INDIVIDUAL DEVELOPMENT WORKOUTS
DEVELOPING PERIMETER PLAY
SECA Coaches Clinic – Gwinner, ND 4/13/13

-Adapt vs. Adopt
    -get all the good ideas, but you can't use all the good ideas
    -Modify your drills to fit your system, to get the shots your players will get in a game
-Best way to improve your team is to improve the fundamentals of each player
-Prepare, plan, practice, play like you just lost your last game
-A quiet team is a scared team
-Be a skill coach, not a drill coach
-Build trust with your players
    -let them know you care about them more than just as basketball players
    -transformational leadership vs. transactional leadership
-Make your workouts like games, so your games can be like your workouts
    -game pace should not be a surprise, when you get to the game, because you are used to working out and practicing at a pace greater than game pace.
-Compete against the game
-Wooden Leadership Rules
    1. Hardest Worker
    2. Take care of stuff off the floor
    3. Let coaches take care of the rest

Form/Rhythm Shooting
    -all about technique – shot pocket/don't dip the ball
    -one upward fluid motion
    -high 1 second follow thru
    -get the ball & straight
Stick the Stance Sequence
    -"sit into your game" – balance
    -basketball is all about balance
Mikans/2 ball Sequence
    -make all shots your supposed to make
    -be ball quick with all band handling drills – GET OUT OF COMFORT ZONE
Mikans/2 Ball Push Drill
    -COMMUNICATION
Octopus Drill/Dribble Juggle Series
    -2 ball dribble drill – movement
    -can do with one ball and shoot a layup under rim

Sequence of 5 Shooting

-communicate last shot

-proper footwork on all shots

-EVERY pass leads to a rhythm shot

Ray Allen Shooting Drill

-5 Shots/5 spots – 2 minutes

2 Balls/3 Shooters – make 12 in a Minute

-find a way to WIN!!!!

-every shooting drill is a passing and communication drill

2 Balls/3 Shooters – add close outs – make 12 in a Minute

-learn to shoot under game situations – defenders/fatigue

"W" Shooting Drill

-sprint into the shot

"21" Point Shooting

-find a way to WIN – play to your roles to beat the drill, best shooter last in drill

-layups, stop & pop shots, and 3 point shots

Peer Pressure Shooting

-have to make as many in a row as you have shooting/great pressure shooting drill

-use different spots and different angles on the floor

50/10 Shooting Drill

-make 50 3's in ten minutes

-great "cool down" drill to end practice or workout with

Gopher 3 Point Shooting Drill

-transition shooting – 1 minute to make five out of ten shots

Dash/Splash Drill

-great drill to combine ball handling, shooting, and conditioning

-2 ball dribble on baseline, straight off down screen to a rhythm jump shot

10 Spots/2 Minutes

-make 2 in a row from same spot before moving on to next spot

-corner, wing, top, wing, corner and back again for ten spots