**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