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# PREFACE

What you will find in this book is about helping coaches and players to gain the knowledge and skills to apply that knowledge to their particular needs. For the past three years, I've been a coaching supervisor to the NBA's minor league, the National Basketball Development League (NBDL). In that role, I critique professional coaches, offering concrete suggestions that will help them to improve their coaching. This handbook addresses many of the same issues that I have seen in my work with coaches and players. The purpose of this book is to provide you with the information and tools that you need to be successful in your coaching. This book is for coaches at all levels who are seeking ways to improve their coaching and who are interested in developing their coaching skills. In my years of coaching I've seen many coaches who didn't need to improve in some areas. I've seen excellent coaches who were excellent players and great players, but not so good at coaching. Whether you're a coach or a player, this book will help you improve your coaching skills. It's a great resource for coaches and players alike. It's a great resource for coaches and players alike. It's a great resource for coaches and players alike.

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