



# 201 Drills for Coaching Youth Basketball: Planning Effective Practices

*Kevin Sivils*

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Coaching Youth Basketball is challenging in many ways for the adults who undertake the task. While many club and youth league coaches have a good understanding of how to play the game of basketball, these same coaches often struggle to find ways to teach the skills, tactics and strategies need to have success in the sport of basketball. 201 Drills for Youth Basketball provides the solution to this challenge. Included in this 400+ page manual are drills for: --Man-to-Man Defense --Competitive Rebounding --Lay-ups --Free Throws --Shooting Drills --Fast Break Drills --Drills for Essential Fundamentals Illustrated with extensive diagrams, each drill is described in as concise a manner as possible. Use the drills as described in the book, adapt the drills to your own specific team and the requirements of the players or use the drills as a basis to design your own drills. Eight time Coach of the Year award winner Kevin Sivils has shared many of his favorite drills that helped his varsity teams win nearly 500 games in 22 seasons. Also included in the book are brief suggestions for planning practice, selecting drills and guidelines for planning to develop shooters.

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