**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