

Coach the Coaches - Coach Jim Powell
Wesley Elsternwick Gymnasium
Sunday 15th May 2016



Handy drills

Grade 1 – 8 basketball drills

<http://www.youtube.com/watch?v=32dOSPxfcQw>

Kids work outs

<http://www.youtube.com/watch?v=yrBMSMyGpbk>

Junior High practise plans

<http://www.youtube.com/watch?v=vCXBTOkRT1k>

Shooting Drills

<http://www.youtube.com/watch?v=gWZJDSBaOwY>

Shell drill

<http://www.youtube.com/watch?v=C-dNmzxNQkc>

Basketball Coach Brett Brown - Cutthroat Defense Drill

<http://www.youtube.com/watch?v=RmeRyIL3YAI&feature=youtu.be>

Basketball Coach Guy Molloy - The Dribble Penetration Game

<http://www.youtube.com/watch?v=-AWZA9vhylw>