



Youth Basketball Drills-2nd Edition

Burrall Paye, Patrick Paye

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Basketball's best and most comprehensive drill book is now bigger and better than ever! *Youth Basketball Drills, Second Edition*, contains 160 drills for mastering every essential skill. Authors Burrall and Patrick Paye have outlined drills and variations that cover the entire scope of the game in both offense and defense. The book shows you how, when, and why to use each drill.

The progression of drills will help you develop your team from beginners to advanced players, skill by skill. The essentials of basketball offense and defense are addressed:

- Shooting
- Dribbling
- Ballhandling
- Passing
- Cutting
- Screening
- Rebounding
- Team offense
- Team defense
- Balance and agility
- Stance and footwork

When you're coaching your players, it's important to start out right. *Youth Basketball Drills* gives you the know-how and practice tools so you can teach your players the fundamentals they need in order to excel.

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