



# Basketball Basics: How to Play Like the Pros

*Jay Triano*

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## **Basketball Basics: How to Play Like the Pros** Jay Triano

Basketball is an ideal sport for youth in today's economic climate — basketball courts are abundant and the costs associated with participation (equipment, access, clothing) are low compared to other popular sports. In *Basketball Basics*, famed NBA coach and Hall of Fame player Jay Triano presents the important drills and fundamental skills that every young player needs to excel on the hardwood. Focusing on the core areas — Conditioning, Offense, Defense, Rebounds, and Plays That Make a Difference — Triano provides step-by-step instructions for everything from balance and stretching to dribbling and passing, from shooting to catching to lay-ups and free throws. The book includes instructional photos on every page, as well as full-color action photos of international and NBA stars and playing tips from some of the greatest players in the world, including Pau Gasol, Dirk Nowitzki, Emanuel Ginobili, and Yao Ming. Featuring a foreword by two-time NBA MVP Steve Nash, *Basketball Basics* is essential equipment for young players hoping to master the hoops and a must-have for coaches and parents.

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