

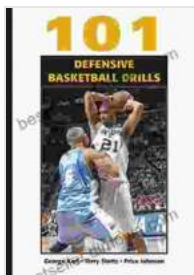
Master the Art of Defensive Basketball with "101 Defensive Basketball Drills" by Bernard Brogliato

In the fast-paced world of basketball, defense is just as important as offense. A strong defense can shut down opposing players, force turnovers, and create opportunities for your team to score. If you're looking to improve your defensive skills, "101 Defensive Basketball Drills" by Bernard Brogliato is the perfect resource. With over 100 drills to choose from, this book will help you develop the skills you need to become a defensive force on the court.

"101 Defensive Basketball Drills" is divided into nine chapters, each of which focuses on a different aspect of defensive play. The chapters cover:

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Each chapter includes a variety of drills that are designed to improve your skills in that particular area. The drills are progressive, so you can start with the basics and work your way up to more challenging drills as you improve.



101 Defensive Basketball Drills by Bernard Brogliato

★★★★☆ 4.2 out of 5

Language : English
File size : 1819 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 127 pages
Lending : Enabled
Screen Reader : Supported



There are many benefits to using "101 Defensive Basketball Drills." Some of the benefits include:

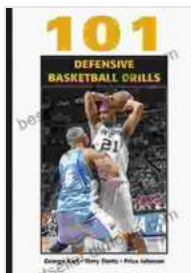
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"101 Defensive Basketball Drills" is ideal for players of all ages and skill levels. Whether you're a beginner just starting out or a seasoned veteran looking to improve your game, this book has something to offer you. The drills are easy to follow and can be adapted to fit your individual needs.

Bernard Brogliato is a highly respected basketball coach with over 30 years of experience. He has coached at all levels, from youth basketball to the professional level. Brogliato is known for his innovative defensive strategies and his ability to develop players into lockdown defenders.

If you're serious about improving your basketball defense, "101 Defensive Basketball Drills" is the perfect resource. With over 100 drills to choose from, this book will help you develop the skills you need to become a defensive force on the court. Free Download your copy today and start improving your game!

- ISBN : 978-1593400768
- **Publisher:** Coaches Choice
- **Publication Date:** 2006
- **Pages:** 256



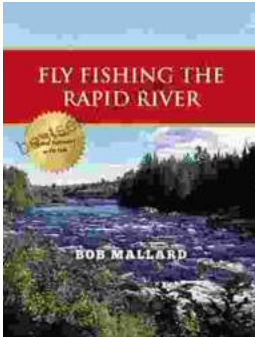
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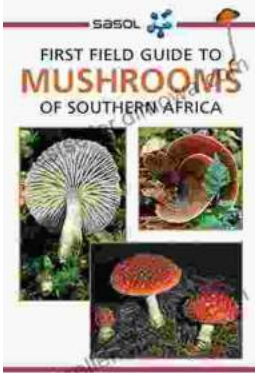
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