

Pre-Season Basketball Coaches Clinic

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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 these 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**](http://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**](http://www.basketball.bc.ca) - Coaches Clipboard – coaches newsletter

[**www.hoopsu.com**](http://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

[**www.thecoachingassist.com**](http://www.thecoachingassist.com) - Women's Basketball Coaching is a non-traditional career field that has many paths to success. The Coaching Assist is here to help aspiring and current coaches find their own path to successfully coaching women's basketball. We share insight and advice right from the mouth's of coaches and administrators in the basketball world. The Coaching Assist is here to provide tips and guidance for navigating a variety of paths, whether it be the first steps into coaching or a new path to connecting with peers.

Pure Sweat Basketball youtube channel - google this topic and find a never-ending collection of drills, workouts and articles to use with your team

[**www.fastmodelsports.com**](http://www.fastmodelsports.com) - this website has a collection of 1000s of drills along with a blog and software downloads; once you register with them, they will send a weekly news letter with drills, plays and articles of interest to every coach

[**www.lifebeyondsport.com**](http://www.lifebeyondsport.com) - this website **Life Beyond Sport** offers coaches articles about leadership consulting and team building resources to help coaches create winning team cultures; there are lots of free resources and they will send you a weekly newsletter with interesting team-building ideas and stories

[**www.coachosterman.com**](http://www.coachosterman.com) - Jeff Osterman is the associate head coach with the University of South Florida men's basketball team; he offers a website and a free newsletter called "Overtime" which is emailed on an irregular basis; similar to the Coach Neighbors newsletter, he offers lots of free drills, plays and articles which you can use in your program

[**www.protrainingbb.com**](http://www.protrainingbb.com) - this website offers drills and workouts for players at all positions; some of the material requires payment, but the basic material is free along with their regular information emails they send out every week

Zak Boisvert youtube channel - google this topic and you will find an excellent channel created by an NCAA assistant coach where he has broken down game tape of NCAA and NBA teams on a number of topics so you can see multiple specific offensive and defensive sets which you can take and use or modify for use with your team