

The 2025 Community Coaches Clinic

A New Era of Teaching the Game!

Saturday, September 20, UVic's McKinnon Gym
8:30 a. m. clinic registration starts; 9:00 a. m. – 3:00 p. m. clinic sessions

This year, we are not just running a clinic—we are redefining how to teach the game.

No more isolated drills. Learn how to teach skills with purpose, to connect fundamentals to the principles of play and to keep it fun.

What's new? Three veteran coaches and their coaching teams, will lead a dynamic day of learning. From 1-on-1 to 3-on-3, see how dribbling, passing, shooting, cutting, screening, spacing, and defense fit seamlessly into the flow of the game.

You will leave with practical tools to build smarter, adaptable players who not only learn skills but truly understand—and love—the game.

**Step in. Lead the way, in teaching our youth how to “Play the Game”!
Be part of the change!**

The three head clinicians for this year are as follows:

- **UVic women's assistant coach Lynn Montgomery**
- **Spectrum's two-time B. C. 4A boys champion Tyler Verde**
- **Former SMUS and UVic assistant coach Ian Hyde-Lay**

“Don't mistake activity for achievement. To produce results, tasks must be well organized and properly executed; otherwise, it's no different from children running around the playground—everybody is doing something, but nothing is being done; lots of activity, no achievement.”
— John Wooden: Coach Wooden's Leadership Game Plan for Success

Do not miss this clinic and be part of the change!

THIS CLINIC IS FREE FOR ALL ATTENDING COACHES!!

2025 Community Coaches Clinic – Summary Table

| Section | Focus / Key Points |
|---------------------------|---|
| 1. Developing Athleticism | Teach athletic stance, running mechanics, stopping, changing direction, jumping and pivoting. Emphasize <i>balance before speed, technique before speed.</i> |
| 2. Offensive Skills | Core fundamentals: dribbling (control + creativity), passing & catching (target hands, pass away from defense), shooting (layups, perimeter, off the dribble), and rebounding (blocking out, pursuing the ball). |
| 3. 1-on-1 Play | Players must read defenders and react. Use pivots, jab steps, shot fakes and live dribbles to attack. Encourage lots of 1v1 play for skill growth. |
| 4. 2-on-2 Play | Introduce spacing, give-and-go, drive & kick, dribble handoffs, crossing actions. Teach reads, timing and decision-making. |
| 5. 3-on-3 Play | Builds on 2v2 principles with added spacing, fill cuts, pass & screen away and down screens. Reinforces teamwork and off-ball movement. |
| 6. 5-on-5 Offense | Combine all skills and small-sided principles into a simple, clear offense. Emphasize understanding, spacing and decision-making over set plays. |
| 7. Defense | Mindset: <i>“Defense is like breathing—you must do it every day.”</i> Teach 1v1 stance and positioning, 2v2 help and communication, 3v3 screen defense and then scale to team defense. Focus on attitude, fitness, and communication. |