Amal McCaskill

Amal McCaskill is the newest member of TAW's coaching staff, providing basketball and life skills training for high school, collegiate and professional athletes from all over the world.  He is also the head coach of the St. Joseph High School freshman boy's basketball team and special assistant to Gene Pingatore, head coach of the St. Joseph High School varsity basketball team.

Amal has trained with some of the most renowned current and former players in the game, including Tim Duncan, Chris Webber, Dwayne Wade, Allen Iverson, Pau and Marc Gasol, Steve Kerr, Alonzo Mourning, and Chris Mullin, as well as personal trainer Tim Grover, who worked with Michael Jordan for over a decade.

After nearly averaging a double-double in his junior and senior years at Marquette University and earning 1st team All-Conference (USA) honors, McCaskill was selected in the second round of the 1996 NBA Draft by the Orlando Magic. Over the next decade he would go on to play for 5 different NBA teams, including the San Antonio Spurs, Atlanta Hawks and Philadelphia 76ers.  From 2006-2013, Amal  enjoyed international success in basketball leagues around the world, including Spain's ACB (16pts 10reb/per game in Barcelona), Korea's KBL (20pts 12reb/ per game in Seoul), and China's CBA (22pts 12reb/ per game in Qingdao), where he scored a career high 38 points and 22 rebounds.

When asked about his approach to coaching, McCaskill replied-- "After playing for great coaches like Gregg Popovich and Pat Riley, I don't really feel it's necessary to 're-invent the wheel'. I teach the game using many of the same drills and techniques that I've learned from them, such as 'block to block quick shooting', 'Loop' and 'floppy' motion offenses, and the philosophy of focusing on 'the journey' over 'the destination'- which starts with acknowledging our miniature successes and failures every day."

Amal is a local product of Broadview, IL and attended St. Joseph High School with fellow TAW trainer/CEO Derek Molis in the early 90s. He is currently working on a strength and conditioning based basketball training video for big men.