

More Five-star Basketball Drills

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"That camp changed how I felt about basketball and my future. It was the turning point in my life."--Michael Jordan 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, Howard Garfinkel's Five-Star camp has produced hundreds of NBA and Division 1-A college players, including such superstars as Michael Jordan, Isaiah Thomas, and Vince Carter. In More Five-Star basketball drills, the author offers readers his one-of-a-kind, exclusive guide to the superstar camp's most successful drills, straight from the personal notepads of some of the nation's most successful professional and college coaches. Coaches and players looking for a proven hoop drill program will find: More than 100 fundamentally sound and easy-to-execute drills An inside look at Five-Star's sure-fire plan for improving one's game Exclusive photos from the camp's illustrious history

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