited period you can download...



[Weebies Family Halloween Night English Language: English Language British Full Colour](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



[Molly on the Shore, BFMS 1 Study score](#)

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 9.7in. x 6.9in. x 0.3in. Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...