



Mastering "20"

Questions to ask when creating your player development workouts

1. What MUST be taught
2. What SHOULD be taught
3. What COULD be taught

When thinking about this always developed these workouts around your team need

1. Problem: Last season we had 30% efficiency on our pick n roll reads when teams blitz us
2. Solution: So now you are creating drills for that particular problem

3 Areas of Player Development

1. Tactical Skills
2. Mental Skills (IQ)
3. Relationship Skills (The behavioral components you need to develop)

In understanding these 3 areas you must understand that each player is different in the way they learn and their skill level. So its important that each player has their own player development plan. (Your creating a player profile for this player) You are given him or her tools to that will aide in the recruiting process.

Creating A Program Skill Outline

What tools do we give to our players and what tools do we take out of the tool box to develop are players and have a high efficient offense at the same time.

Remember this is all focused around the offensive philosophy of your program

Sample Outline

1. Passing
2. Ball Handling
 - a. Stationary dribbling
 - b. Full court dribbling
3. Shooting
 - a. Perimeter Moves (progressions)
 - b. Post Moves (progressions)
4. Scoring
 - a. Penetration Progressions
 - i. Perimeter reads
 - ii. Post reads
 - b. Screening Progressions
 - i. Types of screen routine
 - ii. Ball screen routines

So you have all the drills you want to teach down, so what happens now with this list of drills. How do we teach it? How do we implement it into our program?

4 Stages of Developing a Players Basketball IQ

1. Level 1- 1 on 0 –just teaching the correct movement
2. Level 2- 1 on1 –teaching a skill where they have to read their defender
3. Level 3- 1 on 1- 4 on 4 (breakdown drills)
 - a. Read their defender
 - b. Read help defense
 - c. Read teammates with or without the ball
4. Level 4- 5 on 5
 - a. This is the level where the player is capable of reading both team offensive and defensive concepts.

Evaluating your players from these stages allows you to better create workouts and practices based on exact needs of the players and your program. Knowing this allows you to give players pre and post practice routines they go do on your own and allows you to create the right skill position drills within your practice.

Remember its 3 Seasons to Player/Team Development

1. Pre-season workouts/practices
2. In-season workouts/practices
3. Off-Season workouts/practices