



# LMGB Boosters Developmental Clinics Winter 2019

**When:** 5 Sunday mornings in the winter, starting in January (1/6, 1/13, 1/27, 2/10, & 2/24).

**Time:** 10 am to 12 noon.

**Where:** The Kobe Bryant Gymnasium at Lower Merion High School, 315 E. Montgomery Avenue, Ardmore, PA

**Who:** Any girl in 5<sup>th</sup> or 6<sup>th</sup> grade AND any 7<sup>th</sup> or 8<sup>th</sup> grade girls looking to improve their basketball skills.

The Winter Development Clinics will be organized and run by the Lower Merion Girls' basketball Coaches, including Head Coach Monique Boykins, Varsity Assistant Coach Rory Lewis, and Junior Varsity Coach Pete Dawson. The LMGB Boosters will also assist in the organization of these clinics.

The focus and emphasis on the developmental clinics is on three specific offensive skills:

1. The ability to consistently make a catch and shoot jump shot,
2. The ability to finish a dribble drive to the basket on balance with a jump or stride stop, &
3. The decision making as to when to shoot, when to drive, or when to pass.

Each 2 hour session will be broken down into 20-25 minutes of shooting instruction and catch and shoot jump shots, 20- 25 minutes of finishing drills, with and without defense and 45 minutes playing three 12 minute games of 3 v 3. The goal of the 3 v 3 is for the players to apply the skills taught in the drills. Playing 3 on 3 gives all players an opportunity for multiple touches of the ball during each game.

**A typical Sunday session may look this this:**

- 10:00 to 10:30am – open gym, warm up, shooting, stretching
- 10:30 to 11:15am – divide players into 2 groups, group 1 works for 20 to 25 minutes on shooting, shooting mechanics, working up to 5 spot catch and shoot jump shooting and foul shooting. Group 2 works on finishing at the rim, dribble drives (both hands) and finishing on balance. The groups will switch after 20 to 25 minutes.
- 11:15am to 12pm – 3 games of 3 on 3. Each game is 12 minutes long (running clock). Teams will rotate and play 3 different teams each session.
- Cost: \$40 for all 5 sessions or \$15 each session. This is a fundraiser for the Lower Merion Girls Basketball Boosters. Make the checks payable to LM Girls Basketball Boosters. You can bring the checks to the clinic or mail to: Carole Mercaldo, 619 Fariston Dr, Wynnewood, PA 19096
- Any questions regarding the clinics contact Pete Dawson at [pnow2004@gmail.com](mailto:pnow2004@gmail.com)