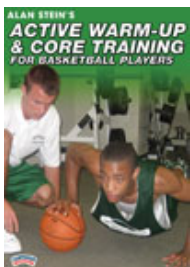


Championship Productions, Alan Stein
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Basketball conditioning expert Alan Stein stresses that being fit and being in basketball shape are two completely different concepts. Since the game of basketball is fast paced, intense and provides very few rest breaks - your team's conditioning workouts should reflect this. Additionally, basketball is very movement-specific, so it is important to have players' include sprinting, back pedaling, defensive sliding and jumping in their workouts. To keep the workouts fresh, innovative and on the cutting edge, Coach Stein incorporates a variety of audio and visual cues that help improve a player's ability to read and react. The drills shared in this DVD are fun, interactive and competitive. In addition, each of these drills can be done for a desired time or a certain number of reps, and many of the drills can be done just about anywhere, which is of great value for coaches with limited court availability. Many of these drills are basketball-specific and will help your team improve moving without the ball, defensive positioning and rebounding. Each of these drills will help your players become tougher, increase their competitiveness and drastically improve your team's chemistry - traits that will carry over onto the court and will help win games! Stein believes that your team's off-season and pre-season conditioning workouts set the tone and build the foundation for your practices and games. A championship season is built year round!



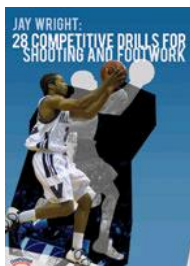
Championship Productions, Alan Stein
Copyright 2006 DVD

Alan Stein has dedicated his career to developing and improving basketball players on a year-round basis. This DVD provides coaches with a plan to do the same. The warm-up process is an extremely important yet often neglected part of preparation for basketball players. The goal of a warm-up is to make the muscles more elastic and get the joints of the body ready to play. In addition to physical preparation, this warm-up prepares players mentally as well. Each warm-up drill incorporates the movements used in basketball and creates consistency prior to each workout, practice and game. Once players are warmed-up, it is time to improve their flexibility. Dynamic flexibility movements increase the range of motion in the Achilles, calves, hamstrings, quadriceps, hip flexors and lower back. For coaches that work with limited space, Coach Stein introduces several stationary warm-up options. The core is the center of all movement and plays a large role in a player's ability to move quickly and jump higher. Stein has developed an innovative core routine that requires nothing more than a basketball. These drills include static holds in a plank position to improve lower back strength, crunch-type movements for the abs, twisting motions for the obliques, as well as a push-up variation for the chest and shoulders. By using Stein's program, players will increase flexibility, core strength and confidence. Build a championship program by following the teaching of Alan Stein today!



Championship Productions, Alan Stein
Copyright 2006 DVD

Alan Stein has dedicated his career to developing and improving basketball players on a year-round basis. This DVD is a look at his impressive training program, while providing coaches with a plan to help players improve. Strength and power training has become a standard in the basketball world, and Coach Stein is on the cutting edge of this development. His workout begins with some traditional exercises, but quickly transitions into new, innovative exercises. Several of the exercises are done from a standing position to help strengthen the lower back muscles and core. Further, many of the lower body exercises are done using one leg a time to ensure muscular balance. By becoming stronger, players are able to run faster, jump higher and box-out harder. Programs must be safe, balanced among all muscle groups, consistent year-round and progressive in nature. In addition to strength training, a well designed plyometric program can also enhance a player's performance. Stein shares several unique drills on the basketball floor designed to increase quickness and help players become more explosive. This DVD also introduces manual resistance exercises, which can be done anytime, anywhere. Programs with no accessibility to equipment can use these exercises and still gain excellent strength. Whether on the road, in the locker room or in the hallway, a combination of the exercises presented in this DVD can be used to greatly increase your team's strength and toughness.



28 Competitive Drills for Shooting and Footwork, Jay Wright
Copyright 2006 DVD

Villanova University basketball has reached a new level of excitement under Coach Jay Wright. His attention to detail and repetition allow his teams to compete with the nation's best programs. A strong believer in footwork and balance, Wright consistently incorporates these into every shooting drill as he guides you through the entire shooting progression with this on-court presentation. This DVD is packed with 28 valuable drills that show why Villanova a dangerous offensive club every year in the powerful Big East. Using warm-up and technique drills, game drills, and free throw drills, he teaches and describes fundamentals and teaching points. Practice begins with set lifts to reinforce proper technique. "Keeping the elbow under the ball" is emphasized in the Bradley drill. The Mikan and reverse Mikan drills develops touch around the basket. A staple in the Villanova system is seen in the one- and two-step shooting sequence, which relies on proper footwork. V-cuts, rebounding, and shooting are combined in three man, two ball shooting drills. In all of the drills, a big emphasis is put on good, crisp passing. Wright believes in game-like, competitive shooting as he progresses through practice. Be-

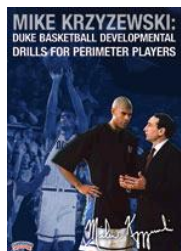


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BASKETBALL

cause confidence is the key to free throw shooting, the Wildcats work on free throw consistency throughout this video. Ultimately, game situations challenge players to build their confidence from the free throw line. During competitive drills, Wright preaches to his players to "set up quick, shoot slow". The two ball drill segment combines the screener and cutter as they build parts of motion offense into shooting drills. Four cutting options are presented after screens: Curl cut, back cut, out cut, and the straight cut. These drills increase the ability for each player to shoot from all spots on the floor, making the team balanced and difficult to defend. A great video for solid footwork and competitive shooting drills!



Duke Basketball Developmental Drills for Perimeter Players, Mike Krzyzewski
Copyright 2005 DVD

Coach Mike Krzyzewski and Associate Head Coach Johnny Dawkins give you an "inside look" at Duke's intense workout for perimeter players. The Duke basketball program has a reputation for unparalleled individual improvement using these competitive and innovative drills. Dawkins highlights four areas in this effective workout: warm-up, defense drills, transition shooting drills and offense drills. The workout emphasizes the ability to create and convert open shots, get open on the wing, use screens, and catch and shoot in transition. Along with ball handling drills, Dawkins includes a multitude of shooting drills that will cover the proper shooting stance and the most effective way to catch the ball to make your shooting more accurate and efficient. There is no one better on the court than Coach Dawkins to teach these outstanding drills.

As a player, Dawkins finished his college career at Duke as the school's all-time leading scorer (2,556 points). In addition, Coach Dawkins shares insightful detail about playing effective defense on the wing. Duke Basketball's effective practice regimen has been a large part of the success of the Duke teams over the years, which includes seven "National Player of the Year" award recipients for Duke. The drills in this workout can be incorporated into individual workouts or a competitive practice environment and are appropriate for all ages.



Duke Basketball Developmental Drills for Point Guards, Mike Krzyzewski
Copyright 2005 DVD

For the past 25 years, Duke has been home to some of the best point guards in the country and they have all studied and practiced the developmental drills presented in this excellent production. Coach Krzyzewski provides the overview and background for each section and Duke assistant coach Chris Collins teaches the drills and techniques on the court. This workout includes warm-up drills, defense drills, transition shooting drills and offense drills to create a complete point guard workout. The ultimate goals of this program are to get point guards comfortable with the ball, to build passion and understanding for the role of the point guard, and to create a "coach on the floor" mentality. Collins implements 10 drills that are built around ball handling, distributing the ball and controlling the tempo of the game. These innovative tactics and techniques encompass a variety of areas of guard play, including: shooting, transition, and screening. All of the drills

are run in a game-like/competitive setting, stress the importance of communication and leadership, and build on the fundamental needs of a point guard. This will help your point guards become "an extension of you" on the court where making the correct decision at the right moment is crucial!



Duke Basketball Developmental Drills for Post Players, Mike Krzyzewski
Copyright 2005 DVD

For the past 25 years, Duke has been known for some of the toughest post players in the country - they have all studied and practiced the developmental drills presented in this excellent production. The stronger the interior, the stronger your entire defense will be! Coach Krzyzewski provides the overview and background for each section and Duke assistant coach Steve Wojciechowski teaches the drills and techniques on the court. Wojciechowski begins the post player workout with an active warm-up -- the warm-up is an opportunity to get loose while working on ball handling, passing, and short jumpers. Wojciechowski goes over a series of drills designed to enhance your post players' abilities "to the max," including: half-court snap shots of interior defense, drop step, jump hooks, screens, and other shooting drills. Throughout the entire production, you will receive insight into how Duke develops ball denial in the post, developing "rebounding machines," low post moves, extended post moves, and screening (on the wing, high post, and baseline). Also clearly explained are the techniques and strategies to help pivot players grow in skill and ability, with special emphasis on foot skills. In order to have a great defensive team, you must have great interior defenders -- this is the workout your team needs!