

Indiana Basketball News  
and Gym Rats Basketball

# Boys Showcase of Stars

Presents an Offensive Skills Clinic and a Plyometrics, and Agility Clinic  
Taught by Todd Hensley

IBN is proud to announce that personal trainer Todd Hensley will be teaching advanced offensive skills and plyometrics and agility drills conducted during the college exposure event.

Hensley will teach the event participants the same advanced skills in ball handling/shooting that earned him the coveted distinction of “Indiana’s most versatile player” in 1995. As a senior at Wabash High (IN), Todd averaged 24.2 PPG, 4 RPG, 5.2 APG and 5.1 SPG while also shooting 86% from the line, 54% from the field and 49% from beyond the arc.

His prep career included a 51 point (11-13 treys) outburst versus Eastern High of Howard County and over 1,270 points in three years of varsity basketball.

Hensley’s workouts draw heavily from the teachings of Rick Pitino, Gene Keady, Ray Sims and “Shot Doctor” Ernie Hobbe.

Todd Hensley’s academic excellence, work ethic and dedication to personal development resulted in Todd earning an NCAA Div. 1 Men’s Basketball Scholarship from Florida International (Miami, FL) of the Trans American Conference.

## Offensive Skills Clinic

Each athlete will receive a detailed outline of the offensive skills clinic as well as a detailed workout plan for the individual. Players will leave the clinic with all the necessary tools to become a better and more efficient offensive basketball player.

### *Offensive Drills and Skills to be Covered*

<i>Ballhandling</i>	<i>Moving Without the Ball</i>
<i>Two-Ball Dribbling</i>	<i>Reading the Defense</i>
<i>One Ball Dribbling</i>	<i>Offensive Skills for the Post</i>
<i>Offensive Moves With The Ball</i>	<i>Footwork for Shooting</i>
<i>Offensive Moves Without The Ball</i>	<i>Shooting Off the Dribble</i>

## Plyometric and Agility Skills Clinic

Plyometrics and agility drills are keys to unlocking the explosive power an athlete possesses. Basketball players must develop these skills along with their basketball skills in order to compete at the next level. Todd Hensley will demonstrate these drills in detail as well as provide each athlete with a complete workout plan to take with them and get them on their way to improving their explosiveness and power.

### *Plyometric and Agility Drills to be Covered*

<i>Lunges</i>	<i>Plyometric Box Drills</i>
<i>Line Drills for Foot Speed</i>	<i>Explosive Jumping Drills</i>
<i>Bounding Drills</i>	<i>Body Control and Balance</i>
<i>Lateral Quickness Drills</i>	<i>Building Your Own Plyometric Box</i>