

Coach Hernando leads BJ League basketball Clinic

Contributed by Hernando Planells

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Monday August 19th saw the BJ League (Basketball Japan) host a one-day clinic for 11 and 12 year olds in Okinawa, Japan. The clinic was led by Ryukyu Golden Kings head coach Hernando Planells and his staff. Players took part in 4 different skill set drills covering fundamentals such as shooting, ball-handling, defense and passing. 200 basketball players from Ginowan City and other surrounding areas of Okinawa took part in this event.

“I was extremely honored that the league asked me to lead the clinic here in Okinawa, working with young people, having fun and helping them improve their game… this is what its all about.” Coach Hernando said. “Okinawa loves basketball and putting these clinics together only generates excitement in the community about the Kings and the BJ League”. 12 year old Ray Miyoki enjoyed the clinic and hopes to attend the next one. “I had so much fun today”, Miyoki said through and interpreter. “I love basketball and this gives me a chance to learn ways so that I can get better!” The Ryukyu Golden Kings plan on hosting several clinics all over Okinawa before their season opener on November 3rd where they will face the Oita Heatdevils at the Ginowan Convention Center.