MY BASKETBALL BIBLE

By Forrest C. Allen

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"My Basketball Bible" contains 450 pages profusely illustrated with photographs and diagrams. It is divided into chapters on individual offense, individual defense, team offense, team defense, inspirational coaching and the treatment of athletic injuries. It also contains a chapter on preparation for the season and action diagrams throughout the book explain definitely the technique of the game.

一种,我们就是一个人的,我们就是这些一个的时候,我们也可以是一种的人的,我们就是一个人的,我们就是一个人的人的,我们就是一个人的人的人,我们就是一个人的人的人