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# Youth Basketball Coaching: Practice Drills For Ball Toughness



Reduce Turnovers. Win Games.  
Guaranteed.

 Lee DeForest



## Synopsis

Basketball Coaches discover the simple solution to win more basketball games!Basketball coaching practice drills to dominate your competition! You will discover the solution for coaches of all levels that want to increase offensive efficiency, reduce turnovers, and win more games. If you are reading this, then you understand this truth: turnovers are the number one statistic, in any sport, that impacts winning. As a coach or a fan, you must wonder how some teams consistently average less turnovers than other teams. Championship teams use these drills and strategies to get the advantage. Now, so can you! This book is the combination of years of clinics, practices, and games to separate what works in theory and what works in competition. Here is a Preview of What You'll Learn

- Basic drills as the foundation
- Intermediate drills to take the next step
- Advanced drills for when the basics are mastered
- Personal experiences and lessons from basketball coaching legends

If you want to design a quality practice and include a focus on reducing turnovers, then this book is for you. It will reveal many of the issues that cause turnovers and the latest methods to teach players how to avoid these mistakes. This book will give you the best practice drills to help you win more games. Guaranteed.

“The NBA team with fewer turnovers wins about 58% of the time. Turnovers are even more important at the lower levels.”

• Dean Oliver, Author of *Basketball on Paper*

## Book Information

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## Customer Reviews

Coach DeForest's "Practice Drills for Ball Toughness" is a gem and is for ANY coach at any level. I've been involved with the game of basketball for 35 years (playing at all levels, coaching at all levels) and this book is ESSENTIAL for any coach's library. Coach DeForest is spot on when he states the game is over-coached and under-taught. Teaching fundamentals and skill is your insurance policy as a coach of any team or any program. DeForest's book is extremely well-organized, great use of quotes ... this book is an absolute must. Bravo Coach DeForest. Good on Ya!

This was a very detailed breakdown of the pressures we see and struggle with in our 5th grade league. The drills to help teach them how to handle the pressures, and what to do are simple, but were illustrated very clearly to be able to put into practices to start improving right away

I really like how coach DeForest explains drills and how he relates ball toughness as being calm and confident in the moment. A great tool to teach my 2nd & 3rd graders the importance of ball toughness...thanks coach!!

Great book I recommend this to relax players youngs especially, they will succeed, patienc3 and poise. Great read, get it.

Coach DeForest always puts out outstanding material. I have read everything that he has written and all his dvds. This coach should be on the NCAA Division 1 Level, because of his technical ability. I love this book! It's easy to understand and he brings up great points.

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