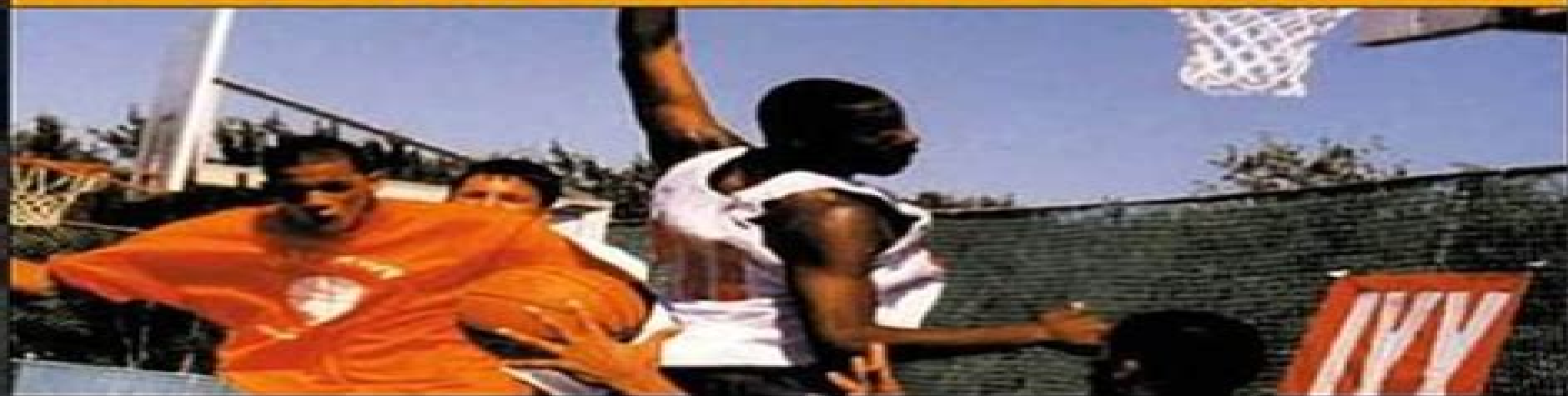


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—RICK PITINO, Former Head Coach, Boston Celtics

# ***FIVE-STAR BASKETBALL DRILLS***

*Compiled by* **HOWARD GARFINKEL and Will Klein**



# Fivestar Basketball Drills

**L Cohen**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Fivestar Basketball Drills:**

**Five-Star Basketball Drills** Howard Garfinkle, Will Klein, 1998-02-01 Over 5 000 talented players have completed the Five Star program and received scholarships Distinguished alumni include Isiah Thomas Moses Malone Dominique Wilkins Michael Jordan Mark Aguirre John Paxson Jim Paxson Jeff Ruland Darnell Valentine and Mike O Koren Here in print for the first time is a compilation of 131 drills they practiced at the nation s premier basketball camp The book includes the following 131 of the best drills used at the Five Star camp Conditioning one two and three player drills for men and women Proven regimens from a star studded galaxy of NCAA and NBA coaches Step by step instructions with pictures and diagrams to maximize your potential and practice time Howard Garfinkel and Will Klein are as well organized in their presentation of drills as they are in their camp This book is a great contribution to your basketball library Bob Knight Owning one of the most varied sports libraries in the country I consider myself an expert on sports books Nowhere on my shelves is there anything approaching the value of these drills for youngsters and young coaches It s the best drill book in America George Raveling With the advent of the three point shot there s now a high priority on the skill parts of the game This book will help the dedicated user become a fundamentally sound player Mike Fratello A must for all young players and coaches who want to learn the game the way it should be taught Rick Pitino Five Star has done a great job helping kids I admire the way they ve emphasized teaching the concepts and maintained the personal touch in dealing with youngsters This book carries on that great tradition Mike Krzyzewski *Five-star Girls' Basketball Drills* Stephanie V. Gaitley, 2000 Five Star has compiled and produced the most comprehensive state of the art collection of drills by girls and women s coaches ever assembled The book includes drills from Jody Conradt Kristy Curry Tom Shirley Kay Yow Nancy Lieberman Cline Sylvia Hatchell Duffy Burns and many more *More Five-Star Basketball Drills* Howard Garfinkel, 2003-09-24 That camp changed how I felt about basketball and my future It was the turning point in my life Michael Jordan Before there was a Nike or Adidas camp for the nation s elite high school players there was Five Star Now in its 37th year Howard Garfinkel s Five Star camp has produced hundreds of NBA and Division 1 A college players including such superstars as Michael Jordan Isaiah Thomas and Vince Carter In *More Five Star Basketball Drills* the author offers readers his one of a kind exclusive guide to the superstar camp s most successful drills straight from the personal notepads of some of the nation s most successful professional and college coaches Coaches and players looking for a proven hoop drill program will find More than 100 fundamentally sound and easy to execute drills An inside look at Five Star s sure fire plan for improving one s game Exclusive photos from the camp s illustrious history

**More Five-Star Basketball Drills** Howard Garfinkel, 2000 **Five-Star Basketball Presents My Favorite Moves** Leigh Klein, Matt Masiero, 2003 Five Star Basketball the long time leader in basketball instruction has teamed up with six of the greatest professional women players to bring young players everywhere a state of the art drill book like no other Each chapter of the book breaks down a different star player s skills Those skills are analysed by the player herself her peers and

the elite basketball experts of the Five Star Camps Then the book provides a selection of drills games and practice regimes that focus on developing those skills Five-Star Girls' Basketball Drills Stephanie V. Gaitley,2000-12-30 This illustrated book includes contributions from some of the best names in women s basketball Matt Brzycki Princeton U Jody Conradt U of Texas Kristy Curry Purdue U Charlene Curtis Stephanie V Gaitley St Joseph s U Sylvia Hatchell U of N Carolina Nancy Lieberman Cline Naismith Memorial Basketball Hall of Fame Debbie Taneyhill George Mason U Kay Yow N Carolina State Ballhandling Passing Drills Shooting Transition Game Offense Rebounding Drills Post Player Drills Defensive Drills Basketball Miscellanea Meet the Coaches **An Insider's Guide to Basketball** Fred Ramen,Forest G.

Campbell,2014-07-15 Basketball is a totally American sport It has grown from a simple game invented by James Naismith in 1891 to an international sensation played on courts in huge arenas throughout the world This easy to follow narrative provides readers with a history of the game and the thirteen original rules of basketball Regulation play player positions techniques for shooting and running plays and stretching exercises are also described The handy volume includes informative sidebars on popular basketball lingo common fouls pivoting layups and playing defense among other topics

Five-star Michael Ryan,1990 SPORTS RECREATION OUTDOOR ACTIVITY *Basketball for Fun!* Brian Eule,2003 Describes the basic rules skills and important people and events in the sport of basketball Basketball Fred Ramen,2007-01-15 Examines the history rules and strategy of basketball **Number One Overall: In the Third Person** Gregory Forney,2017-07-05 This manuscript can best be described as fiction packed with reality based on a true story The main character comes from humble beginnings and spirit filled God fearing parents Early in life life was full of joy and the goodness of helping others Adolescence yields the tree of knowledge and casts a shadow over his life His sheltered life which shielded him from his troubles as a teenager delivers him into harm s way repeatedly as an adult When wrecked dreams become patchwork visions his life takes on an identity of its own that leads to a one track mission It s oblivious to reality Along the way in attempts not to harm the lives of people he knows are becoming attached he begins to temporarily paralyze theirs He dives in and out of drugs sex alcohol racism and manhood before actually speaking on these issues to anyone Everything becomes trial by error and just hoping to land on top Internal questions burn deep as the struggle continues A young witness to a homosexual act he is unable to ask why out of fear of scorn After using the model of his parents relationship subconsciously he watches the world around him as he knows it grind down This riveting piece uses hard cutting reality to slash into one s inner soul and wrestle with one s sheer existence along the path of life as seen from someone IN THE THIRD PERSON Jesus Yeshua Spiritual Growth Inspirational Sports History Reality Click here to connect on Facebook

The Journal of Applied Research in Coaching and Athletics ,1988 *On the Court with...LeBron James* Matt Christopher,2008-09-01 Get on the court with basketball superstar LeBron James in this in depth updated biography LeBron James was a sensation in his early days playing ball in Akron Ohio and he continued to amaze as a high school phenomenon

Now an international icon and the heart of his hometown Cleveland Cavaliers he is widely known as one of the greatest basketball players ever to step onto the court Discover LeBron James s incredible story in this in depth biography of one of basketball s brightest stars The book takes readers on the court through suspenseful accounts of pivotal games paints a picture of LeBron s on and off court triumphs and challenges and includes bonus stats career highlights and photographs

Volleyball Drill Book Bob Bertucci,1992 More than 200 drills focusing on individual player skills Includes drills for setting digging passing and service reception blocking and spiking **The Road to the NBA** Curtis W. Carter,2010-07-15 The Road to the NBA Volume 3 continues the tradition of the first two volumes It is a basketball sports book that has a Powerful Analysis of the workings of the professional basketball world as we know it The reality of life and its circumstances are made vivid in this new addition to the series Perseverance determination diligence confidence spiritual strength academic success and internal desire are the building blocks to the foundation that is laid in this must read edition The amazing grace of God lights up this whole story The dramatic reality will keep you glued to the pages until the very end Scholastic Coach ,1988

**The Last Great Game** Gene Wojciechowski,2013-01-29 New York Times bestseller A compelling narrative about the people who produced the most spine tingling moment in modern college basketball history Seth Davis Sports Illustrated and CBS March 28 1992 The final of the NCAA East Regional Duke vs Kentucky Millions could say they witnessed the greatest game and the greatest shot in the history of college basketball But it wasn t just the final play an 80 foot inbounds pass with 2 1 seconds left in overtime that made Duke s 104 103 victory so memorable Each player and coach arrived at that point with a unique story to tell In The Last Great Game ESPN columnist Gene Wojciechowski turns the game we think we remember into a drama filled with suspense humor revelations and reverberations Not just for Duke or Kentucky fans this acclaimed New York Times bestseller is for everyone who appreciates the great moments in sports The Road to the NBA Curtis Carter,2005 THE ROAD TO THE NBA is a book about heart drive and internal motivation when going the standard route is unavailable It captures and conveys the experiences of one man s unwavering ability to pursue his dream of playing in the NBA despite being faced with adversity and disappointment both on and off the court THE ROAD TO THE NBA is captivating informative and heart wrenching It encourages the reader to never give up on their own dreams whatever they may be The example of how to get back up and brush yourself off each and every time you re knocked down disappointed disenfranchised and or disqualified is demonstrated on the pages of this must read THE ROAD TO THE NBA is intended to create in the lives of each and every person who reads it the same spirit of hope strength and motivation found in its pages It is the Author s desire that you the reader catch hold of that spirit Quite frankly this book is absolutely Fabulous There is no book like it in all of professional basketball Once you start reading it you will never want to stop This is as intellectual emotional motivational and triumphant as it get s in the game of life The book is amazing And very thought provoking The reality kept me glued to the pages I highly recommend this book Charmane Townsell Sheriff s Depart Employee Educational Refreshing and Bones

Reality Paul Higgins Award Winning T V Producer I can see what a tough life is to search a dream or just to survive I am very glad for you You are an example of Determination Eneko Herreros Pro Basketball Coach Spain The Boys of Dunbar Alejandro Danois,2017-09-19 The inspirational story of the most talented high school basketball team ever and the dedicated coach who gave his players a lifetime opportunity by insisting on success **Should My Child Play AAU Basketball?** Arlington R. Callies,2013-08-06 The content of the book seeks to address discuss and resolve common issues encountered playing on a select sports team Its primary focus is on basketball and helping parents make the right decision as to whether or not to allow their child to specialize in one sport in pursue of scholarship or a dream of one day playing in the NBA National Basketball Association The author s goal is to set the expectations for the parent and child that playing AAU basketball is fun and very entertaining but it requires time energy commitment and money Solutions and remedies are given to a common question most parents have such as why doesn t the coach play my child more during the game Another question of interest for most parents is the financial burden it appears to place on most families that include the cost of uniforms tournament fees food and travel and if it s all worth pursuing every year There is an entire chapter dedicated to searching and finding the right team for my child Another chapter focus on finding a coach that has my child s best interest in mind as a player and as person It s a book that every coach that coaches a select sport team should purchase and give their parents and require them to read before the season begins especially chapter 5 Chapter 5 defines the parent s role during the course of the season making the games fun for everyone The book a great read for anyone that has a child playing on a select sports team

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