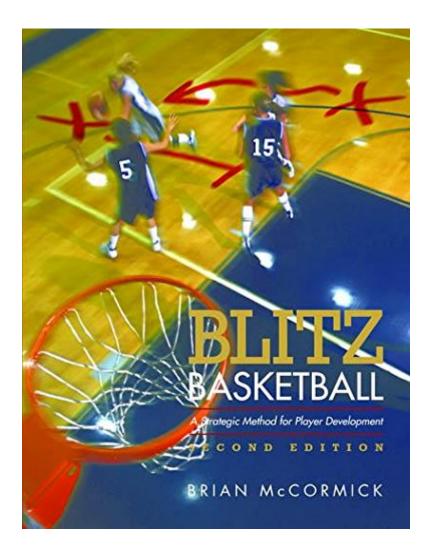
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## Blitz Basketball: A Strategic Method For Youth Basketball Skill Development





## Synopsis

Blitz Basketball is a complete youth basketball development system incorporating offensive and defensive strategy with player development. Offensively, Blitz uses a dribble-drive-motion style and incorporates numerous drills to develop ball handling, passing and shooting skills. Defensively, Blitz uses a man-to-man trapping press which builds solid defensive fundamentals, while nurturing young players' instincts. Blitz uses the "Games for Understanding" approach, using small-sided games rather than drills to develop skills. Originally designed for an u-9 AAU team, I have used the system with high school, college and professional teams. With over 60 drills and 100 diagrams, Blitz Basketball is a complete development and strategic system for youth basketball teams and coaches. The Second Edition includes six different offensive entries and six quick hitters for high school and college teams seeking more complexity.

## **Book Information**

File Size: 1905 KB Print Length: 111 pages Publisher: 180 Shooter, LLC.; 2nd Edition edition (April 22, 2016) Publication Date: April 22, 2016 Sold by: Â Digital Services LLC Language: English ASIN: B01EO6INMM Text-to-Speech: Enabled X-Rav: Not Enabled Word Wise: Not Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #330,277 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Basketball #96 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Basketball #101 in Books > Sports & Outdoors > Basketball > Coaching

## **Customer Reviews**

Great stuff! I love the theory behind this type of system of play. I have seen it work and I learned a few things to implement into what I do currently that will help my system.

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