



How I Coach Championship High School Basketball

Bill Armstrong, Fred Cassidy

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This book reveals a recipe for producing championship basketball teams. It is to the point with enough diagrams to make it clearly understood. Coach Armstrong does not stress theory or philosophy, but only the patterns and plays that have proven successful. The book covers many different aspects of basketball, including: fast-break pattern, defense, sideline fast break, and overload offense. Many other areas of play are emphasized which have been dynamic on the courts leading Coach Armstrong's teams to numerous championships.

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