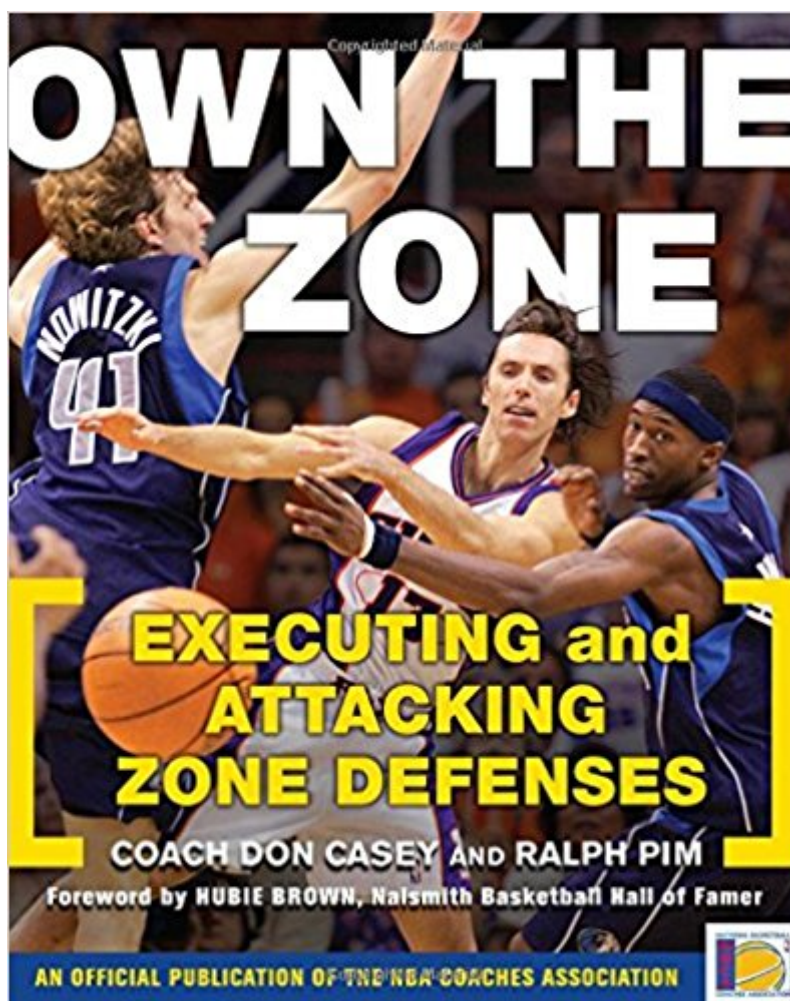




The book was found

Own The Zone: Executing And Attacking Zone Defenses



Synopsis

Don Casey does an extraordinary job illustrating the key concepts of zone defense. The knowledge and insight he shares are sure to help coaches at all levels. --David J. Stern, NBA Commissioner

Get into the zone and take control of the game. Known as basketball's great equalizer, the zone defense has taken center court, from the pros on down to peewee. Not the old man-to-man defense, this is multiplayer ball, a powerful strategy for overwhelming opponents and trapping them before they reach the hoop. Now, in this one-of-a-kind book, you'll get what it takes to control any zone and lead your team to victory. Don Casey, one of the foremost zone coaches in the world, gives you a hard-driving guide for using zone defenses and attacking them on the offense. Let Coach Casey show you how to: Turn a five-player team into one heavy-duty unit Stop superstars in their tracks and cut them down to size Neutralize any offensive threat Master the zone press, sliding zone, spot zone, and much more Play and attack the match-up zone

Book Information

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Customer Reviews

Don Casey has nearly 40 years of experience coaching basketball from high school to professional. He has coached with the Los Angeles Clippers, New Jersey Nets, Chicago Bulls, and Boston Celtics. He lives in San Diego, California. Coach Casey is currently working on zone concepts with Team USA. Ralph Pim is the division chief for competitive sports at the United States Military Academy at West Point. He lives in Pomona, New York.

It will be years before I fully understand all the information in this book. It will be months before I will be choosing and coaching my eighth-grade team, but I am already drawing up practice plans with

Own the Zone concepts in mind. I just watched Russia hold the USA to 17 points in the second quarter of their exhibition game in China, and they were using the exact zone strategies outlined in this book. The history lesson at the beginning of the book gets tedious and seems to be fluff and filler before the meat, the diagrams, the drills, but overall I would highly recommend this book to any coach looking to bolster their arsenal of defensive weapons.

In the interest of expanding the scope of a new womens' basketball coach I purchased this book as a gift. It will add another dimension to her game plan. Man to man is her forte, but this will help adapt a change up AND if you know how to play the zone you can figure how to beat the zone!

The history lesson was nice, but if you have been around basketball much, you will find most of the information common place.

excellent book on covering zone play. great breakdown and very helpful strategies to destroy a zone look from any team and level.

This book is a must own if your thinking about using the zone for your team. Not only does it break down the history of the zone, it gives great examples on how to implement them.

This book was titled wrong, i was looking for a book about attacking various zones, this had one small section devoted to that. this is more a book about installing various zone defenses instead of attacking them.

's review system does not allow for half-stars and I do think this book deserves more than four stars, just not quite five. I teach history, love sports history but found the historical part of the book a little uninteresting. I have a copy of Don Casey's very first book, at least I think it was his first book, on zone defense. While that little manual I got 25 years ago was helpful and had lots of useful interesting information on zone defense, the current book by Casey is vastly better. By showing how zone defenses really work, this book helped me to think about how to attack zones more effectively on offense. This book not only provides a tremendous amount about zone defenses, etc., it will get you as a coach thinking about how to use a zone and how to fit the zone to your personnel or vice versa. I always find books that make me think about things in a different light more helpful than the ones that just spell it out for me and don't get my mind working to use the information provided to

solve my particular problem. I strongly recommend this book for any coach, youth coach, middle school, high school, beginner or veteran. Kevin Sivils - author of Game Strategy and Tactics for Basketball

I have been coaching for 12 years and this book had some great insight into zone defenses and zone offenses. Simple reading that got your mind going during the offseason.

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