

## The Well-Prepared Coach - 30 Youth Basketball Practice Plans

By Michael O Halloran

Lulu.com, United Kingdom, 2010. Paperback. Book Condition: New. 274 x 204 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book will provide youth basketball coaches a roadmap - with thorough directions - on how to conduct a season s worth of basketball practices. Be prepared to teach your players not only individual and team basketball skills, but also some important life lessons: the value of hard work, the importance of sportsmanship and the power and magic of teamwork. Perfect for 4th - 8th grade basketball teams, both boys and girls. Includes: / 30, ninety-minute practice plans. Exercises, explanations and teaching points. 30 agendas and talking points for pre-court time meetings. / A Driveway Workout for your players off-season efforts. / The Special Play - a simple play that results in a surprising number of open lay-ups in games. Your players will be prepared for the first game and engaged throughout the season. Make the best use of your time together.



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