



Duke Basketball: A Clinic with Coach K [DVD]

By Mike Krzyzewski

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Duke University men's basketball program has been the model for success in Coach Mike Krzyzewski's tenure at the helm. Under his direction, the Blue Devils have been perennial contenders for conference and national titles. Now you can harness Coach K's strategies for team defense, the transition game, and successful practices to make your team better than ever—all on one action-packed DVD.

The *Duke Basketball Video Series DVD* offers special insight into the key components that made all of those Duke wins, championships, and awards possible. The program transports you right to Cameron Indoor Stadium to see and hear what takes place during Duke practice sessions. Each segment features Coach K and the Duke team explaining and demonstrating

- key teaching and coaching points,
- individual skill instruction,
- team tactics and execution, and
- practice drills.

Action footage shows how lessons learned on the practice floor are transferred successfully to games. You will find the content captivating and directly applicable to your own improvement or to that of your players.

Duke is known for its tough team defense, and five Blue Devils have been chosen as Defensive Player of the Year during Coach K's tenure. The *Team Defense* segment shows how you can transform five individual players into a single, basket-denying unit. From the trademark floor slap to the half-court trap, this DVD offers three complete clinics on the techniques required to fulfill individual position responsibilities and the tactical adjustments required to stop offensive attacks of all kinds.

Duke's emphasis on beating their opponent in switching from defense to offense and from offense to defense has become a hallmark of their success. Very rarely do they give up an easy fast-break basket, yet they score many breakaway buckets themselves. The *Transition Game* segment shows that this advantage is developed on the practice court by design, drills, and desire; and it describes how

you can achieve this advantage for yourself or your team.

The *Championship Practices* segment provides a behind-the-scenes look at how Coach K and his staff plan and conduct their practice sessions to produce powerhouse teams. From overall season objectives to specific player teaching points, you'll see exactly how you can transfer the blueprint for success to players. Each element of practice is broken down into modules of instruction as Coach K teaches, corrects, reinforces, and attends to all aspects of the game in his classroom on the court.

Human Kinetics DVDs are coded for universal playback and can be played in all regions of the world.

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