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Elizabeth Conley / The Detroit News

Dave Guinane, founder of The Basketball Workshop, has made a name for himself in Michigan and elsewhere. "We've had a lot of success stories," said Guinane, a former high school coach.

Hoops doctor helps players hone skills

Personal teaching method emphasizes fundamentals

By Anjali J. Sekhar / *The Detroit News*

STERLING HEIGHTS -- During last year's regular season, Karen Maiorana struggled while playing varsity basketball at Utica Ford High School in Sterling Heights.

But Maiorana found a solution -- a session with shot doctor Dave Guinane, the man known to improve shooting skills for Michigan high school basketball players.

Guinane pinpointed the problem, too. Maiorana just needed to lift her shooting hand a few inches from in front of her face to over her head. And the problem was solved.

"When I first came to him, I was throwing up air balls," said Maiorana, of Macomb Township. "He fixes your shot to perfection."

Guinane, founder of The Basketball Workshop, has made a name for himself in Michigan



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Guinane does once-a-week sessions with up to three players at a time. They work on shooting, dribbling, footwork and defense.

and elsewhere by helping players of all levels learn fundamentals through a more personal teaching method.

Among the top players that have been through his workshops are Macomb Township's Greg Stempin, who has played in the NBA's developmental league for two years.

And 1999 Utica High School graduate and current Michigan State University women's basketball player Julie Pagel also worked with Guinane.

He works with players looking to make their mark, such as Warren Mott senior Danielle Wilder.

"My parents have told me, and I can just tell it's helped improve my moves," said Wilder, 17, who began attending The Basketball Workshop this summer.

"I play at point guard, and I'm a lot more controlled now. I really needed this, especially since it's my senior year. Now, I'm ready to make some noise."

Wilder and many other female basketball players are at The Basketball Workshop this month at Joe Dumars' Fieldhouse Annex in Sterling Heights. Girls high school practices began this week.

"Not only does he help you one-on-one, but he also sets up games with other good players," Maiorana said. "That way, college coaches can come and see you play against good players."

Maiorana, who worked with Guinane for three years, graduated last spring and will be playing basketball at Northwood University in the fall.

Guinane does once-a-week sessions with up to three players at a time. Both boys and girls work on shooting drills, dribbling, footwork, defense, post work, guard moves and trick moves.

"We've had a lot of success stories," said Guinane, a former high school coach who used to do the same drills for players on his teams.

"A lot of times, players will see that within 30 days they can be 100 percent better."

Athletes say they can feel the difference within the first session, which lasts for four weeks. Many return even after they become the star players, just to keep fundamentally sound.

Guinane started the business six years ago and has since added assistant coaches who help him with lessons in four centers in Macomb, Oakland and Wayne counties.

"Dave had been trying to get me out here for a while ... but when I came to see what he actually was doing, it totally blew me away," said assistant coach Eric Maxie, a former Cody High player and Detroit area coach.

"No one gives this type of training anywhere in America. He even straightened my shot

out."

The Basketball Workshop's headquarters are in the Annex building on Utica Road. This is the first time the organization has had a home office, Guinane said. The office opened in March.

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