

Lakeville North Girls Basketball Association

YouTube Recommendations

This page contains YouTube basketball videos that our staff has determined are effective and appropriate for most levels of players. YouTube training videos DO contain advertisements, we are in no way endorsing the products advertised

Ball Handling:

<https://www.youtube.com/watch?v=y9co2GbNZCY>

<https://www.youtube.com/watch?v=a6rPVGkGpds>

<https://www.youtube.com/watch?v=-2basaZjN9M>

<https://www.youtube.com/watch?v=fdvCGCLHqY8>

Shooting:

https://www.youtube.com/watch?v=Ae_yfNeo12c

<https://www.youtube.com/watch?v=Xf3Haiwuhys>

<https://www.youtube.com/watch?v=36VgpaQmnR8>

https://www.youtube.com/watch?v=Ae_yfNeo12c&t=50s

https://www.youtube.com/watch?v=8_4NFOSxTDE

Strength/Speed/Conditioning

<https://www.youtube.com/watch?v=SL2JUMCizZw>

<https://www.youtube.com/watch?v=Q7D1-dxIhj0>

<https://www.youtube.com/watch?v=z-aanfOWfpY>