



# Crowell Coaching Clinic

## Saturday, October 24, 2009

### Cascade Christian High School

#### Puyallup, Washington



**Fred Crowell** began coaching basketball in 1963 at the University of Idaho. For over a half century Coach Crowell has developed a unique basketball system. His classroom has been worldwide and includes many of the greatest coaches ever. Pete Maravich taught Crowell how to defeat the Box-and-One defense. Maravich proved to be a great teacher scoring 48 points versus Crowell's Box-and-One! Cotton Fitzsimmons, coaching great at Kansas State and the Phoenix Suns, taught Crowell the value of being able to change defenses, and it helped him give KSU its only home loss of a great season.

The best classroom is not coaching against Dean Smith at UNC or Don Haskins at UTEP, but teaching and coaching young boys and girls. Bob Knight has been quoted as saying, "Basketball is the least taught and most over-coached game in the world."

#### CLINIC DIRECTORS:

**Fred Crowell** President & Founder of NBC Camps, the world's largest overnight basketball camp.

**Frank Washburn** Principal of Cascade Christian Schools in Puyallup, WA.

## keys to the clinic

### THE MENTAL SIDE OF BASKETBALL

The difference between good and great coaches! Mind games, mental toughness, building player confidence. Seldom addressed at coaching clinics.

### INDIVIDUAL BASKETBALL SKILLS

Ten most important basketball skills players need.

### TEAM BASKETBALL SKILLS

Simplifying complex team skills so your team can execute with freedom, confidence, and courage.

- ★ Three baseline out of bounds plays that create tremendous pressure on the defense.
- ★ A sound zone offense that attacks most zones.
- ★ Crowell's best offense that can be learned and executed after three practices.
- ★ Multiple defenses (the psychology of change and how to make it work for your team).
- ★ Getting your team a good shot with the right player shooting in the last two minutes of the game.

### YOUR MOST IMPORTANT ASSET: YOU

Develop a game plan to a healthy you. Preparation to deal with the pressures of coaching. The coach is the mirror to the team; positive coach=positive team; healthy coach=healthy team. It sounds easy, but may be the greatest obstacle in getting your team to play its very best!

*"By far the best clinic experience I have had as a coach. I've learned more about basketball, kids and myself here than at any clinic or seminar that I have attended."* - Kim, High School Coach

*"Excellent content. I'd recommend this clinic to every coach."* - George, High School Coach

NBC CAMPS IS THE LEADER IN TRAINING ATHLETES TO EXCEL ON AND OFF THE COURT. COME JOIN US FOR A VALUABLE AND EDUCATIONAL COACHING CLINIC THAT WILL MAKE YOU BETTER.



## ★ clinic details

DATE: October 24, 2009 9:00 am - 4:00 pm

LOCATION: Cascade Christian High School  
811 21st Street SE  
Puyallup, WA 98372

PRICE: \$65 (Lunch Included)

#### SPECIAL RATES:

2009 NBC Team Camp Attendee	\$35.00
2009 NBC Coaching Staff	\$35.00

8:45 - 9:00 am	Meet & Greet/Check-In
9:00 - 10:20 am	Mental Side of Basketball
10:30 am - Noon	Individual Basketball Skills
Noon - 1:00 pm	Lunch
1:00 - 2:20 pm	Team Basketball Skills
2:30 - 3:30 pm	Most Important Asset : You
3:45 - 4:00 pm	Wrap Up and Closing

\*Continuing education clock hours available.  
(\$12 for 6 hours)

## ★ registration

Phone: 1.800.406.3926

Online: [www.nbccamps.com](http://www.nbccamps.com)