



Own the Zone: Executing and Attacking Zone Defenses

Don Casey

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“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

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