



FUNDAMENTALS FIRST

"The drills in this video help teach kids to be fundamentally sound. This is an essential part in making an individual a complete basketball player." *Mike Gosz*

Give your child the opportunity to learn from one of Wisconsin's most prestigious coaches. Mike Gosz has coached at the elementary, high school, and collegiate levels for the past 15 years in addition to being involved with basketball camps for 20 years. Parents, coaches, and players alike have been waiting for a video such as this that puts the fundamental drills that are experienced at summer camp into a format that is accessible year round. This video features drills used in a camp setting including ball handling, passing, shooting, pivoting, and individual skills.

**"Kids used to go to basketball camps. Now they're with AAU teams, and they play two or three games a day. They don't learn to compete because there's always another game. And they don't learn the fundamentals."
*USA Basketball, September 16, 2002***



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