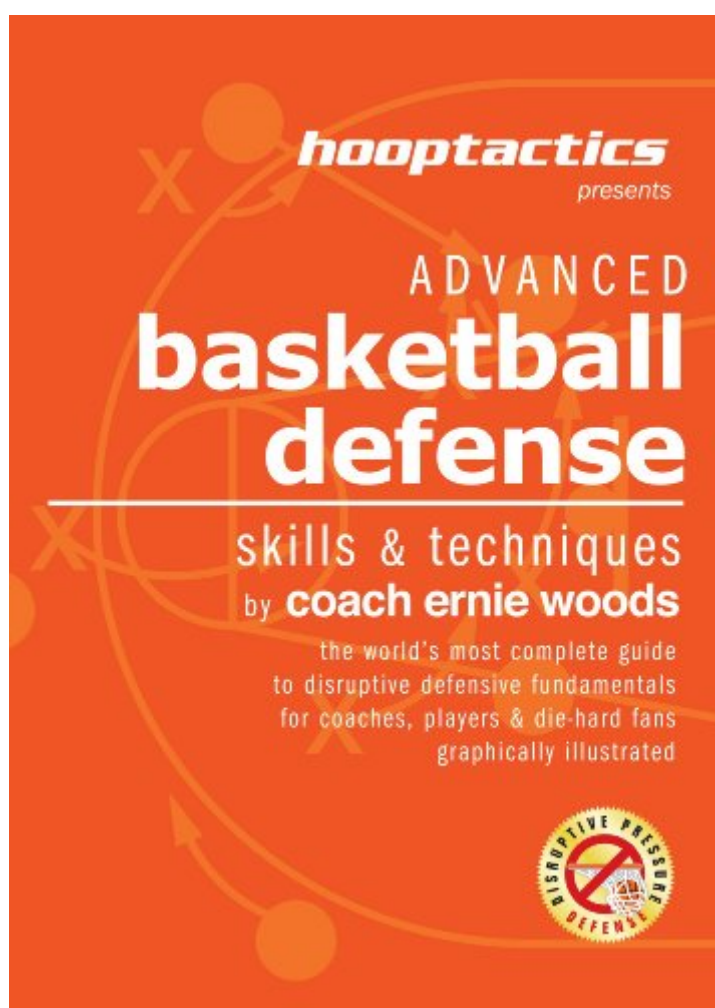


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# Advanced Basketball Defense: The World's Most Complete Illustrated Guide For Coaches, Players & Die-Hard Fans



## Synopsis

Skills & Techniques by Coach Ernie Woods. The world's most complete guide to disruptive basketball defense fundamentals. For coaches, players and die-hard fans. Includes chapters on Defensive Stops, Disruptive Pressure, On Ball Defense, Off Ball Defense, Helpside Defense, Post Defense, Defensive Rebounding, On Ball Screens, Off Ball Screens, Season Preparation, A Coaches Guide: 5 Days to Sound Defense, and much more. Graphically illustrated with hundreds of diagrams in full color. From HoopTactics.

## Book Information

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## Customer Reviews

If you coach basketball you need to get this book. It is outstanding in its simplicity when explaining (teaching) defensive strategies. The clear language, well drawn diagrams and clean layout helps to create a rewarding reading experience. The methods are tried and true and will benefit any coach who teaches the game to any age group. It can be modified to meet the needs of any age group. You can read and re-read this book and continuously grow in your knowledge of the defensive side of the game.

I'm amateur basketball player who has never been coached. I play in several amateur leagues and try to improve my play in any possible way. This book gave me basis that I needed to understand the defense, which plays are bad and, most important, it explained why. This is my first book on basketball defense so it is hard for me to compare it with other titles on this topic.

The most thorough book on defense that you can buy.

Best man pressure defense book that i have ever read.

Good read. Very thorough book on defense. A must add to your basketball library. Many useful ideas that I will use this season

Detailed with clear diagrams. Just wish I had the time with my teams to get just 30% of the stuff described here implemented correct. Will take more than one season and then some.

Outstanding information- foundationly strong in principles. Easy to read and understand. Every coach should have this book in their library.

Excellent and useful book!

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