

## JBC Girls Coach Training Videos

JBC Girls Basic Warm-Up Drills -

<https://www.youtube.com/watch?v=NxnN8O2bq3s&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Passing Drills -

<https://www.youtube.com/watch?v=Qsr3cp4ok6U&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Ball Handling Drills -

<https://www.youtube.com/watch?v=OJq9TCpVIT4&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Shooting Basics Drills -

<https://www.youtube.com/watch?v=8fr5TL1Tl9U&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Shooting Off The Dribble / Catch - <https://www.youtube.com/watch?v=GA72w-IHlfY&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Offensive Skill Drills -

<https://www.youtube.com/watch?v=YlCwx6K5ux8&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Post Drills - <https://www.youtube.com/watch?v=G9Uz-BErrvg&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Fast Break Drills -

<https://www.youtube.com/watch?v=5BfqSYOr3zq&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Rebounding Drills -

<https://www.youtube.com/watch?v=3NeeZlehctY&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Defensive Drills -

<https://www.youtube.com/watch?v=hxtxz2kKPCI&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls Set Plays - <https://www.youtube.com/watch?v=XmNclZ3vV-o&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls BLOBS -

<https://www.youtube.com/watch?v=NajKKuAukvs&list=UUMYgbMyXDw2KK9Xv8UW47dA>

JBC Girls SLOBS -

<https://www.youtube.com/watch?v=TOrtZsukrVc&list=UUMYgbMyXDw2KK9Xv8UW47dA>