



## *Helpful Websites*

The Boys and Girls Club league is run in conjunction with **Dribble Drive Basketball, LLC**. DDB is directed by Dennis Kelly, a former player and NCAA Division 1 referee and Wes Matthews, Sr., a retired 2 time NBA Champion.

Please visit [dribbledrivebasketball.net](http://dribbledrivebasketball.net) or call Dennis Kelly at 203-926-1365 for more information about DDB player development camps, clinics and workouts.

Below please find a listing of websites that you can visit for additional information for basketball player development.

### **Coaching and player development:**

[Betterbasketball.com](http://Betterbasketball.com)  
[positivecoach.org](http://positivecoach.org)  
[coachjohnwooden.com](http://coachjohnwooden.com)  
<http://www.competitivedge.com/>  
[CharacterCounts.org](http://CharacterCounts.org)

### **Basketball instruction:**

[Dribbledrivebasketball.net](http://Dribbledrivebasketball.net)  
[Swish22.com](http://Swish22.com)  
[davehopla.com/](http://davehopla.com/)  
[Betterbasketball.com](http://Betterbasketball.com)  
[Stevenashmvp.com](http://Stevenashmvp.com)

### **Camps:**

[Dribbledrivebasketball.net](http://Dribbledrivebasketball.net)  
[Coachboylecamps.com](http://Coachboylecamps.com)  
[Hoopgroup.com](http://Hoopgroup.com)  
[five-starbasketball.com](http://five-starbasketball.com)  
[eteamz.active.com/futurestarssportsacademy/](http://eteamz.active.com/futurestarssportsacademy/)  
\*Most all local colleges (Yale, SHU, Fairfield, UConn and Quinnipiac) have day camps during summer.

### **Basketball workouts on You Tube:**

Conditioning:

<http://www.youtube.com/watch?v=7V83zk3F0UE>

Motion offense:

<http://www.youtube.com/watch?v=YW459oJPSSg&feature=related>

Finishing Dorian Lee:

<http://www.youtube.com/watch?v=IRe3NFzV0rs&NR=1>

60 minute workout:

<http://www.youtube.com/watch?v=4KFJ7xoKXeI&feature=channel>

killer crossover:

<http://www.youtube.com/watch?v=ITfTQeMuzGg&feature=related>

Killer double crossover Jason Otter

<http://www.youtube.com/watch?v=IbWwtMWuWH8&feature=related>

Marbury crossover creating shot off dribble:

<http://www.youtube.com/watch?v=YPr4oe8lZgE&feature=related>

Cross over Jason Williams:

[http://www.youtube.com/watch?v=gKbqw8\\_P-G4&feature=related](http://www.youtube.com/watch?v=gKbqw8_P-G4&feature=related)

<http://www.youtube.com/watch?v=EbxSDLWY9p0&NR=1>

<http://www.youtube.com/watch?v=7-S8P3LGA70&feature=related>

Assist:

<http://www.youtube.com/watch?v=KE9jiX91YtE&feature=related>

<http://www.basketballpeakperformance.net/>

Shooting:

<http://www.youtube.com/watch?v=FzO-vE17mhU>

Shooting:

<http://www.youtube.com/watch?v=6IPuD8bGdts&feature=related>

Moving without the ball:

<http://www.youtube.com/watch?v=mwqzC2sTKzI&feature=related>

Moving without the Ball-using screens:

<http://www.youtube.com/watch?v=aGL-hcla7YA&feature=related>

Layups:

<http://www.youtube.com/watch?v=vMDwHr3CgpM&feature=related>

Rebounding, Outlets, Boxing Out:

[http://www.youtube.com/watch?v=q\\_ozw1PTgC8&feature=related](http://www.youtube.com/watch?v=q_ozw1PTgC8&feature=related)

Post Moves and Moving without ball to get open on post:

<http://www.youtube.com/watch?v=sS5tnGAC2NE&feature=related>

Shot blocking: <http://www.youtube.com/watch?v=eQjY3M-X3h0&feature=related>

Taking a charge: <http://www.youtube.com/watch?v=Lv4l0KInMNM&feature=related>

Passing: <http://www.youtube.com/watch?v=rshkLT6sDC8&feature=related>

Man Defense, fronting post, denial of ball on wings:

<http://www.youtube.com/watch?v=S2A9iGhatcc&feature=related>

Man Defense:

<http://www.youtube.com/watch?v=DVCRIym8uoQ&feature=Playlist&p=C4AEA076221EA8A0&index=0&playnext=1>

2-3 Zone: <http://www.youtube.com/watch?v=qllMqmTsumY>

Free Throw Shooting:

<http://www.youtube.com/watch?v=uv5r74oGzdQ&feature=related>

Kevin Boyle (4x HS Coach of the Year, Head Coach Montverde Academy;

Shooting:

<http://www.youtube.com/watch?v=ACp-TC8B2eA>

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