



Bball Basics for Kids: A Basketball Handbook

Bobby Kaplan

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It is not difficult to learn to play basketball. That's more, it can be really fun! Bball Basics for Kids is a step-by-step handbook featuring "Hoops" a playful, basketball-loving friend who shows kids of all ages the most important skills of the game. Coach Bobby Kaplan knows basketball. He applies his experience of having coached more than a thousand games to teach kids the basics of a sport that combines individual skills with the skills of teammates. For those who are just beginning to learn the game, Coach Kaplan shares practical tips on the fundamentals: Dribbling and passing; Shooting and rebounding; Playing defense; Improving footwork on the court Included is a history of the game, inspirational stories, warm up exercises, a glossary of basketball terms, and a sixty-minute self-improvement practice plan to help young players refine their skills. Bball Basics for Kids not only teaches the basics of a great game played by millions around the world, but also educates young players about the enduring values of cooperation, respect, trust, sacrifice, and perseverance. Bball Basics offers the unique opportunity for any basketball program to customize the handbook with their own personal photos



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