THIRD EDITION

Baskethall steps to success

Hal Wissel



Contents

| | Acknowledgments Introduction Key to Diagrams | vi vii xii |
|--------|--|------------------|
| | | |
| | | |
| Step 1 | Footwork | 1 |
| Step 2 | Passing and Catching | 29 |
| Step 3 | Dribbling | 53 |
| Step 4 | Shooting | 71 |
| Step 5 | Shooting off the Catch | 114 |
| Step 6 | Creating Your Shot off the Dribble | 128 |
| Step 7 | Scoring in the Post | 167 |

| | About the Author | 355 |
|---------|--------------------------|-----|
| Step 12 | Team Defense | 316 |
| Step 11 | Team Offense | 290 |
| Step 10 | Two- and Three-Man Plays | 251 |
| Step 9 | Fast Break | 230 |
| Step 8 | Rebounding | 213 |