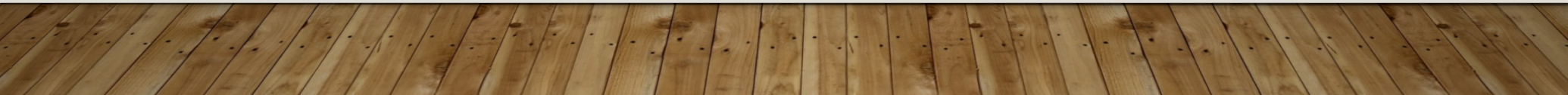# TOTAL INDIVIDUAL & TEAM PLAYER DEVELOPMENT

"BEST PRACTICES"

WORKING WITH THE BEST OF THE BEST IN THE USA AND AROUND THE WORLD

GOLD HABITS

- **Teach in Soundbites – (Basketball is over coached and undertaught)**

- **Teach the "Why" – Quickest way to create "Buy In"**

- **Teach How to Communicate – Learned Skill – "High Touch" – No Bad   Body Language – "Doesn't WHISPER, It SCREAMS"**

- **Teach "How to Compete" – Learned Behavior – Must be put in COMPETITIVE SITUATIONS – "Competitive Edge Model"**

- **Working Hard – Learned Behavior – "Price of Admission" – Give up a little technique for playing hard. Show what it looks like!**

- **Train Confidence – "Be there before you get there"**

GOLD HABITS

- **"Good Coach" vs. "Nice Coach" THE PRICE OF NICE**

- **Comfortable being Uncomfortable – Practice Tougher than games**

- **Simplicity allows us to be decisive and aggressive**

- **Praise Players when doing something new, mistakes – part of learning**

- **Tell the Truth – Live it, Tell it, Take It! (Develop Trust)**

- **Written detailed Plan – Be Prepared**

- **Bring Enthusiasm, Passion, Patience**

- **Create a STANDARD-How you do things EVERYDAY-must FIGHT for it EVERYDAY!**

GOLD HABITS

- **Repetition creates skills-Commitment to detail creates great skills**

- **Theory of 2 – It takes 2 minutes to show a Skill – 2 weeks for a player to become comfortable – 2 months to incorporate into a game**

- **Sense of Urgency – practice at a rate faster than what occurs during the game**

- **Quality & Variety of Drills-need a bank of drills to work on the same fundamental "Can't get bored or tired" – Eliminate workout killers**

- **Workout segments - Teach all fundamentals–Obvious vs Non-obvious**

- **Playing thru "Contact Drills" – At Rim, Getting Open, Handling Ball**

- **Change Pace, Change Direction Drills**

GOLD HABITS

- **Perimeter Passing – Post Feeds, Penetration & Kick, PNR Passing**

- **Shooting Stamina – Moving without the ball – Earn the Shot – Footwork Training**

- **FOOTWORK – WORK ON DAILY – PROPER FOOTWORK IS A SKILL**

- **Finishing – different types of finishes – never finish the same way twice – Celtics – tape above square**

- **Skill Progressions & Decision making – USA Basketball**

- **Instill the "Love of the Game" – Especially with younger players**
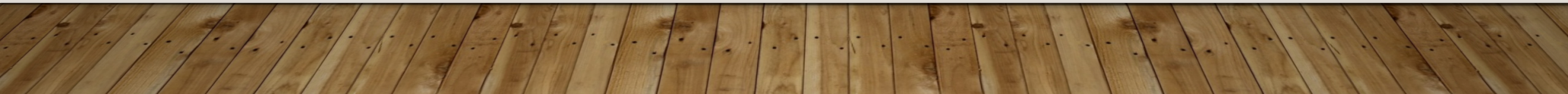
LIGHTNING ROUND

- **Teach "Violent Cutters"**

- **Open vs. Ready**

- **CrossFit – "No Rep"**

- **4 Pt. Line – Spacing**

- **No Reps Off – Results Matter**

- **LISTENING is a SKILL – Say things Once**

- **Touches – Teams that are Most Successful**

- **Monitor and Adjust – Based on the Level of Player**

- **Competitive Cauldron – Increase Intensity in Practice Environment**
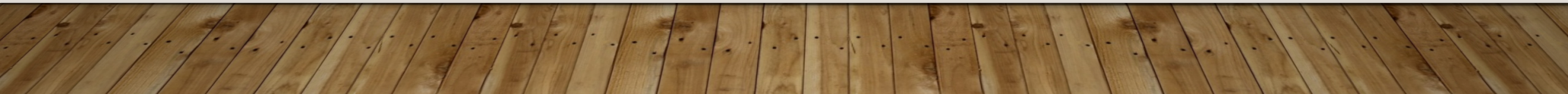
LIGHTNING ROUND

- **Higher Level Skills: NBA Teams - .5 Basketball – Pass, Shoot, Dribble within a half a second after receiving the ball**

- **NBA – Tracking Effort – First 3 steps are the most important**

- **Can't Fool Kids and NBA Players – Must be able to TEACH GAME!**

- **REUP Model**

- **Tools of the Trade –mini bands, hand held med balls, Vertimax, Viper belt**

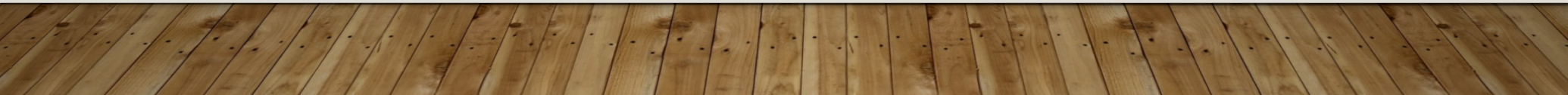- **Need to tie Player Development into Team Development**

COMPETITIVE EDGE MODEL
TEAM PRACTICE

- **(5 mins) Dynamic Warm Up Series – with or without ball**

- **(10 mins) Core and Balance Series**

- **(15 mins) Ball Handling – Stationary and Moving**

- **(15 mins) Defense – Stance – Position – Live**

- **(10 mins) Shooting Segment – Stations**

- **(25 mins) Competitive Edge Station Breakdown**

1. **Speed, Agility, Quickness**

2. **Attack Series – Finishing at the rim – Jab Series**

3. **Offensive Skills – USA Basketball – no dribble competition – Pivoting**

COMPETITIVE EDGE MODEL PRACTICE

- **(15 mins) 3 vs 3 Cut Throat Competition – Rules**

RESULTS MATTER!

CONTACT INFORMATION

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