

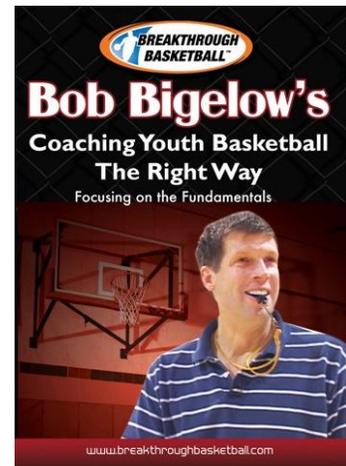
# NEW Youth Basketball DVDs - Learn the Proper Skills, Drills, Progressions, and Coaching Style to Use with Youth Players

## Bob Bigelow's Coaching Youth Basketball The Right Way - Focusing on the Fundamentals

### Who is Bob Bigelow?

Bob is a world-renown expert on youth sports and coaching youth basketball.

- Former 1st Round NBA Draft Pick.
- Played for the Kansas City Kings, Boston Celtics, and San Diego Clippers.
- Played for three Top 20 teams at the University of Pennsylvania (Penn).
- Played at Penn for Basketball Hall of Fame Coach Chuck Daly - the Coach of the 1992 Olympic Gold Medal "Dream Team".
- Conducted over 2500 Talks and Clinics on Youth Sports and Basketball since 1990.



Bob has studied youth sports and youth basketball for the last 20 years and he's a world-leading authority on the subject. His focus is on coaching youth basketball the RIGHT WAY.

His approach is focused on what is best for the players and their future development. Unfortunately, few youth coaches know how to do this or have the expertise to properly handle the unique challenges of developing youth basketball players. In his new DVDs, Bob shares his knowledge so you can all develop better players.

### What's in the DVD - Volume I?

#### Introduction

- What is a fundamental?
- Why coaches should try using a 9 pound ball - it makes them think.
- The challenges of young kids playing basketball and putting things in perspective.
- The goal of this DVD is to teach better ways to coach youth basketball.

#### Chapter 1 - The Importance of Pivoting and Movement

- Why you can't effectively play without this footwork!
- How ball position affects center of gravity.
- Teaching footwork and pivoting the right way.
- 4 drills to teach jump stops and pivots.
- The proper progressions to teach footwork and a solid foundation for players.

## **Chapter 2 - Teaching Dribbling the Right Way**

- The proper way to build dribbling skills for young kids.
- How gravity can impact the skills that you teach.
- The 2 most important dribbling concepts for young kids to learn.
- Unique progressions to effectively teach dribbling.
- When and how to add a defense to improve dribbling and ball handling.
- Learning to dribble the ball under defensive pressure (the proper progression).
- 9 youth dribbling drills with progressions.

## **Chapter 3 - Successful Passing for Kids**

- Why young kids are less inclined to "share" and what to do about it.
- Challenges for young kids passing the ball and how to handle it.
- Why the wall may be your best weapon for skill improvement.
- Teaching balance and age appropriate skills.
- Learning the 5 passing holes.
- Learning how to pass around defenders.
- Improving passing accuracy and teaching players to hit moving targets.
- 12 youth passing drills with progressions.

## **Chapter 4 - The Right Way to Teach Shooting**

- No more heaving the ball.
- Matching kids' size and strength with the best shooting techniques.
- How to teach and determine a player's shooting range.
- The 13 spots to start shooting.
- Why layups are different for kids than adults -- you have to teach them differently.
- The real reason that youth players miss so many lay ups.
- How to teach lay ups the right way.
- Why you MAY not want to teach shooting to your kids YET.
- Simple lay up drills.

## **Chapter 5 - Simple Offense for Youth Teams**

- A better way to teach offense.
- Understanding the importance and concepts of triangles.
- A super simple yet effective screening offense that you can teach in minutes.
- Simple motion offense rules for youth teams.
- How youth players can effectively move without the ball.
- Cutting and simple drills to teach the concept.
- Easy drill to teach ball screens.

## **Chapter 6 - 3 on 3 is the Best Way for Young players to Learn**

- Why all youth teams should play lots of small sided games (like 3 on 3).
- Concepts for playing effective 3 on 3 basketball.
- Playing 3 on 3 with a sideline passer.

## Chapter 7 - Planning and Applying these Concepts in Practice

- Bob's 3 iron clad rules for youth practices.
- How to organize your practices effectively.
- Practice planning - how to ensure that you and your players get the most out of practice.

## Chapter 8 - Coaching Youth Games the Right Way

- Coaching the process, not the outcome.
- Giving out playing time appropriately.
- Why most youth teams have too many players.
- What to do on the sidelines.
- Can kids really process or hear what you say on the court.
- The best time to teach.
- Playing the right type of defense for this age group.

## Chapter 9 - Final Thoughts and Important Guidelines

- Why basketball is a late developing sport and what that means to you.
- Playing all year round - why it's a bad idea.
- The development process of young players.
- Very common mistakes in the game today and the right way to coach youth basketball!

Overall the DVD covers basic skills & has over 30 fun drill progressions for footwork, dribbling, ball handling, passing, shooting, and youth offense concepts.

The Volume I DVD is 85 minutes long.

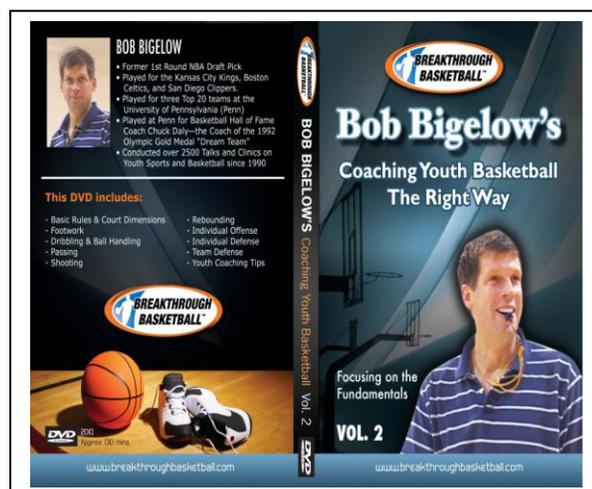
## **NEW!! -- Coaching Youth Basketball The Right Way**

### **Volume II – 2-Disc Set (More Drills and Tips)**

Volume II gives you 32 more drills, expands on the topics in Volume I, and covers more youth coaching concepts and issues.

Volume I gives you all the core tactics and the most important concepts for youth basketball coaches. Once you get through Volume I and have a strong understanding of those concepts, you can move on to Volume II to increase your knowledge and get to the next level as a youth basketball coach!

Volume II includes 2 hours and 10 minutes of footage on two discs. It is geared for youth players 8 to 14 years old.



## **Here's what you get in the Volume II, 2-disc set:**

### **Chapter 1 - Basic Rules and Referee Tips (NEW Topic)**

- Court dimensions and how the size of the court affects youth players.
- Should youth players shoot standard free throws?
- Rule differences for boys and girls.
- Guidelines on how to referee young players. Special adjustments for youth players.

### **Chapter 2 - Proper Training Progressions**

- Learn the order that you should teach skills.
- Why it's important to introduce skills by progression.
- How to introduce those skills.

### **Chapter 3 – Ball Handling**

- 10 NEW ball handling and warm up drills.
- Tips and key coaching points for ball handling drills.

### **Chapter 4 - Dribbling**

- How to properly progress through dribbling skills.
- Tips for youth coaches when they teach dribbling.
- 5 NEW youth dribbling drills.

### **Chapter 5 - Coordination & Footwork**

- Why skills are often introduced too early and coordination needs addressed.
- How to get young players to move at faster speeds and stay under control.
- NEW dribbling variations to jump stop drill.
- 3 NEW coordination, footwork, and movement drills.

### **Chapter 6 - Passing**

- Passing tips and fundamentals.
- 3 NEW youth passing drills.

### **Chapter 7 - Shooting**

- How to teach shooting form.
- When to teach shooting form.
- Basic shooting drills.

### **Chapter 8 - Lay Ups**

- Why kids miss lay ups and why they are so difficult for youngsters.
- The best way to teach lay ups and progress through each step.
- 4 NEW youth lay up drills.

## **Chapter 9 - Rebounding (NEW Topic)**

- Why your best offense is the missed shot.
- Rebounding tactics to score more points.
- Average rebounds available based on age level.
- How to teach proper rebounding technique.
- Unique perspective on rebounding at the youth level.
- 3 NEW and simple rebounding drills.

## **Chapter 10 - Individual Offense (NEW Topic)**

- Why this can be a slippery slope for youth players.
- How to simplify individual offense moves for youth players.
- How to teach jabs and ball fakes to make youth players more effective.
- How to teach basic moves.

## **Chapter 11 - Team Offense**

- Additional screening and cutting concepts.
- How to cut and get open.
- 3 NEW and simple drills for teaching team offense.

## **Chapter 12 - Defense Tips (NEW Topic)**

- Defensive tips for youth players.
- How to reduce fouls.
- How to lower your opponent's shooting percentage.

## **Chapter 13 - Individual Defense (NEW Topic)**

- How to teach the defensive stance to young players.
- The proper way to shuffle and guard the ball.
- NEW drills and tips for on-ball defense.

## **Chapter 14 - Team Defense (NEW Topic)**

- How to teach and play good team defense.
- How to teach proper defensive positioning.
- How to teach help defense.
- Important defense tips for youth coaches.
- Using the shell drill to teach youth concepts.

## **Chapter 15 - Critical Youth Coaching Tips**

- How to keep practice moving and keep players engaged.
- How to structure your practice.
- How to discipline kids, handle behavior problems, and keep their attention.
- Conducting an effective youth practice.
- Game coaching tips.
- The player's perspective and why you should be aware of "in-attentional blindness".
- How to become a better youth coach.

- How to keep less experienced kids from getting discouraged.
- Stats you should track at the youth level.
- Playing time and the problem with cutting kids at this age.
- How to provide long term development and success.
- What's wrong with youth feeder systems and how to correct the problems.
- Common mistake high school and experience coaches make with young players.

### **What Makes Bob's DVDs Unique?**

1. The biggest thing is that few people in the world possess the knowledge and expertise that Bob Bigelow has about youth basketball. He shares expertise and advice that you just don't hear anywhere else. His concepts are unique and after seeing his clinic we knew he was the perfect person to help us create a youth coaching DVD.
2. Bob is working with these players for the first time. Nothing is rehearsed, so you will see actual coaching and a lot of the same situations you will face during practice.
3. The players are actually beginners and not highly-skilled college or pro players like you will see in most DVDs. As a teacher/coach, this makes it much easier to relate what you learn throughout the DVD to your practices.
4. Not only does Bob teach the critical fundamentals mentioned above, but he also delves into issues that you only learn from years of experience. Most of the time, you don't learn these things until it's too late and you're DONE coaching.