



Basketball Coaching: Putting Theory into Practice

Alexandru Radu

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Success in basketball comes from a player's ability to consistently execute the fundamental skills of the game and also from the coach's ability to coach and incorporate these skills into their training programmes.

Basketball Coaching is a vital resource for current and aspiring coaches, covering the essential skills needed to successfully coach and develop players. The book provides guidance on skills and techniques training, tactical training and physical and psychological preparation for each individual position. It also covers elite level coaching skills, such as performance analysis and talent identification, which can be used at all levels of the game. The book also uniquely discusses the place of coaching within the context of the organizational structures involved in managing the sport of basketball at National, European and International level. The book is illustrated throughout with diagrams to explain all drills. Comprehensive and accessible, this book is the ideal tool for coaches wanting to develop a better understanding of this dynamic sport and how to coach it effectively.



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