



CHRIS O'CONNELL
Player Development Coach
314/ 799-5533
coachoc24@gmail.com
[Webster U. Bio](#)

UNDER PRESSURE, YOU DON'T "RISE TO THE OCCASION"...YOU SINK TO THE LEVEL OF YOUR TRAINING.

How much personal attention have the coaches given *your* kid at the large camps?
Do they see *individual* needs at the training sessions that have 25 players?
Are weekend games providing *enough* repetitions?
Would you *benefit* more from direct coaching in a private or small group setting?

DOES HE OR SHE...

... shoot the ball straight?

Does he or she miss consistently to the left or right? Follow through with both hands? Thumbs?

Great shooters miss too, but rarely to the left or right.

We will stabilize the shooter's base and core, and build a repeatable, edge-free delivery that is usable versus contesting defenders.

... have one outstanding skill?

Coaches rarely cut players who can do just one thing at an elite level--Shooting and ballhandling especially, as those increase your value late in games. Being decent at multiple skills isn't a bad thing, but you will be one of many.

We will apply layered detail to all aspects of a well-rounded game, but strive to equip you with an outstanding version of your strength.

... demonstrate confidence is his or her weak hand?

When unsupervised, young players will rep what they enjoy the most, not what will help them the most.

We will apply skill usage to defensive situations, and develop dexterity in hands and feet. If you are passable with your non-dominant hand, you can often easily counter into your dominant hand.

... quickly convert from catcher to shooter/dribbler/passers?

It's crucial to ramp up learning's environment, as we often learn first at one speed but resist the temporary decrease in results that come with progression.

We will layer skills and rep "uphill", in order to make games feel "downhill".

Have you invested more in your kids' shoe game, than you have in their...game?

Those new kicks are nice looking, but they won't lead to discounted tuition.
Our decisions reveal our priorities. Build confidence through process.

CUSTOMIZABLE CURRICULUM
INCLUDING:

ADVANCED SHOOTING

Mature shooters advancing to a faster environment. Graduate from set shooter to game shooter, utilizing video/pictures to build repeatable form.

FINISHING SCHOOL

Post players and inside scorers stock their toolbox with diverse moves and counters, using both hands and feet. Face-up and back to basket. Good for wings also, who catch off of cuts & screens and can manipulate like-sized defenders.

PERIMETER SCORING

Guards and Wings diversify their attack with a mix of dribble moves, scoring finishes, and shooting on the move, intended to beat primary and secondary defenders. Maximize efficiency of time and space, using our body and rim.

SHOOTING 101

Establish the foundation of a repeatable shooting form, while uncoaching detrimental habits that influence the ball's flight path. Create synergy from a stabilized body into a momentum aided jump shot.

EXCEPTIONAL TEACHING + EXCESSIVE REPETITION = MAXIMUM VALUE