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Kids Basketball: Teach Your Child How To Play Basketball (English Edition)

Teach Your Child How To Play Basketball

10 Simple Exercises
Your Child Will Love To Do,
As They Learn To 'Dribble'



James C. Washington

Par James Washington
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Description :

Prsentation de l'diteur Teach Your Child How To Play Basketball is an easy way to introduce your love for basketball, or a creative way to have an active environment for family fitness, this book will get you started. This book is targeted for young children up to age 4 or 5. James and the boys demonstrate how to have fun, get exercise, bond, and learn some basic basketball skills. This picture book shows 10 fun exercises that you can do with your child to help them learn the basics of basketball. The author and his sons show you how to do it with clear, easy to follow steps. Here are the 10 exercises in the book: Exercise # 1 Standing and Holding the Ball Exercise # 2 Above the Head Exercise # 3 Dropping and Catching Exercise # 4 The Dribbling

StanceExercise # 5 Sit DOWN Smack DOWNExercise # 6 Finger Tip OneExercise # 7 Fingertips 2Exercise # 8 Finger Tips 3Exercise # 9 Finger Tips 4Exercise # 10 Whole HandWhat others are saying about the book:"The book is really heartfelt! I am impressed."From an experienced coach comes this cool, balanced, no-pressure way to teach your child basketball - and enjoy fun moments with the youngsters in your family or neighborhood.The 10 deceptively simple exercises will take barely 30 minutes to do - but can get children so intimately engaged with the basics of playing basketball that it will set the tone for the rest of their training."LOVED the little book - and the gorgeous photos of your boys!"How to play basketball for kids, is a great way to focus fun and fitness without it being complicated."Prsentation de l'diteurTeach Your Child How To Play Basketball is an easy way to introduce your love for basketball, or a creative way to have an active environment for family fitness, this book will get you started. This book is targeted for young children up to age 4 or 5. James and the boys demonstrate how to have fun, get exercise, bond, and learn some basic basketball skills.This picture book shows 10 fun exercises that you can do with your child to help them learn the basics of basketball. The author and his sons show you how to do it with clear, easy to follow steps. Here are the 10 exercises in the book:Exercise # 1 Standing and Holding the BallExercise # 2 Above the HeadExercise #3 Dropping and CatchingExercise # 4 The Dribbling StanceExercise # 5 Sit DOWN Smack DOWNExercise # 6 Finger Tip OneExercise # 7 Fingertips 2Exercise # 8 Finger Tips 3Exercise # 9 Finger Tips 4Exercise # 10 Whole HandWhat others are saying about the book:"The book is really heartfelt! I am impressed."From an experyenced coach comes this cool, balanced, no-pressure way to teach your child basketball - and enjoy fun moments with the youngsters in your family or neighborhood.The 10 deceptively simple exercises will take barely 30 minutes to do - but can get children so intimately engaged with the basics of playing basketball that it will set the tone for the rest of their training."LOVED the little book - and the gorgeous photos of your boys!"How to play basketball for kids, is a great way to focus fun and fitness without it being complicated."