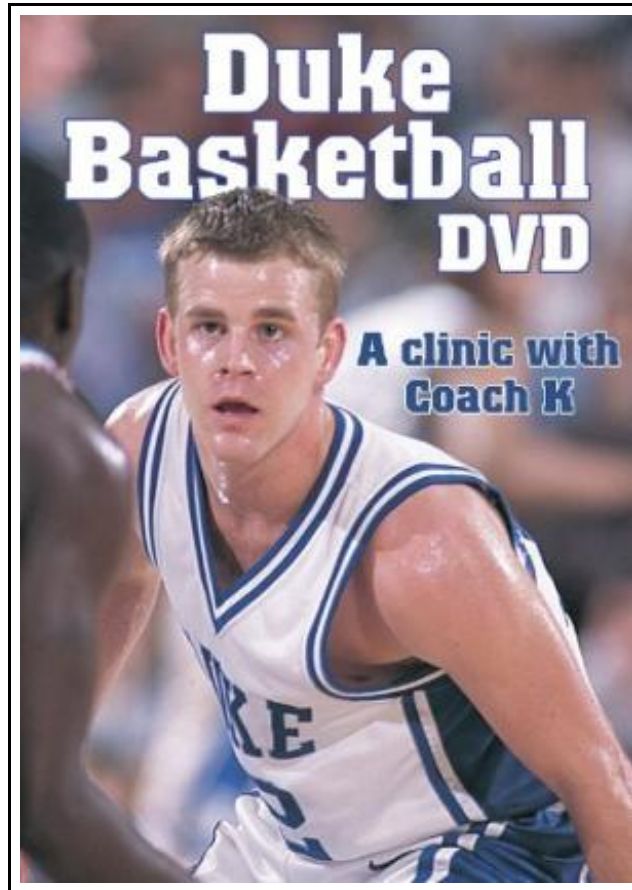


Duke Basketball DVD



Filesize: 3.49 MB

Reviews

Great eBook and beneficial one. It is packed with wisdom and knowledge You wont really feel monotony at at any time of your respective time (that's what catalogs are for relating to if you check with me).

(Maiya Kozey)

DUKE BASKETBALL DVD



Human Kinetics Publishers, United States, 2003. DVD video. Book Condition: New. 190 x 136 mm. Language: English . Brand New Book. Duke University men s basketball program has been the model for success in Coach Mike Krzyzewski s tenure at the helm. Under his direction, the Blue Devils have been perennial contenders for conference and national titles. Now you can harness Coach K s strategies for team defense, the transition game, and successful practices to make your team better than ever--all on one action-packed DVD. The Duke Basketball Video Series DVD offers special insight into the key components that made all of those Duke wins, championships, and awards possible. The program transports you right to Cameron Indoor Stadium to see and hear what takes place during Duke practice sessions. Each segment features Coach K and the Duke team explaining and demonstrating- key teaching and coaching points, - individual skill instruction, - team tactics and execution, and - practice drills.Action footage shows how lessons learned on the practice floor are transferred successfully to games. You will find the content captivating and directly applicable to your own improvement or to that of your players. Duke is known for its tough team defense, and five Blue Devils have been chosen as Defensive Player of the Year during Coach K s tenure. The Team Defense segment shows how you can transform five individual players into a single, basket-denying unit. From the trademark floor slap to the half-court trap, this DVD offers three complete clinics on the techniques required to fulfill individual position responsibilities and the tactical adjustments required to stop offensive attacks of all kinds. Duke s emphasis on beating their opponent in switching from defense to offense and from offense to defense has become a hallmark of their success. Very rarely do they...



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