The Complete Book of Offensive Basketball Drills: Game-Changing Drills from Around the World

By Giorgio Gandolfi
Genre : Basketball

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The Complete Book of Offensive Basketball Drills: Game-Changing Drills from Around the World by Giorgio Gandolfi is Basketball COACH YOUR TEAM TO PLAY BETTER, FASTER, AND WIN, WITH INNOVATIVE DRILLS FROM AROUND THE GLOBE “Simply fantastic! The Complete Book of Offensive Basketball Drills is a treasure trove of information from around the world. I can honestly say that I have not seen nor read a more complete drill book on one topic that is better than this. Giorgio Gandolfi has outdone himself.” - Kevin Sutton, Head Coach, Montverde Academy, and Assistant Coach for the Gold Medal USA Jr. National Team All coaches look for an edge that will help put their team over the top against their rivals. The Complete Book of Offensive Basketball Drills helps you take your team to the next level with the most effective offensive drills from the world's best coaches. Run practice sessions that can produce dominant players using these elite instructional workouts taken from around the globe. You'll bring a fresh perspective on the game to your players, all while teaching solid fundamentals, improving offensive performance, and driving up the score with teams at any level. Covering everything from basic footwork to fast breaks, with advanced variations for more experienced players and teams, author Giorgio Gandolfi has collected more than 150 drills from the best-of-the-best to equip you with the necessary skills to: Decide which drills are appropriate- and adapt them to meet each team’s needs Teach fast breaks, screens, post play, and rebounding Prepare teams to shoot, pass, play the boards, and run Train players to shoot and score under pressure “Gandolfi offers a truly global sampling of the finest thinking on how to attack the basket or get a shot off against a tough defender. . . . If it’s effective in helping a player improve his pull-up jump shot or make a power move to the basket, it’s here. Gandolfi has done the game a huge service—and made Planet Basketball a more intimate place—with this timely and invaluable book.” —Alexander Wolff, Sports Illustrated senior writer and author of Big Game, Small World: A Basketball Adventure , from the Introduction "Simply fantastic! This is a treasure trove of information from around the world. I can honestly say that I have not seen nor read a more complete drill book on one topic that is better than this book. Giorgio Gandolfi has out done himself with this book. . . . Great job!” —Kevin Sutton, Head Coach at Montverde Academy and Assistant Coach for the Gold Medal USA Jr. National Team "This book is one of the best. . . filled with valuable basketball information that has been tested and proven to help coaches and players alike. Giorgio Gandolfi has dedicated his life to helping improve the game and this is just another part of his continuing journey to provide the best basketball information out there!” —Kevin Eastman, Assistant Coach, Boston Celtics, 2008 NBA World Champions
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Laimėti neužtenka

By: Sarunas Jasikevicius


Easy Hoops: How to Make a Difference

By: Easy Hoops, Inc.

It’s not your typical basketball program. Why, though? There are still hoops, still participants, and it is still basketball, DUH! However, concerned reader, Easy Hoops is much more than basketball. Easy Hoops is a program focused on more things than baskets made or consecutive dribbles through-the-legs. Easy Hoops emphasizes the importance of developing character in addition to basketball skills and how to “Shoot for Your Best Self.” In this book, Easy Hoops explains how and why we emphasize these virtues in our program.

Resilience

By: Alonzo Mourning & Dan Wetzel

Resilience. It’s not just the title of Alonzo Mourning’s stirring memoir; it’s the stuff he’s made of. Whether petitioning himself into foster care as an eleven-year-old, tirelessly studying his way onto the dean’s list at Georgetown University, making it as an all-star center in the NBA, or returning to peak form after organ-transplant surgery, Mourning has shown enormous inner strength. His faith, his determination, and his courage are what have driven and sustained him throughout his extraordinary life. In 2000, Mourning was on top of the world: He had a fat new contract, an Olympic gold medal, and a second beautiful child—all that and the fame and wealth he had earned playing the game he loved. But in September of that year, he was diagnosed with a rare and fatal kidney disease. Over the next couple of years, as his health faltered, he retired, unretired, and retired again—and sought to make sense of the rest of his life. Finally in 2003, after a frantic search for a donor match, Mourning had a new kidney and a new outlook. He vowed to make this second chance count by dedicating his life to others. He resolved that he would consider the disease a blessing, a revelation of God’s plan for him. Although he battled his way back to the NBA, winning a championship with the Miami Heat in 2006, Mourning believed that the most important and fulfilling part of his life still lay ahead. Basketball, it turned out, was just the vehicle that would allow him to devote his talents and energies to a greater cause. Alonzo Mourning’s return to basketball glory, already familiar to sports fans and non-sports fans alike, has inspired millions of patients suffering from kidney disease and living with dialysis, as well as organ donors around the world. By sharing his experiences of the physical, emotional, and spiritual roller coaster of illness and recovery,
Mourning hopes to deliver a message of faith and fire, hurdles and hope, trust and triumph. Resilience is a story about the meaningful everyday lessons that he longs to share and about the things that truly matter in life. From the Hardcover edition.

**Runnin' Rebel**

By: Jerry Tarkanian & Dan Wetzel

No matter where his basketball travels took him during his 31 seasons in NCAA Division I college basketball, controversy was never far behind Jerry Tarkanian. The legendary former coach of the UNLV Runnin’ Rebels proved himself to be one of the greatest coaches in the game’s history, however, amassing an incredible overall record of 778–202, more wins than all but a handful of other coaches. His 19 seasons of amazing success and breathtaking teams in Las Vegas are the foundation of Jerry Tarkanian’s revealing and often hilarious autobiography, Runnin’ Rebel, a book poised to reveal the skeletons in the closet of the NCAA and some of the biggest names and programs in college basketball over the past thirty-five years. Runnin’ Rebel is Jerry Tarkanian unplugged, dishing his wildest, most ridiculous, and most hilarious recruiting stories, capers, and tales from a colorful career as college basketball’s ultimate loveable rogue. “Tark the Shark,” as fans affectionately called him, details dirty tricks, recruiting battles, and so much more in this one-of-a-kind memoir. A must-have for any college basketball fan.

**Kobe Bryant. Il morso del Mamba**

By: Fabrizio Fabbri & Edoardo Caianiell

Non è da tutti chiamarsi come una bistecca. La scelta di Joe, grande impallinatore di retine sui due lati dell’Oceano, per il nome del terzogenito della famiglia Bryant, nacque a tavola. Proprio mentre riceveva la splendida notizia che la famiglia si sarebbe allargata, “Jellybean” stava gustando il suo piatto preferito, una bistecca Kobe, appunto, e la decisione fu immediata. Nessuno, nonostante il Dna di famiglia, avrebbe potuto prevedere che, qualche mese dopo, la data 23 agosto 1978 avrebbe segnato l’apparizione nel firmamento del basket Nba di uno dei più fulgidi e vincenti talenti di sempre. Anche perché la sua prima parte di vita, Kobe l’avrebbe trascorsa lontano dagli Stati Uniti, in Italia, dove giocava papà Joe. Un percorso di formazione umano e sportivo che ha fatto tappa a Rieti, Reggio Calabria, Pistoia e Reggio Emilia prima del ritorno negli Usa, dove Kobe inizia, fin dalla Lower Merion High School, a mietere record. Poi la scelta rischiosa di saltare il college, il draft del 1996, il gran rifiuto degli Charlotte Hornets e l’approdo nei Los Angeles Lakers. Il resto, davvero, è storia: una storia di grandi vittorie, brutti passi falsi e incredibili primati. La storia di un ragazzo e di un atleta straordinario, sempre pronto a rialzare la testa con orgoglio, per far vedere al mondo, ancora una volta, chi è il numero uno.

**Let Me Tell You a Story**

By: Red Auerbach & John Feinstein

America’s favorite sportswriter teams up with Red Auerbach, the most successful and admired coach in basketball history, to tell the best stories of a legendary life. Living legend Arnold “Red” Auerbach led the Boston Celtics to nine NBA championships, eight of them consecutive, during his 17 year tenure in Boston, from 1950 to 1966. The fiery coach is a unique personality; brash, opinionated, and unfailingly accurate. As a coach, he never stood still along the sidelines, and in retirement he remains a lively part of the game, still consulted by coaches, players, and general managers at age 86. For years, John Feinstein has met regularly with Red Auerbach and his friends, drawing out Red’s life story in a raucous series of unforgettable sessions. From those smoke-and laughter-filled rooms come the colorful reports about all the players and coaches Red has worked with and played against over the years. Bob Cousy, Larry Bird, Wilt Chamberlain, Sam Jones, Bill Russell, and Michael Jordan, you name them, the basketball greats are all here. Red Auerbach’s incredible
experiences in sports and John Feinstein's unparalleled skill as a sports storyteller make this one of the greatest books to come out of the game of basketball.

**Year of the Dunk**

By: Asher Price

By embarking on a quest to dunk a basketball at the age of 34, journalist Asher Price investigates the limits of human potential—starting with his own. We all like to think that (with a little practice) we could run faster, learn another language, or whip up a perfect soufflé. But few of us ever put those hopes to the test. In *Year of the Dunk*, Asher Price does, and he seizes on basketball’s slam dunk—a feat richly freighted with distinctly American themes of culture, race, and upward mobility—as a gauge to determine his own hidden potential. The showmanship of the dunk mesmerized Asher as a child, but even with his height (six foot plus) and impressive wingspan, he never pushed himself to try it. Now, approaching middle age, Asher decides to spend a year remaking his body and testing his mind as he wonders, like most adults, what untapped talent he still possesses. In this humorous and often poignant journey into the pleasures and perils of exertion, Asher introduces us to a memorable cast of characters who help him understand the complexity of the human body and the individual drama at the heart of sports. Along the way he dives into the history and science of one of sports' most exuberant acts, examining everything from our genetic predisposition towards jumping to the cultural role of the slam dunk. The year-long effort forces him to ask some fundamental questions about human ability and the degree to which we can actually improve ourselves, even with great determination. From the Hardcover edition.

**2-Guard Offense**

By: Zlatan Hadziresic

John Beilein’s 2-Guard Offense. His offensive system, a form of the Princeton offense which emphasizes constant motion, passing, back-door cuts, disciplined teamwork, and precision shooting. The offense usually starts out with four players outside the three-point arc, and one player at the top of the key (though at times a post player may operate closer to the basket). From this formation, Beilein's teams not only try to open up space for players to cut to the basket, but also are known for their high number of three-point attempts.

**101 Women's Basketball Drills**

By: Theresa Grentz

101 drills addressing every aspect of the game; written for coaches and players of all levels of competition.

**Facing Michael Jordan**

By: Sean Deveney & Kent McDill

Relive the magic of the greatest player to ever step on the court. "Air Jordan," "His Airness," "MJ." Whatever you call him, Michael Jeffrey Jordan can be considered one of the greatest basketball players of all-time. During his career, Jordan won six NBA championships and was a 14-time All-Star, five-time NBA MVP, and six-time NBA Finals MVP. To say Jordan was dominant during his career would be a severe understatement. Now for the first time ever, hear stories from opponents, teammates, and coaches about what it was like to go against MJ in *Facing Michael Jordan*. You will hear stories from such All-Stars as: Charles Barkley Dennis Rodman Robert Parish Terry Porter And many more! From the moment Jordan stepped onto the court, he dominated the game of basketball. No matter who comes around today or tomorrow, Jordan’s name and the number 23 will resonate with basketball fans for all eternity. Skyhorse Publishing, as well as our Sports Publishing imprint,
are proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. Whether you are a New York Yankees fan or hail from Red Sox nation; whether you are a die-hard Green Bay Packers or Dallas Cowboys fan; whether you root for the Kentucky Wildcats, Louisville Cardinals, UCLA Bruins, or Kansas Jayhawks; whether you route for the Boston Bruins, Toronto Maple Leafs, Montreal Canadiens, or Los Angeles Kings; we have a book for you. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.
Get open Drill. This is a great drill to work on screening, using screens, passing and catching! Ball handler will start with the ball at the top of the key and will be pressured by an on-ball defender, while another offensive player will start under the rim with a defender in full denial. Two all-time screeners will start just ou