

## VOL III: New DVD 2-Pack

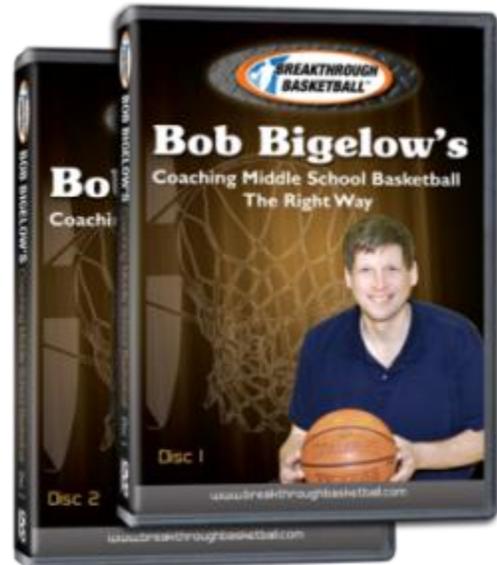
# Coaching Middle School Level Basketball the Right Way - Focusing on Fundamentals, Proper Technique, and Developmental Drills

Dear Basketball Coach,

In this two DVD set Bob Bigelow takes you through a variety of drills, fundamentals, and teaching points specifically targeting coaches that work with players around the 6th, 7th, and 8th grade levels.

In some cases this DVD set will also apply to advanced 5th graders or beginner 9th graders. But generally speaking, the content is intended for coaches working with typical 6th, 7th, and 8th grade basketball players.

Here are a few things you'll get from this 2-DVD set:



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- Warm up drills and techniques.
- Body control tips, tactics, and drills. Learn how to reduce turnovers and score more points by improving your players' body control and footwork skills.
- Footwork. Learn how to teach footwork, reduce traveling, and improve your players' offensive footwork skills.
- Dribbling fundamentals, tips, and drills. Learn a variety of dribbling drills and techniques that work well with middle school level players.
- Passing and catching tips, techniques, and drills. Learn some new twists on old drills that allow you to get more done, keep players engaged, and multi-task skill development.

- Shooting tips, techniques, and drills. Learn when to teach the jump shot, common myths about shooting development, how to improve shooting percentage, and some new drills.
- Rebounding tips, tactics, and drills. Learn how to get their attention and convince 6th, 7th, and 8th graders the importance of rebounding and blocking out.
- Individual offense, moves, and footwork. Learn how to teach footwork and foundational moves to middle school level players. Learn the proper technique, fundamentals, and key teaching points.
- Team offense. Learn basic offensive principles, the right way to teach offense to young kids, and a simple yet effective offense for you to teach.
- Post play fundamentals, technique, and drills. Learn the basic moves you should teach young post players and some simple drills to hone their skills.
- Practice planning tips - get players more touches and learn about the "thousand touch practice".

Overall there are 50+ drill variations and 190 minutes of footage in this 2-DVD set.

## **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 this new DVD, Bob shares his knowledge so we can all develop better players.