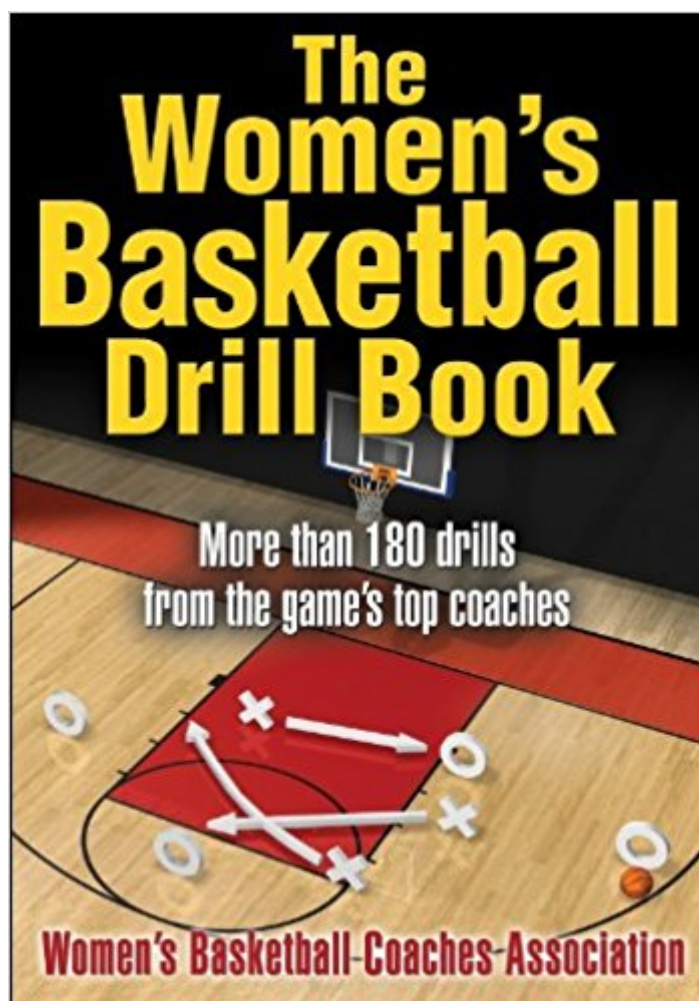


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# The Women's Basketball Drill Book (The Drill Book Series)



## Synopsis

The ultimate drill collection from basketball's best! Two of the game's winningest coaches — Tennessee's Pat Summitt and Texas's Jody Conradt — share their favorite drills that have helped produce over 1,800 victories! Fellow NCAA National Championship head coaches Nancy Fahey, Brenda Frese, Wendy Larry, Muffet McGraw, Amy Ruley, and Tara VanDerveer combine with over 40 more of the game's legendary minds to bring you their game-winning drills and strategies to create *The Women's Basketball Drill Book*, the most comprehensive basketball drill book ever published. Whether you're a coach or player, aspiring young hopeful or experienced team leader, this resource will provide you with 186 drills covering all aspects of the game: -Warming up-Conditioning-Footwork-Ballhandling-Passing-Screening-Shooting-Rebounding-Defense-Perimeter play-Post play-Transition play Whether you wish to develop new skills or fine-tune your game, rely on the drills that have produced a combined 21 NCAA National Championships. The *Women's Basketball Drill Book* is the one and only drill book you'll ever need!

## Book Information

Series: The Drill Book Series

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Average Customer Review: 4.6 out of 5 stars 17 customer reviews

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## Customer Reviews

Founded in 1981, the Women's Basketball Coaches Association (WBCA) promotes women's basketball by unifying coaches at all levels to develop a reputable identity for the sport of women's basketball and fosters and promotes the development of the game in all of its aspects as a sport for women and girls. With members throughout the world, it is the largest organization of its kind. The WBCA is involved in a variety of events and clinics throughout the year, including the WBCA High

School All-America Game; the Betty F. Jaynes Internship Program; the Nike So You Want To Be A Coach Program and the annual WBCA National Convention, held in conjunction with the NCAA Women's Final Four. Through these events, the WBCA not only highlights exceptionally talented female players but also provides opportunities for coaches at all levels to better themselves. In addition to the activities that the WBCA puts on and sponsors, the organization has an extensive awards program through which the best, brightest, and most talented athletes, coaches, and contributors to women's basketball are honored. The WBCA also provides coverage on all aspects of women's basketball, from high school to the pros, through their three publications: Coaching Women's Basketball, Net.News, and Compliance Corner. For more information on these and the many activities and opportunities available from the WBCA, check out [www.wbca.org](http://www.wbca.org). The following coaches contributed to The Women's Basketball Drill Book: -Jane Albright, Wichita State University -Gary Blair, Texas A&M University -Lisa Bluder, University of Iowa -Joan Bonvicini, University of Arizona -Beth Burns, San Diego State University -Nikki Caldwell, University of Tennessee -Jody Conradt, University of Texas -Leslie Crane, Western Illinois University -Kathy Delaney-Smith, Harvard University -Elaine Elliott, University of Utah -Nancy Fahey, Washington University -Kathy Fedorjaka, Bucknell University -Mark French, UC Santa Barbara -Brenda Frese, University of Maryland -Mike Geary, Michigan State University -Bill Gibbons, College of the Holy Cross -Brian Giorgis, Marist College -Chris Gobrecht, Yale University -Carey Green, Liberty University -Theresa Grentz, University of Illinois -Cindy Griffin, Saint Joseph's University -Mary Hegarty, Long Beach State University -Bonnie Henrickson, University of Kansas -Kris Huffman, DePauw University -Rick Insell, Middle Tennessee State University -Laurie Kelly, Northern Arizona University -Patrick Knapp, University of Pennsylvania -Andy Landers, University of Georgia -Wendy Larry, Old Dominion University -Bob Lindsay, Kent State University -Chris Long, Louisiana Tech University -John Margaritis, UC Riverside Athletics -Bernadette Mattox, Connecticut Sun -Muffet McGraw, University of Notre Dame -Joe McKeown, George Washington University -Wes Moore, University of Tennessee at Chattanooga -Jon Newlee, Idaho State University -Trina Patterson, University of Albany -Rene Portland, Penn State University -Gordy Presnell, Boise State University -Carol Ross, University of Mississippi -Julie Rousseau, Pepperdine University -Amy Ruley, North Dakota State University -Debbie Ryan, University of Virginia -Tim Shea, Salem State College -David Smith, Bellarmine University -Barbara Stevens, Bentley College -Pat Summitt, University of Tennessee -Ed Swanson, Sacred Heart University -Charlene Thomas-Swinson, University of Tulsa -Tara VanDerveer, Stanford University -Christina Wielgus, Dartmouth College -Nancy Winstel, Northern Kentucky University -Kay

Yow, North Carolina State University

Awesome book, Great Service!

This book is so full of the basketball goodness, I bet it'll take me years to take it ALL in, you will find a whole lot of extremely useful drills in this book, many can be modified if you have a smaller number of players than specified. All the drills are explained very well.

The book is a very easy read. I love the drills' schemes, because kindle helps a lot maxizing the size of picture. It has a very good organisation. As a drill book, the editors did a very good job organising the different aproaches, but it has the limitation of not gettin fix into a programme.

Bought for my wife, an assistant middle school coach. LOTS of drills.

Excellent book with clear to understand drills and diagrams.

great

Thanks

The illustrations are poor and can be confusing.

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