



MBC library of coaching videos and books:

MBC maintains a library of coaching videos and books that are available to all coaches (and parents) at no charge. There is a wide variety of materials, from basic instruction to teaching complicated offenses. The resource checkout is managed by Rob Thorson. Suggestions for additions to the MBC library and other feedback should be sent to him at rsthorson@charter.net.

Resource checkout procedures and policy:

To reserve an item, e-mail Rob at rsthorson@charter.net. Provide your name and telephone number. You will receive an e-mail or telephone call to arrange for pickup or delivery of the item(s).

DVDs and video tapes should be returned in three days. Books should be returned within one week. If you need more time, check to see if your due date can be extended or if there is a pending reservation for that resource. Do not just keep the item without checking, as others may be waiting to use it.

Resource list

Resources available to Middleton Basketball Club coaches are listed on the following pages. The number of copies and formats (DVD, VHS) are indicated. For more detailed book previews you may check out amazon.com, syskos.com, or another online resource.



DVDs and VHS tapes:

SIMPLIFIED YOUTH DEFENSE – Jerry Petitgoue

Format and number of copies: four VHS tapes, one DVD

This tape shows how to build player-to-player defense from the ground up. The video contains drills for stance, steering, close outs, rebounding, and also includes live five-on-five action.

SIMPLIFIED OFFENSES FOR YOUTH BASKETBALL – Jerry Petitgoue

Format and number of copies: two VHS tapes, one DVD

This tape teaches five simplified offenses that are designed to be used at the grade school and middle school levels. Three zone and two man-to-man offenses are demonstrated and each has a special play or plays that can be run for quick scores. Included are various out of bounds plays from under your basket that can be easily added to the youth coaches' arsenal. Great complement to the Feeder System and Junior High Practice Plan videos.

SIMPLIFIED MOTION OFFENSE FOR YOUTH BASKETBALL – Jerry Petitgoue

Format and number of copies: one DVD

Coach Petitgoue discusses concept for motion offense and teaches two separate offenses that can be run at the junior high level. The first offense features a 3-out/2-in look with double screens to get players open on the block, and the second offense is a 5-out set with screening and cutting options. The video finishes with four quick hitters.

SIMPLIFIED TRANSITION OFFENSE FOR YOUTH BASKETBALL – Jerry Petitgoue

Format and number of copies: one VHS tape, one DVD

Learn a simple transition offense and a secondary break that can be effective at the grade school or high school levels. Coach Jerry Petitgoue uses drills and five-on-zero and five-on-five to teach transition offense and the secondary break that could run as a continuity offense. All of the options on the secondary break are shown and six drills are demonstrated to aid in teaching the running game.



75-MINUTE JUNIOR HIGH PRACTICE PLAN – Jerry Petitgoue

Format and number of copies: four VHS tapes, one DVD

This video is a 75-minute PRACTICE PLAN chock full of fundamental drills. The practice is opened with agility and coordination drills and then hammers home the fundamentals with stationary and moving drills for ball handling and passing and catching drills. The video continues with the "shot builder" and shooting drills, defensive footwork and defensive shell drills, rebounding drills and finishes with competitive and fun games. Lots of good ideas for games and drills to use in your practices.

SIMPLIFIED ZONE DEFENSES FOR YOUTH BASKETBALL – Jerry Petitgoue

Format and number of copies: one VHS tape and one DVD

This video includes two half-court zone defenses, one full-court press, and one press break. The 1-4 press break is demonstrated against both zone presses and man-to-man presses. The two half-court zone defenses are both taught with drills and 5-on-5 demonstration. The zones taught are the 3-2 and the 1-1-3. The video finishes with a 1-1-2-1 full-court press. Coach Petitgoue teaches how to defend ball reversal and how to retreat if the ball gets to the middle.

THE FEEDER SYSTEM GRADES 1-4 – Jerry Petitgoue

Format and number of copies: two VHS tapes

This tape covers the fundamentals of basketball: shooting, defensive stance, ball handling, and even a simple offense. A master practice plan is also laid out for easy implementation of the program.

COACH TRAINING – SHOOTING AND BALL HANDLING with John Boyle

Format and number of copies: three VHS tapes and one DVD

Designed specifically for MBC youth coaches, this tape efficiently explains how to teach the correct form and stance for shooting a basketball as well as ball handling basics. Effective teaching drills for shooting and ball handling are included. By John Boyle, former MHS Boys Varsity Basketball Coach

BETTER BASKETBALL'S BETTER BALL HANDLING – Rick Torbett

Format and number of copies: one DVD

This video covers all the techniques, drill, and workout to develop great ball handling skills. Includes 115 drills demonstrated, sections explaining when to use certain moves, and dribbling workouts.

BETTER BASKETBALL'S BETTER SHOOTING – Rick Torbett

Format and number of copies: one DVD

This video covers the mechanics of the entire shot, from footwork to finishing.

NEW! BETTER BASKETBALL'S BETTER SHOOTING 2 – Rick Torbett

Format and number of copies: one DVD

This DVD is an update to "Better Shooting" and features J.J. Redick.



NEW! BETTER BASKETBALL'S BETTER FREE THROWS – Rick Torbett

Format and number of copies: one DVD

Better Free Throws contains 3 sections: first, the 4 prerequisites to shooting from the line; second, the 3 steps to actually making the FT; third, practice drills and practice thoughts. The ultimate goal of the DVD is to help dedicated players reach their own goals and hopefully shoot 90% from the line.

BETTER BASKETBALL'S BETTER ONE-ON-ONE DEFENSE – Rick Torbett

Format and number of copies: one DVD

This video details the keys to shutting down every type of scorer – penetrating guards, post players, slashers, and shooters.

BETTER BASKETBALL'S BETTER ONE-ON-ONE OFFENSE – Rick Torbett

Format and number of copies: one DVD

This video contains over four hours of techniques for building a perimeter scoring repertoire. This includes the basics from triple threat, maximizing your quickness, working the ball screen, and learning to read and react to the defender in various situations.

BETTER BASKETBALL'S BETTER PASSING – Rick Torbett

Format and number of copies: one DVD

More than just drills and skills, this video is geared to improve players' abilities to read the court and increase their overall hoops IQ. Breaks down various game situations, provides hints and principles, as well as fun passing drills.

BETTER BASKETBALL'S BETTER POST PLAY – Rick Torbett

Format and number of copies: one DVD

This video provides a comprehensive look at post play techniques, including scoring, getting open, and the mentality for playing inside.

BETTER BASKETBALL'S SCORING WITHOUT THE BALL – Rick Torbett

Format and number of copies: one DVD

This DVD contains sections on every aspect of playing without the ball, including getting open when denied, running the fast break, the give and go, using screens, and more. It contains seven chapters plus sections from Nancy Lieberman and Jason Kidd. The chapters include getting open one pass away, attacking from the weak side, pass attack, run and slash, taking advantage of dribble penetration, ball screening to score, and scoring with screens away from the ball.



BETTER BASKETBALL'S READ AND REACT OFFENSE – Rick Torbett

Format and number of copies: two six-DVD sets

The Read and React™ is a complete offensive system. It can be customized to style of play, the strength of a team's personnel, or the coach's philosophy. It can be used against man or zone defense. Through minor adjustments, it can even imitate many of basketball's most popular offenses, and without the restrictions that come with set plays. The Read and React's revolutionary layered system is designed to develop players, teams, and even programs in a building block progression. Its foundation layers are simple enough to give a youth team a complete offense while simultaneously teaching them how to play by principle. The Read and React simplifies playing without the ball, while giving freedom to the player with the ball to use his skills and attack the basket. A player does not need a high basketball IQ to run the Read and React, yet the system allows great players to flourish. It doesn't teach plays, it teaches players how to play. It can be your entire offense by itself, or it can be used as an offensive framework in combination with sets or plays.

NEW! Read and React Offense Drills – Better Basketball (Rick Torbett)

Format and number of copies: one DVD

Drills to teach the Read and React offense, recognition of the scoring opportunities, and skills to convert those opportunities. Companion Read and React Drills Manual is also available from the MBC library.

NEW! Read and React Zone Attack – Better Basketball (Rick Torbett)

Format and number of copies: one DVD

Expanding on "Layer 15" of the Read and React Offense, this DVD shows the 5 major Layers used to attack zones. Other actions that might be helpful are also demonstrated; like a possible use for the Power Dribble and some thoughts about screening the zone on the perimeter to slow it's recovery to the inside. This DVD shows how you adjust and vary the offense to hide your weaknesses and play to your strengths.



THE ENCYCLOPEDIA OF THE DRIBBLE-DRIVE MOTION OFFENSE – Fran Fraschilla

Format and number of copies: one three-DVD set

The Dribble-Drive Motion Offense is currently used by both the boys and girls varsity programs at Middleton High School. This DVD set comes recommended by Coach Bavery. Fran Fraschilla lays out everything you need to know to install the Dribble-Drive Motion Offense. Fraschilla explains four types of Dribble-Drive Motion: the Memphis Attack (4-out, 1-in), International Dribble Penetration (3-out, 2-in), Pick and Roll Attack (various personnel) and Dribble Penetration vs. Zone Defense. Each type of Dribble-Drive Motion is diagrammed in detail on white board, then run on court with and without a defense. He goes over spacing, cuts, misdirections and every option for each variation, as well as specific game situations and transitions into Dribble-Drive Motion Offense. Fraschilla also shows you how to develop individual skills essential in running the Dribble-Drive Motion Offense.

THE DRIBBLE MOTION OFFENSE – Herb Welling

Format and number of copies: one DVD

The Dribble-Drive Motion Offense is currently used by both the boys and girls varsity program at Middleton High School. This set of two DVDs includes Herb Welling's The Dribble Motion Offense and Building The Dribble Motion Offense. It contains everything you need to enjoy this great offensive system.

BUILDING THE DRIBBLE MOTION OFFENSE – Herb Welling

Format and number of copies: one DVD

Five drills for the dribble motion offense are shared in this DVD. The five drills are specific to the offense and teach the skills and reads necessary to run this motion offense with an attacking mentality. The drills include one-player lay-ups and two and three player drills that not only teach the offense, but put the players in a position to learn the reads necessary to run the offense effectively.

MUST HAVE DRIBBLE DRIVE MOTION OFFENSE ADJUSTMENTS – Herb Welling

Format and number of copies: one DVD

The Dribble-Drive Motion Offense is currently used by both the boys and girls varsity program at Middleton High School. This video is recommended by Coach Bavery. It follows up Welling's wildly successful dribble motion offense DVDs with numerous adjustments that can be made running this offense. Welling covers attacking pressure man-to-man defense and tactics for taking on teams who run a pack-style man-to-man defense. He also includes 10 adjustments that can be made when attacking zone defenses. Also included are additional penetration and kick actions that can occur, two out of bounds plays and getting into the drive and kick in transition.



COACHING YOUR COACHES – A GUIDE TO COACHING FUNDAMENTAL

BASKETBALL – Randy Erickson

Format and number of copies: one DVD

This DVD focuses on teaching youth basketball fundamentals in a fun and effective way. It includes 10 chapters. The drills and fundamentals taught in each chapter are thoroughly explained and demonstrated in an easy-to-follow manner. The fundamentals taught are ballhandling, dribbling, shooting, passing, rebounding, individual offense and defense, and more. A great guide for youth coaches.

STEVE NASH MVP FUNDAMENTALS OF BASKETBALL – Steve Nash

Format and number of copies: one two-DVD set

This two disc DVD set from two-time MVP Steve Nash combines individual fundamentals with team play and practice. Disc one includes individual instruction for ballhandling, passing, shooting, and defense. Disc two includes practice organization from AAU Coach Roch Weillbacher transition from offense to defense and defense to offense, team defense, and team offense. This DVD includes great drills for both the individual player and team coach.

FUNDAMENTALS FIRST – Mike Gosz

Format and number of copies: one DVD

This DVD contains fundamental drills that can be done at any age level. Coach Mike Gosz uses on-court demonstration to teach the drills that have been done at the Don Gosz basketball camps for over 40 years. Included are stationary and moving ballhandling drills with one and two balls, passing drills, pivoting drills, and shooting drills. This DVD is chock full of drills that can be done in a team setting, by individuals or in a camp setting.

TAKE IT TO THE RIM – Forrest Larson

Format and number of copies: one DVD

This video teaches your players to build ballhandling skills that will carry over to the game. Intense drills, two-ball moving and stationary drills are done at game speed to improve a player's ability to explosively take the ball to the basket, execute dribble moves in combinations, and beat pressure defense. Coach Larson is highly regarded for his techniques for teaching players how to attack the basket.

Getting Better With the Basketball – Forrest Larson

Format and number of copies: one DVD

Forrest Larson teaches ballhandling as well as anyone in the country, and this video gives you four workouts to improve ballhandling in several facets of the game. The first workout simply helps develop the footwork for explosive moves off the dribble. Workout number two will teach finishing at the rim with a two foot jump stop. The third workout demonstrates the ballhandling techniques for creating space, and the fourth workout is a chair workout done in both full and half-court. Each workout starts with Coach Larson teaching the footwork for the techniques being demonstrated. The workouts each last about 20 minutes and can be done in the gym or the driveway.



TEAM TOUGHENERS – Lance Randall

Format and number of copies: one DVD

Recommended by MHS Boys Varsity Coach Kevin Bavery, this video focuses on creating toughness within a team. The offensive drills emphasize ripping the ball at the knees or above the head. They include one-on-one ball toughness and group ball toughness. There are also scoring drills for post and perimeter players, rebounding drills, and defensive drills.

COMPREHENSIVE FUNDAMENTALS – Magic Johnson

Format and number of copies: one two-DVD set

Includes shooting, ball handling, passing, and conditioning drills. Packed with two hours of skills and drills this program will help you become a better ball player. Comes with 7 day workout to do using the skills and drills presented in the 2 DVDs.

MAJIC JOHNSON'S ADVANCED FUNDAMENTALS – Magic Johnson

Format and number of copies: one DVD

This video is designed to develop not only the skills but also the insight into the game that is needed to play at the highest levels of high school and college ball. The instructors demonstrate the finer points to becoming a better scorer, passer, defender and all-around "smarter" basketball player. The DVD is an absolute must for those players who feel comfortable with their basic skills, but are looking for that edge to BEAT the competition. Magic is joined by legendary California high-school coach Gary McKnight, Amare Stoudamire, Rip Hamilton, Carmelo Anthony, Kenny Smith, Kareem Abdul Jabbar, and top high school talent.

FUN WAYS TO END BASKETBALL PRACTICE – Bruce Brown

Format and number of copies: one DVD

This video demonstrates a variety of drills that coaches at all levels can use to end practice in a highly enjoyable way. This video helps create an environment that will have the players leaving the floor with a smile and wanting more. It includes drills for shooting, ballhandling, and competitive games.

BEING TOUGH WITH THE BASKETBALL - Jim Blaine

Format and number of copies: one DVD

This DVD contains 14 drills that emphasize ball sureness. Coach Blaine believes that eliminating turnovers starts with catching the ball in triple threat, catching the ball with your feet in the air, pass fakes, and not making decisions in the air and emphasizes each of those points in the drills. The drills used incorporate passing and catching, footwork, and post play. Teams at every level can learn to be tough with the basketball, incorporating some or all of these drills.



THE SWING OFFENSE – Bo Ryan

Format and number of copies: one DVD

Two time NCAA Division III National Champion Bo Ryan shares the offense that has made him successful. The Swing is an offense designed to get the ball into high percentage scoring areas, get your team good shots, and to the free throw line. The constant cutting-on the weak side as well as the ball side-makes the defense work on every possession. Coach Ryan covers the basic continuity of the offense and goes over all the options available.

THE X ZONE OFFENSE – Bo Ryan

Format and number of copies: one DVD

In this video 2002 Big 10 Coach of the Year Bo Ryan teaches his zone offense designed to attack even and odd front zones. Coach Ryan includes zone offense philosophy and each player's reads and responsibilities with and without the ball. The video also discusses use of overload, ball side triangles, post screening, and basket protection. It also includes attacking half-court traps. The video finishes with additional swing offense material introducing fade and on-ball screens.

CONDUCTING A PRESSURE PRACTICE – Bo Ryan

Format and number of copies: one DVD

Bo Ryan has demonstrated his coaching skills at every stop in his career, and his latest DVD will show you the offensive drills he uses to develop fundamentally sound players. The DVD includes drills for passing and catching, handling pressure, shooting and decision making. The drills Coach Ryan uses can be done from the junior high level to college.

HALF-COURT MAN-TO-MAN DEFENSE – Bo Ryan

Format and number of copies: one VHS tape and one DVD

This DVD shows you the defensive drills that Coach Bo Ryan uses to help build their tenacious defense. Included in this DVD are drills for denying the wing, post defense, closing out, defending the dribble, help and recover, stance, taking the charge, and more.

DEFENDING SCREENS AND REBOUNDING – Bo Ryan

Format and number of copies: one DVD

This DVD contains drills to help teach your team how to defend any screen it will run into in a game situation and shows you drills to improve your rebounding. Drills for defending, back screens, up screens, down screens, on ball screens, post screens, and staggered screens are all demonstrated. The video ends with Coach Ryan's five points of emphasis for rebounding and game-like rebounding drills.

APPLYING AND ATTACKING PRESSURE – Bo Ryan

Format and number of copies: one DVD

The full court 1-2-1-1 press is broken down and the importance of transition is emphasized in the defensive portion of this video. Coach Ryan also covers how to break full court pressure by 'z-ing' the floor and attacking the basket.



Winning Hoops Best-of-the-Best Series: Over 30 Dynamic Defensive Drills

Format and number of copies: one DVD

Winning Hoops has gathered together some of the best defensive drills from its 20-year archived history of coaching materials. See some of the best defensive drills run by some of the game's top coaches at all levels of competition. You'll get a 7-on-5 run drill designed to make your zone defense impenetrable, a 3-on-3 close-out drill, a full-court defensive recovery drill to improve defensive transition, a 5-on-5-to-5 drill that gets the entire team involved, a command drill that transforms defensive fundamentals into instinctive actions, an ultra-competitive 3-stop drill, a help-and-recovery drill, denial drills, various shell drills designed to bolster team defense, drills for defending the low post, defensive footwork and positioning drills, high-speed trapping drills and much more. Each drill is demonstrated where it's first shown and explained on-screen in diagram form, followed by live-action, on-the-court demonstration with players and coaches.

Winning Hoops 25 Aggressive Transition & Conditioning Drills

Format and number of copies: one DVD

Winning Hoops has selected 25 of the very best transition drills to have ever appeared in the pages of the publication's 20-year history. See and hear a description of the drill as it looks in diagram form before watching the drill being run "live" and on the court with real players. Each drill is multi-player, works multiple skills simultaneously and will be fun for your players to run -- yet still challenging enough to keep them hustling and working hard during practices. You'll get fantastic transition drills such as the "Outnumbered-Break Drill," the "Defensive Transition Drill," the "Carolina Fast-Break Drill," the "Break-Identification Drill," the "4-on-4 Continuous Drill," the "Full-Court Rebounding Drill," the "4-Ball Jack Ramsey Drill," the "5-Player-Weave-Into-Transition Drill" and much, much more! These great transition drills are guaranteed to liven up your practices and improve the way your team gets up and down the floor!

Winning Hoops Best-of-the-Best Series: Over 30 Team Rebounding Drills

Format and number of copies: one DVD

This DVD contains over 30 of the very best rebounding drills from some of the top high school and college coaches from around the country. These practice-tested, hard-nosed team rebounding drills are thoroughly explained, easy to teach and will add some serious spice to your efforts toward improving your team's rebounding. You'll get highly effective drills such as the 3-man rebounding war, the weak-side rebounding drill, the triangle box-out, rebound-to-transition drill, the 7-point rebounding game, the "banger" offensive-rebounding drill, the "rebounding pit," the 1-on-1 rebounding challenge, the downscreen box-out drill, circle rebounding, 5-player rebounding drill, 4-on-3 rebounding, braveheart rebounding and much more! Each rebounding drill is explained on-screen in diagram form, followed by live-action, on-the-court demonstration with players and coaches.

Mandatory Moves – Ed Schilling, Jr.

Format and number of copies: one DVD

This DVD teaches 23 different scoring moves from the perimeter and the post. Chapters include moves from the block, short corner, triple threat moves, dribble attack moves, and finishing moves. Any player can learn a go-to move from this DVD. Schilling simplifies the teaching of the moves that will aid players at any level.



Raising a Basketball Player: Let's Get Serious - Hazuga

Format and number of copies: one DVD

This DVD documents the development of players starting at a young age through the high school years. It is not a list of drills to do, but a detailed plan of techniques, philosophies and methods used for development and continued advancement.

NEW! UTILIZING AND DEFENDING BALL SCREENS – Will Rey and Bob Ociepka

Format and number of copies: one DVD

The ball screen is back as a large part of many teams offensive repertoires and this DVD will help your team on both sides of the ball screen. Long time college and high school coach Will Rey takes the offensive side of the ball screen while long time NBA assistant Bob Ociepka shares his thoughts on defending ball screens. Rey demonstrates the ball screen and the various options from four spots on the floor. Ociepka shows a variety of ways to defend each screening situation including hard hedge, going under, trapping and the rotations behind each defensive technique.



BOOKS

COACHING YOUTH BASKETBALL - American Sport Education Program

This book contains the material taught in the online ASEP course that all MBC coaches are required to complete. A handy reference as you step through the course or as a refresher.

SUCCESSFUL COACHING – Rainer Martens

This book is part of a more comprehensive coaching training program that is offered by ASEP and is required for non-teachers to be able to coach a WIAA team. Includes principles of coaching, behavior, teaching, physical training, and management.

SPORT FIRST AID – OFFICIAL TEXT OF THE NFHS COACHES EDUCATION PROGRAM – Melinda J. Flegel

Part of the ASEP training series, this book provides more details in dealing with all types of injuries and specific strategies for common injuries.

PRACTICE PLANNING – USA Coaches

This book contains 11 different chapters from 11 different coaches on planning basketball practice. You can get ideas and drills from Geno Auriemma, Kelvin Sampson, Dave Odom, John Wooden, and more. Chapters include drills, alignments, preparation, and conditioning.

PERFECT PRACTICE DRILLS – Winning Hoops

This book is loaded with over 70 of the most creative and time-tested drills used by some of the winningest programs in the nation! Each drill is accompanied with detailed diagrams and in-depth, yet simple-to-follow instructions. Each drill's point of emphasis is explained. This book provides exciting multi-player drills that can be run at the junior high, high school, or collegiate levels.

BLACKBOARD STRATEGIES - Winning Hoops

Over 200 plays for nearly every possible situation.

SCOREBOARD SCORCHERS – Michael Podoli

Another compilation of plays from Winning Hoops. A follow up to “Blackboard Strategies.”

YOUTH BASKETBALL DRILLS – Burrell Paye and Patrick Paye

110 basic to advanced drills.



NOTHING BUT PLAYS - Basketball Sense

This book is a compilation of plays from the first five years of the popular newsletter Basketball Sense and its quarterly supplement. Over one hundred plays are included that can be used to attack any conceivable defense. The source of the plays are winning basketball programs at all levels.

BASKETBALL OFFENSES AND PLAYS - Ken Atkins

This book contains 22 man-to-man offenses, 15 zone offenses, 51 quick scoring and delay offenses, 26 special situations plays, and 62 inbounds plays. Each section contains numerous sets and plays, all diagramed. It will assist you in selecting the best options for your offense based on the game situation, your personnel, your playing style, and your opponent's personnel.

BUZZER BEATERS – Basketball Sense

From every spot on the court against every conceivable defense, Buzzer Beaters shows you how to win at the end of a game. Crammed with plays, this 24-page manual gives you many options to run when time is running out. A truly great collection of time-tested, game-winning plays.

POSITIVE COACHING - Jim Thompson

Positive Coaching is jam-packed with specific strategies to address the psychological health of athletes, especially young athletes, in any sport. This practical book includes: strategies to motivate and inspire athletes to reach their potential, techniques for building teams out of groups, recommendations on specific behavioral, psychological, and organizational situations, and ways to build self-esteem in athletes.

101 BASKETBALL REBOUNDING DRILLS – George Karl

Full of rebounding drill ideas, including basics, clearing out, blocking out, outlet passing, fast break, zone defense, progression, aggressiveness, and stamina drills.

101 DEFENSIVE DRILLS – George Karl

This book is full of defensive drills. Chapters cover transition drills, man-to-man drills, zone drills, footwork drills, rebounding drills, and much more. Also covered are drills for defending screens and switching drills.

COACHING BASKETBALL FOR DUMMIES – The National Alliance for Youth Sports

The “Dummies” guide for coaching.

101 YOUTH BASKETBALL DRILLS AND GAMES – Bruce Eamon Brown

As expected, a lot of drill ideas including pre-game warmup and fun ways to end practice.



SURVIVAL GUIDE FOR COACHING YOUTH BASKETBALL – ONLY THE ESSENTIAL DRILLS, PRACTICE PLANS, AND COACHING TIPS! – Keith Miniscalco

A comprehensive guide including drills, practice plans, plays, and coaching tips.

DYANAMITE DRILLS – Winning Hoops

281 special drills that are time-tested, highly practiced drills compiled by Winning Hoops.

GREAT BASKETBALL DRILLS – A BAFFLED PARENT’S GUIDE – Jim Garland

Drills that emphasize the “games approach” and making practices fun and rewarding. Tips for solving common team problems.

COACHING YOUTH BASKETBALL – A BAFFLED PARENT’S GUIDE – David G. Faucher

This comprehensive book was written as a guide for new coaches, but can be useful to veteran coaches as well.

COACHING YOUTH BASKETBALL – THE GUIDE FOR COACHES & PARENTS – John McCarthy, Jr.

Covers all of basketball's fundamental and gives coaching tips for every aspect of the game. Contains template practice plans, drills, plays, and an excellent glossary that can be used to teach the language of basketball.

THE COMPLETE IDIOT’S GUIDE TO COACHING YOUTH BASKETBALL – Bill Gutman

The “Idiot’s Guide” version of a comprehensive primer for coaching hoops.

The Ultimate Basketball Book: A Complete Shooting Guide - Frank L. Wright

The Ultimate Basketball Book was designed to be THE guide for developing basic individual player skills on their path toward becoming complete, competitive basketball players. With its comprehensive and practical guide to teaching and reinforcing proper shooting skills, this comprehensive volume, including 340 color photographs, is an ideal tool for coaching fundamentals at all levels. Covered in-depth with visual tools are shooting, passing, faking, ball-handling, dribbling, individual moves, defense, screening, rebounding, basketball-specific weight training. This book guides players toward developing individual skills on their own, thus allowing coaches to focus precious practice time on team skills rather than time spent on fundamentals.

Championship Defense – Winning Hoops (Michael Podell)

Regardless of your team's offensive power, your players can compete in every game by playing great defense. Championship Defense is a 160-page book that features top-notch defensive strategies from 40 of America's winningest coaches! Every page contains valuable defensive nuggets of knowledge that you'll forge into your own highly personalized defensive program for use at any level of competition.



Basketball Basics – Winning Hoops (Bill Salyers)

Coaching young, inexperienced players or getting into the youth coaching game is one of the hardest things to do in all of basketball. Basketball Basics gives you much-needed guidance and gets you started in the right direction! This 160-page book details the entire process of coaching youth basketball from A-to-Z! Leaving no stone unturned — and jam-packed with detailed diagrams, fundamental drills, game-tested plays and much more — you'll immediately benefit from the highly valuable information.

Basketball Defense – Winning Hoops

Top coaches provide different defensive formations and offer valuable insights on how to outthink your opponents. Learn how to beat screens, overcome picks or block out under the boards, proper defensive positioning and the necessary attitude to outscore foes!

Solving the Practice Planning Puzzle – Chris Conohan

This book walks a coach step-by-step through the process of putting together an efficient and effective practice plan. It also includes drills that can be incorporated into practice and an organizational worksheet, a weekly goal sheet and a practice plan form.

Bench Coaching for Basketball

The purpose of this book is to provide examples of situation in games that a coaching decision can impact the outcome of the game in question. It is not to tell the coach how to handle each situation exactly, but rather to provide a starting point for a coach to think about the many situations that will require a decision to be made. The book discusses a wide range of topics from changing defenses to controlling what you can control to changing the pace of the game to handling substitutions. An excellent book for coaches at any level of the game.

From Out of Bounds

This playbook stresses the idea of using your out-of-bounds attack as a separate offense. It gives you ways to score from every out-of-bounds angle. The book contains step-by-step diagrams of 60 out-of-bounds plays. Basketball statisticians say that most teams have over 200 offensive out-of-bounds situations each season. Use this book to create your out-of-bounds offense.

The Coaches Motivational Playbook

This book is designed to aid coaches in all sports. It includes tips on how to motivate today's athletes. The book contains speeches that can be adapted and used throughout the season and team-building exercises that a team will find challenging and inspiring. There are also player profile outlines to find out what really matters to and motivates players, tips for motivating pathetic or overbearing parents and boosters, and tips to make the season and practices fun. You will also find motivational quotes and much more.



Sports Medicine For Young Athletes – The Institute for Athletic Medicine

This book covers exercise, conditioning, and nutrition. Evaluation, treatment, and prevention of injuries are included. Emergency procedures, questions for your doctor and suggested readings are an added bonus.

NEW! Read and React Offense Drills Manual – Better Basketball (Rick Torbett)

Drills to teach the Read and React offense, recognition of the scoring opportunities, and skills to convert those opportunities. Companion Read and React Drills DVD is also available from the MBC library.