

2023 WBCA Roundtable-Incorporating Game Like Situations in Player Development

-John McCray, Holy Cross Women's Basketball

"Just play basketball"

"Under pressure, you don't rise to the occasion, you sink to the level of your training. That's why we train so hard" -Navy SEALs

Goals:

- Train game like mindsets in workouts
- Equip with skills to play basketball in various situations/defenses

How:

- Evaluation
- Film study
- Player conversations

Advantages:

- Drills that flow into how we play
- Consistency and build habits
- How to make decisions
- Mentally aware of what players are doing so they can correct on own
- Targeted to what as individual need to work on
- Personal approach within a team approach

Year Round Development Plan:

Spring

- Position skill workouts
- Groups (similar skillsets)/Individual (one on one/efficiency)

Summer

- 3x week 50 minutes
- 1x week 1 hr team shooting competition
- 30 min individual time to use

Fall preseason

- Mix between position/mix groups
- 3x3 situations

In season

- 10-15 minute IQ workouts outside of practice
- 3x0 drills every day in practice w/ token defense

Drills

- Efficiency workouts
- Layered drills
- IQ workouts