

LEICESTER BASKETBALL

NEWSLETTER



ANNOUNCEMENTS:

Leicester Basketball Clinic
July 16-18 * Grades 2-10
Leicester High School
www.leicesterbasketball.com

SUMMER LEAGUE UPDATE:

The Boys Went 2-0 in our First Week of Ball!
This week's Games:
Monday vs Auburn @ 6:30
Wednesday vs St. Mary's @ 8:30

COACH THOUGHT OF THE WEEK:



Eric Musselman @EricPMuss... · 2d
The offseason is just as important for coaches as it is for players. Coaches need to put as much work into improving their craft and their team as the players do.

DEVELOPING SIMPLE DRIBBLE ATTACKS

BY COACH LYNCH

Ask yourself what "Skills" are necessary for players to succeed in the Offensive System that you employ. Once you establish which "Skills" are necessary, be relentless in helping your players develop them. For us developing a small number of simple, aggressive dribble attacks is a crucial skill for the success of our perimeter players.

The three in which we routinely drill are the 1) *The Crossover Dribble*, 2) *The In & Out Dribble*, & 3) *The Hesitation Dribble*.

Whether we're in transition or the half court we want to attack any isolated defender near the elbow area. One hard quick move looking to get into the rack zone. Using the 1/1 Dribble Attack Drill we can get guy comfortable with testing these simple attacks against a live defender.

1/1 Dribble Attacks Leicester High School

