

The author who has successfully coached both mens and womens teams spent three years writing this practical action book so that anyone can coach. Part I discusses and graphically defines the fundamentals. Part II explains how to plan the key to coaching and teach at practice. Part III, the largest part, systematically presents over 200 lessons in 19 sections. Twenty-three pages of Appendices supply other useful coaching information such as: strategies; a practice warm down; game statistics and more.

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