



Five-Star Basketball Drills

By Howard Garfinkle, Will Klein

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Over 5,000 talented players have completed the Five-Star program and received scholarships. Distinguished alumni include Isiah Thomas, Moses Malone, Dominique Wilkins, Michael Jordan, Mark Aguirre, John Paxson, Jim Paxson, Jeff Ruland, Darnell Valentine, and Mike O'Koren. Here, in print for the first time, is a compilation of 131 drills they practiced at the nation's premier basketball camp. The book includes the following:

- 131 of the best drills used at the Five-Star camp
- Conditioning, one, two, and three player drills for men and women
- Proven regimens from a star-studded galaxy of NCAA and NBA coaches
- Step by step instructions with pictures and diagrams to maximize your potential and practice time
 - "Howard Garfinkel and Will Klein are as well organized in their presentation of drills as they are in their camp. This book is a great contribution to your basketball library." -- Bob Knight
 - "Owning one of the most varied sports libraries in the country, I consider myself an expert on sports books. Nowhere on my shelves is there anything approaching the value of these drills for youngsters and young coaches. It's the best drill book in America." -- George Raveling
 - "With the advent of the three-point shot, there's now a high priority on the skill parts of the game. This book will help the dedicated user become a fundamentally sound player." -- Mike Fratello
 - "A must for all young players and coaches who want to learn the game the way it should be taught." -- Rick Pitino
 - "Five-Star has done a great job helping kids. I admire the way they've emphasized teaching the concepts and maintained the personal touch in dealing with youngsters. This book carries on that great tradition." -- Mike Krzyzewski

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Editorial Review

Review

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From the Back Cover

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--Bob Knight, Texas Tech University

"With the advent of the three-point shot there's now a high priority on the skill parts of the game. This book will help the dedicated user become a fundamentally sound player."

--Dean Smith, College basketball's all-time winningest coach

"No one has done more for the game of basketball in the past four decades than Five-Star's Howard Garfinkel and Will Klein" -- Mike Krzyzewski, Duke University

"A must for all young players and coaches who want to learn the game the way it should be taught."--Rick Pitino, University of Louisville

Before there was a Nike or Adidas camp for the nation's elite high-school players, there was Five-Star. Now in its 37th year, more than 5,000 talented players have completed the Five-Star program, and over 300 of them have gone on to careers in the NBA. Distinguished alumni include Isiah Thomas, Moses Malone, Dominique Wilkins, Michael Jordan, Patrick Ewing, Alonzo Mourning, Jamal Mashburn, Rasheed Wallace, and Vince Carter

In *Five-Star Basketball Drills*, you will find the same 131 drills practiced by these basketball greats at the nation's premier basketball camp. The book includes:

- One-, two-, and three-player drills for men and women
- Proven regimens from a star-studded galaxy of NCAA and NBA coaches
- Step-by-step instructions with pictures and diagrams to maximize your potential and practice time

About the Author

Howard Garfinkel founded Five-Star basketball camp and today offer clinics in more than 25 cities nationwide. Their alumni campers and coaches make a distinguished list of Who's Who in basketball.

Will Klein is the cofounder and codirector of Five-Star Basketball Camp, a former basketball coach and assistant principal at Christopher Columbus High School, and retired principal at Evander Childs High School, both in Bronx, NY.

Users Review

From reader reviews:

Adrian Woodson:

Now a day individuals who Living in the era just where everything reachable by interact with the internet and the resources included can be true or not require people to be aware of each info they get. How individuals to be smart in having any information nowadays? Of course the answer then is reading a book. Studying a book can help folks out of this uncertainty Information especially this Five-Star Basketball Drills book since this book offers you rich information and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it you know.

Allison Stiffler:

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Kimberly Duda:

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