

Individual Development:

- 1) Skill Work
- 2) Conceptual Work

Definition: Player improvement involves both skill and conceptual work done over and over at game speed.

NBA: The coaches are experts at teaching their players. How? They “chunk” their workouts into small skill development pieces and then attach those building blocks to the whole. For example, they will work on shooting off slides to the corner in volume that has a specific field goal percentage, make it a contest, and go at game speed with great energy. After competition, they will play 3 on 3 by dry running slide to corner and go live on catch.

Drills:

- One transition drill = P/R (D’Antoni)
- One half court drill = P/R (Thibodeau)
- One skill drill = Greatest need (Newell)

All Quality Drills Include:

- 1) Time
- 2) Score
- 3) Competition
- 4) Rotation
- 5) Element of Confusion
- 6) Winner / Loser (Validation = Made Free Throw)
- 7) Rebounding (Always)

The NBA Offensive Game:

- 1) E/O – Made / Miss
- 2) Secondary Action
- 3) P/R
- 4) Set plays – Screens away from the ball.
- 5) Post
- 6) Situation Play (Under OB, Side OB, Time and score)

The NBA Defensive Game:

- 1) D Trans
- 2) Defending secondary action
- 3) P/R

MP/R

- a) Hedge
- b) Contact Show
- c) Switch
- d) Push / Squeeze
- e) Blitz
- f) Zone
- g) Laker Red

SP/R

- a) Hedge (Middle)
- b) Contact Show (Middle)
- c) Ice (Baseline)
- d) Black (Baseline)
- e) Blitz
- f) Switch
- g) Push
- h) Laker Red

- 4) Defending set plays – Screens away from the ball.
- 5) Post defense
- 6) Situation defense (Under OB, Side OB, Time and score)

Conclusion:

Whatever you do with player development make it:

- 1) Repetitive
- 2) Target Specific
- 3) Competitive
- 4) Terminal
- 5) Reward Effort / Praise Result
- 6) Drill must be linked to whole
- 7) Build in element of fun, which comes from achievement