

Pre-Season Basketball Coaches Clinic

Saturday, September 26, 2015

**Centre for Athletics, Recreation and Special Abilities (CARSA)
University of Victoria**

BASKETBALL DRILL RESOURCES:

This list of basketball resources gives you some ideas about where you can look for more information which is free and wide-ranging to help you develop your team. There are thousands of resources you can find, but those listed offer some of the best bang for your buck largely because they are free of cost! Feel free to add your own resources to this list and send them to me c/o westcott@shaw.ca so I can share your ideas and resources with other coaches!

-email University of Washington women's basketball coach Mike Neighbors at nabes22@uw.edu and ask to be included on his weekly coaches newsletter list; **best source of basketball material on the web with over 69,000 contributing coaches from 45 countries around the world and it is ALL FREE!**

Xavier University Men's Basketball Newsletter - send an email to geisenjc@xavier.edu to have your name added to their distribution list which sits at 28,000 coaches and counting; regular weekly newsletter offering articles, special plays, practice drills and individual workouts and it is ALL FREE!

www.coachestoolbox.net – sign up for daily email with coaching hints and drill information

www.hoopcoach.com - sign up for daily email which includes one quote which can be applied to basketball, one drill and one play

www.championshipproductions.com – best source of instructional videos, also have a weekly newsletter with drills shown in clips from these videos

www.lesspub.com – Winning Hoops Magazine, they also have a free weekly newsletter with drills, plays and articles related to youth and high-school basketball

www.mensbasketballhoopscoop.com – if you have ever missed a coaching clinic, this is the site for you; sign up for their daily email with clinic notes from around the world

www.simpletruths.com - source for three-minute videos on a large number of topics which will be of interest to you and your players; focuses on leadership and other inspirational ideas

www.strongerteam.com – Alan Stein is the premier developer of strength and conditioning program with lots of free stuff directly related to basketball; he has some great ideas and lots of free stuff!

www.breakthroughbasketball.com – sign up for their newsletter with free drills and other related information

www.kevineastmanbasketball.com – sign up for email newsletter from the Boston Celtics assistant coach and NIKE skills development trainer; especially focuses on developing leadership

www.basketballhq.com - weekly newsletter with new drills, plays and videos for free; also includes a subscription site with more drills and videos to access with your membership

www.basketball.bc.ca - Coaches Clipboard – coaches newsletter

www.hoopsu.com - website offering drills, plays and an online store with many useful items for coaches at every level of play; you receive two free ebooks when you register with the website for their free newsletter; also offers a subscription service