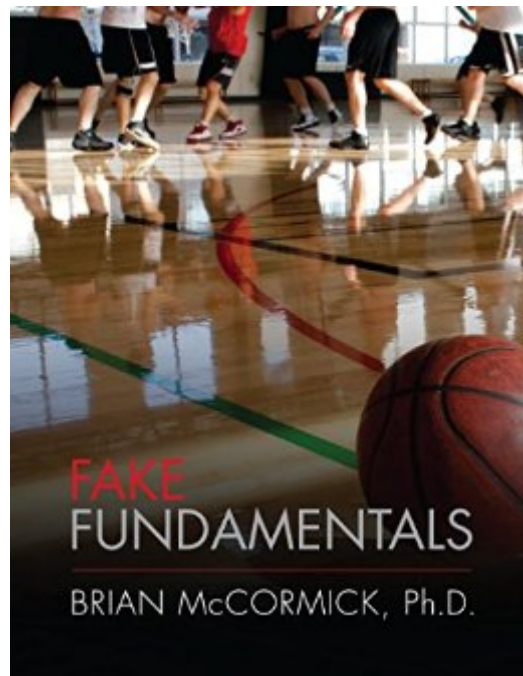


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# Fake Fundamentals



## Synopsis

Among basketball coaches and purists, some drills and teaching points appear sacrosanct. These drills persist despite mounting evidence of their ineffectiveness. In *Fake Fundamentals*, Brian T. McCormick, PhD expands upon *The 21st Century Basketball Practice* and condemns 10 specific features of the traditional basketball practice. Whereas some or all of the drills and teaching points are common to many, if not most, youth, high-school, and college practices, the frequency of their use does not attest to their validity. Through practical experience as a youth, high-school, college, and professional coach, and research, McCormick demonstrates the flaws with these commonly used drills and teaching points, and provides alternatives to improve the way that the game is taught to young players. While limited to 10 of the most egregious examples, such as the defensive step-slide, the ideas can be extrapolated to all areas of the game.

## Book Information

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## Customer Reviews

I have been playing basketball all my life and coaching youth teams for eight years. I try to hold myself accountable when kids don't improve the way I'd hoped they would. This book rejects many of the drills I use. Very many. And when I discuss the concepts in this book with friends and other

coaches, their first reaction has mainly been to reject them. It's at their teams and kids detriment. This book has changed the way I think about sharing basketball with my kids. If you are open-minded and really think about the concepts in this book, I believe you can be a better basketball facilitator.

Brian McCormick does a great job of helping coaches and players understand why skills do not transfer to games. I couldn't get what was in my mind out in paper until I read Fake Fundamentals and now those ideas are flourishing. Great coaches are constant learners - to be a learner you must be open minded. Give this book a read and you will be glad you did. I'm a college head coach and this is a book I hold in high regard! - Coach Hall

What lead me to enjoy this book was the thought process behind each 'Fundamental' that Brian delved into. He encourages the reader to think deeper about why a drill like the 3 man weave is being performed and suggests alternatives. In addition, he also encourages the reader to think creatively to determine what would work best to stimulate the game decisions for the type of players the reader is coaching. I recommend this book for all coaches as a thought provoking evaluation of your own coaching methods. This book gets 5 stars because it's concise, highly adaptable and relevant to today's coaching landscape.

I've coached only for two years. Thus I realize I am behind more experienced coaches and I need help with catching up with them. This book does that. It separates the foolish and frivolous drills that many coaches use with those that will help players get better at playing the game. Buy it!

This book is heavily researched and makes some excellent arguments against many of the staples of basketball practices at all levels. Highly recommended for coaches who want to find ways to improve use of practice time!

A lot of well-meaning coaches start out by simply copying what their coach did when they were a player or taking what a successful coach has used in practice and applying it to their players. Brian McCormick uses both his experience and science to poke holes in many basketball traditions and 'truths'. A good read for any coach, educator or person who is willing to challenge the status quo.

Whether you agree with all of McCormick's ideas or not, this book will challenge you to think about

some conventional basketball practices. If you have a growth mind-set, you will find some new ideas to bring to your team.

This book might be confrontational to the old-school coaches out there. Checking out the chapter titles I might be one of those dinosaurs. Although I do agree with this philosophy I do wonder how to implement this with the 1 hour a week (2 at most) teams.

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