

Community Coach: Ann Jirousek

Home Province / Territory: Yukon

Team and Age Group Currently Coaching: Yukon Females Aged 13-19

Years of Coaching Experience: 8

Coaching Philosophy:

Becoming a good Basketball player takes hard work, determination, a lot of heart, and respect for the game, the other team, your teammates, and the officials. All I ask from any young athlete is that they try to become better each time they enter the gym, with their skills on and off the court, and I will try to do the same as their coach. We can all learn something, and that something will make them better overall players and I hopefully will continue to be a better coach.

Coaching Highlight:

My favorite moment as a coach was when

I thanked my high school coaches for helping me realize that Basketball is not about winning or losing but growth, and this was after several years of being a coach myself. Each player is there for individual reasons but when they all realize we are together as a unit to grow, develop, and learn in order to accomplish a common goal through the realization of individual ones. And I thank each of my players' now for allowing me to guide and assist them in reaching beyond where we started from in the beginning. Seeing them do something we worked so hard on without thought or hesitation always makes me smile, that is always the game highlight.

Favorite Drill: Real Madrid

Description The drill is named from the Spanish team Real Madrid - one of Europe's finest teams in the 70's and 80's. It is a great drill after the first warm-up.

Instructions Place two players at both sidelines in line with each free throw line - that makes eight in all. And one under each basket with a ball.

This is how the circle runs:

The player with the ball passes to the player at the sideline (to the left or right depending on which way want to go round) - runs towards the basket in the other end receiving the ball again before the middle. He quickly passes to the first in line by the next free throw line, receives it and makes a lay-up.

After finishing the lay-up, He turns around and moves on in the same direction and lines up at the sideline. When he has received and made the pass he runs to the next position - sideline at the other free throw line. After

this pass he runs for the rebound and begins all over again.

Players 10-

Tips Almost every move in this drill resembles a recognizable game-situation. This makes the drill easier to learn than you might think and gives the players a great feeling of teamwork, when it's up and running.

You must be able to make good passes and lay-ups to make this drill effective.

You can emphasize on all different aspects in the drill:

Quickness and precision in passing.

Transition: Good rebound, catching the ball high, and a quick pass to the sideline.

Lay-up \$variations = If you have more than 10 players put them in the lines on the sideline. You could add more balls.

This drill can be used to go both right and left around the court.

The player that makes the pass to the lay-up can move in as a defense player to put a stress on the lay-up.

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Skills Passing Lay-up Fast Break Transition Rebound Condition