

COACH O'NEIL'S 2010 FALL BASKETBALL CLINICS



Simsbury High School boy's JV & Assistant Varsity basketball coach, Mike O'Neil, and his staff, offer age appropriate basketball clinics with an emphasis on techniques and mastering the fundamentals of the game. Each session is designed for the beginner through experienced player who want to build on their **shooting, ball handling, passing, defense and rebounding skills** through quality instruction, drills, games and scrimmages. The program creates a safe, fun and confidence building atmosphere through encouragement, teamwork, sportsmanship and respect. Participants should wear shorts or sweatpants, sneakers and **BRING A WATER BOTTLE**. Sessions 1 & 2 are 5 week sessions held on Saturday's at either Henry James Memorial School or Simsbury High School.

NEW THIS FALL: Session 3 is a 4- week **advanced shooting and ball handling** clinic for those in grades 6-9.

TO REGISTER, CLICK ON THE LINK BELOW

http://www.simsburyrec.com/info/activities/program_details.aspx?ProgramID=13269

SESSION 1: Sept. 11 – Oct. 9 <u>LOCATION</u> Henry James Memorial School	SESSION 2: Oct. 16 – Nov. 13 <u>LOCATIONS</u> Oct. 16–Nov. 6 @ Henry James Memorial School Nov. 13 @ Simsbury High School	SESSION 3: Nov. 20 – Dec. 18 <u>LOCATIONS</u> Nov. 20 @ SHS Dec. 4–18 @ HJMS (NO Clinic on Nov. 27)
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LIL' HOOPERS

CO-ED

AGE 4 – KINDERGARTEN

Lil' Hoopers is a fun, interactive, parent/child introduction to basketball. You and your child will participate together in **drills and games**. Each drill will reinforce **hand-eye coordination, movement and balance**. Adjustable youth baskets and junior size basketballs are used to promote proper form and technique. Space is limited to 18 players.

Sec A	Level 1*	SESSION 1: Sept. 11 – Oct. 9	8:00 – 9:00	\$100
Sec E	Level 1*	SESSION 2: Oct. 16 – Nov. 13	8:00 – 9:00	\$100

*Parent/Child Program

SUPER HOOPERS

Co-Ed
GRADES 1 – 3

Super Hoopers will learn how to play the game of basketball. Special attention is given to correct form, technique and proper footwork, on both offense and defense. Adjustable youth baskets and junior basketballs are used to promote proper form and technique.

Sec B	Level 2	SESSION 1: Sept. 11 – Oct. 9	9:00 – 10:00	\$100
Sec F	Level 2	SESSION 2: Oct. 16 – Nov. 13	9:00 – 10:00	\$100

HOOP GROUP ALL-STARS

Co-Ed
GRADES 4 – 5

Hoop Group All-Stars will focus on correct form, technique and proper footwork. These skills are reinforced in **FUN DRILLS, SCRIMMAGES & GAMES**. Intermediate and official size basketballs are used to promote proper form and technique.

Sec C	Level 3	SESSION 1: Sept. 11 – Oct. 9	10:00 – 11:30	\$150
Sec G	Level 3	SESSION 2: Oct. 16 – Nov. 13	10:00 – 11:30	\$150

NOTHING BUT NET

Co-Ed
Grades 6 – 9

Players in grades 6-9 will focus on correct form, to develop good habits. These habits are reinforced with **FUN DRILLS, SCRIMMAGES & GAMES**. Special attention will include being tough with the ball, beating pressure/traps and running motion offense. **Defensive skills** will include help and recover man-to-man team defense and zone coverage.

Sec D	Level 4	SESSION 1: Sept. 11 – Oct. 9	11:30 – 1:00	\$150
Sec H	Level 4	SESSION 2: Oct. 16 – Nov. 13	11:30 – 1:00	\$150

ADVANCED SHOOTING & BALL HANDLING

Co-Ed
Grades 6 – 9

NEW THIS FALL: This 4 week Clinic is designed to teach the **PERFECT SHOTS** including lay-ups, 15' jump shots, free throws, spot up 3 pt shots and 3 low post moves. The advanced ball handling skills will be focused on **8 FUNDAMENTAL SKILLS FOUND IN THE CHILL DRILL** players will learn how to relax, build muscle knowledge & increase strength. Learning will be reinforced through **FUN DRILLS, SCRIMMAGES & GAMES**.

Sec I	Level 4	SESSION 3: Nov. 20 – Dec. 18	12:00 – 2:00	\$160
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(NO clinic on Nov. 27)