



Coaching Basketball: 30 Set Plays and Quick Hitters for the 1-4 High Alignment

By Kevin Sivils

Createspace, United States, 2013. Paperback. Book Condition: New. 278 x 215 mm. Language: English . Brand New Book ***** Print on Demand *****.Why the 1-4 High? Why run all of your set plays, quick hitters or entry plays from a 1-4 high set? Good question. Here are the reasons this alignment is great for all set plays: Less is more. This one set keeps things simple for your players. It creates excellent spacing. Offense is all about good spacing. This alignment creates good scoring opportunities for every position. It is easy to create plays for any type of shot necessary from this alignment. The plays can be run to either side of the court simply by running the mirror image of the play. It is very easy to get into from a numbered fast break system. It denies the defense from establishing its defensive priorities, making this alignment difficult to defend from the onset. What are defensive priorities? Regardless of the type of defense run, most traditional defensive systems want to establish the following priorities: Be able to apply tremendous pressure on the ball and provide help to the on-the-ball defender. Be able to provide help in any situation. Protect...



[READ ONLINE](#)
[7.72 MB]

Reviews

Merely no words to spell out. Sure, it is actually perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Vada Heidenreich

This book is really gripping and interesting. Sure, it can be enjoy, nonetheless an amazing and interesting literature. I found out this ebook from my i and dad suggested this pdf to find out.

-- Mr. Manuela Mann II