

## Man with the golden shot

Local ‘teacher’ molds fundamentally sound basketball players

By Brad D. Bates  
C & G Sports Writer

STERLING HEIGHTS — It’s safe to say Dave Guinane knows his basketball.

From his start growing up in St. Clair Shores as a player at Harper Woods Notre Dame to his days coaching, Guinane has picked up plenty of knowledge, but it was what he noticed no one teaching that changed the way he looked at the game.

“Coaches always focus on defense,” Guinane, now a Troy resident, said. “They say it’s impossible to teach offense, and that never made any sense to me.”

Guinane, 52, was a successful offensive player, and that success led him to question why coaches didn’t focus more on teaching offensive skills.

“I knew I got a little better every year, but I didn’t know why,” Guinane said. “You need to really look at shots and really look for what goes right or goes wrong and identify it.”

This is why he has worked with countless local high school, boys and girls, players for the past 10 years, turning them from fringe players to starters and from starters to stars.

### Guinane’s quest

His techniques, which stress repetition and focus on skills, have produced some of the area’s best players in recent years, such as Notre Dame graduate and current European league professional Greg Stempin and Utica High alumna and Michigan State University forward Julie Pagel.

To accomplish his goals, Guinane focuses less on coaching and more on teaching.

A workshop atmosphere allows him to give more attention to individuals in a way he believes can’t be matched by playing games at week-long basketball camps, helping to improve even the best players.

“Kids come in with one great skill like a really good crossover,” Guinane said June 27 during one of his Basketball Workshop sessions at the Joe Dumars Fieldhouse Annex. “That’s great, but why can’t they have more? Why can’t a guy have 18 different moves?”

“Why?” seems to be the definitive question that drives Guinane and his quest for developing the perfect basketball



Photo by Patricia O’Blenes  
Teacher Dave Guinane works with Ian Deittrick, left, of Macomb Township, while Shelby Township’s Rachael Reitzloff, front, gets in a little practice dribbling two basketballs during a workshop June 28 at the Joe Dumars Fieldhouse Annex Building in Sterling Heights.

### Guinane takes you to (hoops) school

Dave Guinane is bringing his unique teaching techniques to players looking to improve their game through his Basketball Workshop summer clinics.

He will hold three sessions in July, starting with his Ball Handling Clinic July 8, followed by a Post Clinic July 10-13 and a Moving Without the Ball Clinic July 22. All clinics will be held at the Joe Dumars Fieldhouse Annex in Sterling Heights.

The clinics are open to both boys and girls from the high school to professional ranks and are designed for all skill levels.

The Ball Handling Clinic carries a cost of \$50 per player. The three-day Post Clinic is \$225, and the Moving Without the Ball program is \$75.

Call (586) 731-3557 or visit [www.basketballworkshop.com](http://www.basketballworkshop.com) for registration or more information.

—Brad D. Bates

player. It's a mission that has led him to some revolutionary moves over the years.

When he first started coaching girls, he questioned why they shot from the chest instead of over their heads like their male counterparts. He dispelled the old notion that it was because they weren't strong enough with the same fervor with which he still teaches today.

"Of course they weren't strong enough," Guinane said. "They weren't strong enough because no one ever challenged them."

"You look at the WNBA and all those players shoot over their heads, we've always been teaching that," Guinane said. "This group of players in college is the last one to shoot the old way."

Guinane's quest against convention doesn't end with the women's game or his focus on teaching offense, he also hopes to help reverse the trend of a gender-wide lapse in fundamentals.

"The game has changed," Guinane said. "It's looked at as 'how do I make money?' and what takes a backseat is fundamentals. Everyone wants to dunk and shoot 3-pointers. I want to see players post up and work the pick and roll. That's basketball."

#### **Straight shooter**

Guinane takes on this task with methods such as working on off-hand skills through dribbling drills that use two or three balls. It's through practices like this that he helps turn players' careers and games around.

"The three-ball stuff was definitely the weirdest," Utica sophomore Brandon Vargo said during a break from one of the sessions. "If you stick with it, though, you can see a 100 percent improvement in about a month."



**Photo by Patricia O'Blenes  
Davie Guinane watches intently as one of his students, Ian Deitrick, works on his shooting skills.**

It's this type of marked improvement that has helped Guinane's students reach new heights with their game.

In addition to Pagel and Stempin, he has coached standout players such as All-Staters Mandy Piechowski (Utica) and Aubrey Freshour (Harrison Township L'Anse Creuse), along with Utica Ford II alumna Karen Maiorana.

"Even great players need a little coaching from time to time," Guinane said.

It's his commitment to the individual and individual skills that has led Guinane to the level he and his students achieve on a daily basis.

"There are a million things that can go wrong in a shot," Guinane said. "If one of those things goes wrong, there can be thirty or forty things related to it that goes wrong. So, you really need to focus."

Focus: Something that is never in short supply at Guinane's workshops.

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