



Basketball: Offensive und defensive Systeme, Tipps und Tricks (German Edition)

Marco Prey

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Der Autor beschreibt in diesem Buch eine Vielzahl an offensiven und defensiven Taktiken zu nahezu jeder Situation, in die ein Team geraten kann. Beginnend mit diversen Set Plays für die Offense werden dem Leser des Weiteren viele praxiserprobte Systeme zu Themen wie z.B. Motion Offense, Einwurfsysteme, Zonenverteidigungen, Quick Hitter, Pressenverteidigungen u.v.m. präsentiert. Zu den absoluten Highlights dieses Buches gehören die Run 'n Jump und 1-1-3 Zone, die wie alle anderen Systeme in insgesamt über 240 Schaubildern detailliert und ausführlich beschrieben sind, so dass auch Coaches, die z.B. erstmalig in der Regionalliga coachen, ihren Wissenshorizont mit diesem Buch autodidaktisch erweitern können. Die vielen Tipps in dem Buch helfen dem Leser, die am häufigsten auftretenden Fehler zu vermeiden, bzw. auf die wichtigen Aspekte zu achten. Das Buch eignet sich hervorragend, um eine komplette taktische Konzeption für ein Team zusammenzustellen, da jedes Thema behandelt wird und es immer Alternativen gibt. So wird jeder Coach die für sein Team passenden Systeme finden können. Das Buch richtet sich an ambitionierte Trainer sowohl im Senioren- als auch im Jugendbereich, die erfolgreichen und leistungsorientierten Basketball vermitteln wollen.

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