



101 Defensive Basketball Drills

By George Matthew Karl, Terry Stotts, Price Johnson

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101 drills covering all facets of defensive play. Includes transition, man-to-man defense, footwork, zone defense, full-court defense, one-on-one, rebounding, switching and post defense drills, and defending against the screen. Each drill is diagrammed and explained in detail.

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101 Defensive Basketball Drills By George Matthew Karl, Terry Stotts, Price Johnson Bibliography

- Sales Rank: #2624581 in Books
- Brand: Brand: Coaches Choice
- Published on: 1999-05-10
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x 7.00" w x .50" l,
- Binding: Paperback
- 130 pages

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About the Author

Coaching legend George Karl is in the top 20 of winningest coaches in NBA history, and is in the top five of winning percentages for active NBA coaches. Karl has coached for the Cleveland Cavaliers, Seattle Super Sonics, and the Milwaukee Bucks.

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