

For Immediate Release

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The New Basketball “Bibles” Are The Same Old, But New, Stuff

When Sidney Goldstein wrote several basketball books over 14 years ago, he never planned to be in the basketball business. “I just wanted to get the message out that basketball skills could be taught.” After completing 14 videos on the books, he finally went back to improve the “bibles”, something he says that he wanted to do from day one of publication.

The unwritten premise of the new books, **The Basketball Coach’s Bible** and **The Basketball Player’s Bible**, is the same as the first edition ones: it’s essential that you teach players the basic skills. Goldstein ditches the paradigms that *plays* are the key to offense (offensive skills are the key), that players either have it or not (teach everybody), that practice makes perfect (coaches use this to blame players for not learning), that drills magically teach players (only coaches teach players), that winning means wise (winning only means a team scored one more point than the other team), that positional play is important (each player must learn every position), and many other untrue basketball truisms. He summarizes his philosophy through the step-by-step lessons in his books in a few statements:

- 1- Players need individual skills before team play can improve.
- 2- Improving individual performance involves working on body mechanics and agility.
- 3- Working on conditioning & athleticism improves the game of each player.

The material in the small non-lesson (or theory) part of each original book has been overhauled in the new editions. Redundancy has been reduced. Ideas have been clarified. Only one chapter which describes the court and basketball terms is virtually unchanged. Most of each book still involves step-by-step lessons (~300 & 200 in the coach’s and player’s manuals, respectively) on what the author considers basic skills. The directions for both the most basic and advanced skills have been expanded and im-

proved. More advanced lessons have been added. Because lack of practice time is often a problem, the most basic of the basic lessons are clearly identified.

There are over one hundred more diagrams in each new book, so users can better understand each lesson before reading the text. The cartoons have been removed from the coach’s manual (initially to make it shorter), while 35 additional cartoons have been added to the player’s manual. Even with the attempt to whittle down the material, both books are over 60 pages longer than the previous editions. The coach’s comes in at 416 pages, 8.5 x 11, and the player’s at 352 pages.

Goldstein’s background in basketball is solid. In junior and senior high he played for many teams including the well-known Overbrook High School team in Philadelphia, where many pros had there start including a guy named Wilt. In college and after he played for many teams often against players who would become pros. His coaching career spanned about 15 years, coaching high school men’s and women’s teams, several of which won championships.

The author spent more time on the new books than on the first editions and expects that the changes will make the new books more intelligible and easier to use than the originals. For more information about the books or DVDs visit mrbasketball.net.

ISBN & PRICE

The Basketball Coach’s Bible, 2nd Edition \$29.95
ISBN: 978-1-884357-99-2
416 pages, 8.5 x 11, perfect bound

The Basketball Player’s Bible, 2nd Edition, \$24.95
ISBN: 978-1-884357-00-8
352 pages, 8.5 x 11, perfect bound

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Author: Sidney Goldstein

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Consumer: book stores, Amazon, and through the authors website:

mrbasketball.net

Make sure to ask for the Second Edition

Category: nonfiction, Reference, Adult

For Player's Manual add the category of children, 12 and above

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For more details on the differences between the first and second editions check the Introduction of each book.