DAGS
BASKETBALL

DEVELOP
CONFIDENT
SHOT
MAKERS

APPROACH TO
SHOOTING DEVELOPMENT

ABOUT
STEVE DAGOSTINO

DAGS STORY

'Dags' is a former 2x All-American and 6 Year European Pro that has trained players and teams on the East Coast since 2008. He has trained some of the top SHOOTERS in NY including Kevin Huerter of the Atlanta Hawks and players for top college programs such as UNC, Villanova, Wake Forest, Yale and Syracuse. Dags is currently a Court Coach for USA Basketball's Junior National Team.

As a Players 'Dags' was a career 40% 3 Point Shooter who at 5'11" 155 lbs, defied the odds to have a storied NCAA D2 Career and Play Professionally for 6 years in Europe in Spain, Italy, Hungary, England, and Iceland.

SHOOTING APPROACH

This Slideshow is an overview of 'Dags' 60+ Page Shooting System that he has compiled from over 10 years of Training top Shooters in New York. It's purpose is to spark discussion and help Coaches, Trainers, Parents, Players look at shooting in a simplified way. It is constantly being updated, and tweaked!

SLIDESHOW BREAKDOWN

- Our Philosophy
- Player Evaluations
- Approach Breakdown
- Part 1 - Making Shots (Stand Still)
- Part 2 - Making Shots on the Move
- Part 3 - Making Shots in Games
- Notes

DAGS
BASKETBALL
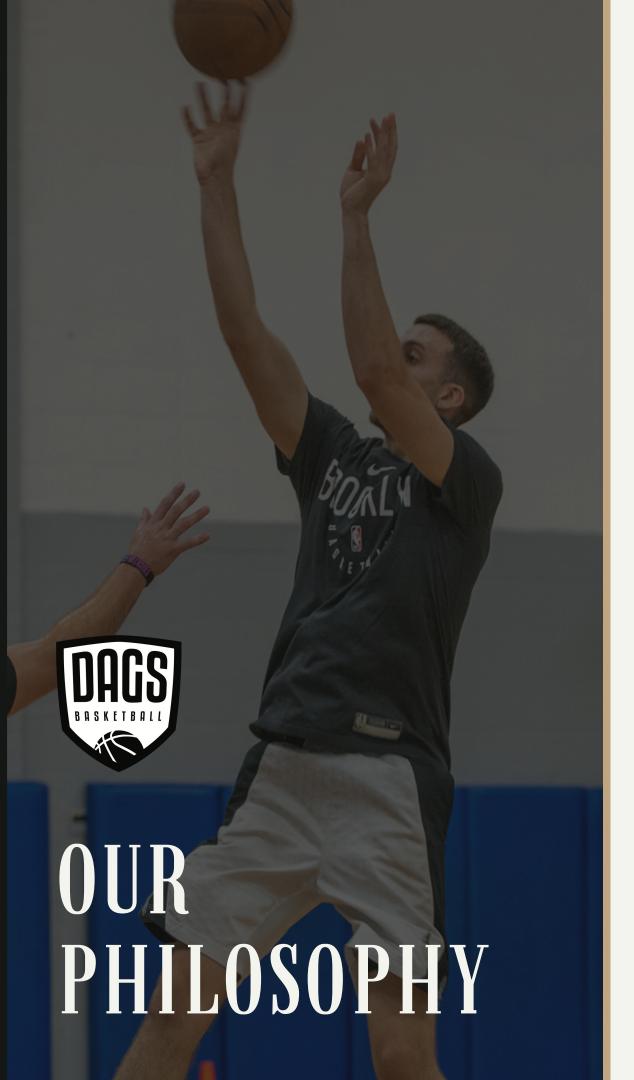
QUICK THOUGHTS

*CONSTANTLY LEARNING and ADDING

As a trainer/coach, I am always learning and trying to improve the ways we teach and communicate.

FRAMEWORK

My main goal for this Approach is to give a strong outline of what it takes to become an efficient In Game Shooter, and for Players, Coaches, Trainers, and Parents to insert some of their own Shooting Philosophies and Techniques within it.

*VERY RARELY DEVELOP FROM SCRATCH

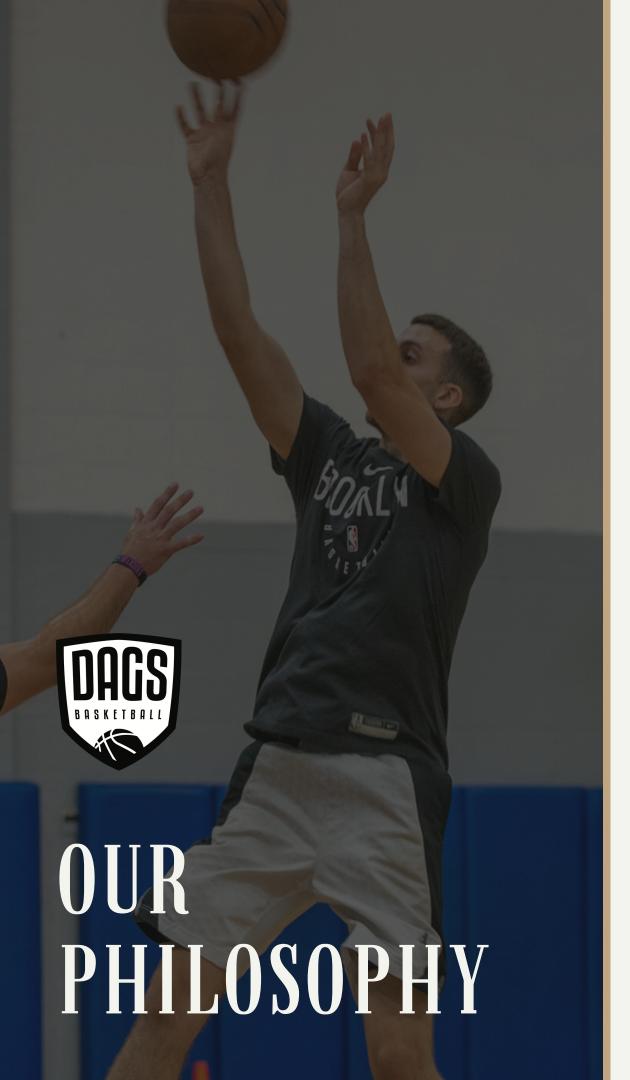We are looking to Evaluate and Tweak

NOTE FROM DAGS

MISSION

Our Mission is to help players become **better 'In Game' Shooters.**
*Help players Understand their Shot
*Become comfortable and confident with it.

ULTIMATE GOAL

By completing the three phases of our system, we should be able to develop a **CONFIDENT shooter that UNDERSTANDS their shot**, and put in enough meaningful training hours to become a better in game shooter.

*NOT TRYING TO SHOW PLAYERS HOW MUCH YOU KNOW!!
*HELP THEM HELP THEMSELVES IN GAMES

OUR PHILOSOPHY

DAGS BASKETBALL

BELIEFS

*CONSISTENLY STRAIGHT + CONFIDENT

It is my belief that every player has a different shot and that there is not one Universal Shooting Technique. I believe that if you can get players to shoot the ball **'CONSISTENTLY STRAIGHT'** and with **CONFIDENCE** that it will increase their Shooting Ability. **Everything we do centers around those 2 factors.**

*DIFFERENT PLAYERS = DIFFERENT MECHANICS

I don't believe in '1 Universal Set of Shooting Mechanics' and **I am comfortable with players having different shooting mechanics. Working to help them from those mechanics.**

*OVERTHINKING

It is also my belief that **the more a shooter has to think about their shot, the less effective they are**. HAVE AN ACTIVE MIND, BUT DON'T OVERTHINK IT. So, we as trainers don't over think it as well.

BELIEFS

*DETAILED NOT COMPLEX

As players progress we become more detailed with our teaching, but never more complex.

*FOCUS

I believe there is a myth that you become a good In-Game Shooter simply by adjusting your mechanics or by completing reps. PLAYERS NEED TO BE READY TO FOCUS AND LOCK IN ON EVERY SINGLE REP. THEY ALSO NEED TO HAVE AN ACTIVE MIND TO TRANSITION THAT IN TO GAME SITUATIONS.

Some players we work with are simply not ready to be better shooters because they aren't ready to FOCUS every day, every shot.

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OUR
PHILOSOPHY

PLAYER EVALUATION
IN GAME - IN WORKOUTS

We'll collecting information on players through
*Game Film Review
*On Court Workouts

When Evaluating our College/NBA players Game Film
- Find Tendencies on Makes and Misses
  - Shooting is consistent repeated motions

A lot of these players have simple issues they can tweak on their own the better they understand their shot. They don't need full Mechanics overload which a lot of coaches default to.

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KEVIN HUERTER — ATLANTA HAWKS

Kevin was shooting 37% from 3 in his first 13 games, he made adjustments shot 46.7% from 3 over his next 14 games!
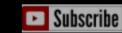
3 Point Misses

Focuses:
Quick Follow Thru
Balance

PLAYER EVALUATION

HS / COLLEGE PLAYER

6'5" 2/3 JUCO FRESHMAN

PLAYER EVALUATION

HS / COLLEGE PLAYER

6'5" 2/3 JUCO FRESHMAN

DATE	OPPONENT	SCORE	GS	MIN	FG	PCT	3PT	PCT	FT	PCT	PTS
Nov 1	Action Academy	W, 103-63	1	20	4-7	57.1	4-7	57.1	2-2	100.0	14
Nov 2	Coastal Alabama - South	W, 89-73	1	30	5-8	62.5	5-8	62.5	0-0	-	15
Nov 5	at Coastal Alabama - North	W, 70-68	1	35	7-14	50.0	7-13	53.8	0-0	-	21
Nov 8	vs. Coastal Alabama - North	W, 86-47	1	23	0-2	0.0	0-2	0.0	2-2	100.0	2
Nov 9	vs. Roane State Community College	W, 90-64	1	13	4-5	80.0	4-5	80.0	0-0	-	12
Nov 12	at Coastal Alabama - South	L, 87-54	-	-	-	-	-	-	-	-	-
Nov 19	Coastal Alabama - North	W, 63-61	1	33	2-7	28.6	2-6	33.3	0-0	-	6
Nov 25	Odessa College	W, 67-66	1	24	1-4	25.0	1-3	33.3	0-0	-	3
Nov 26	Lamar State College - Port Arthur	L, 72-71	1	29	4-6	66.7	3-4	75.0	0-0	-	11
Nov 27	Trinity Valley Community College	W, 78-72	1	38	8-17	47.1	8-17	47.1	0-2	0.0	24
Dec 3	Red Devil Academy	W, 92-22	1	21	6-9	66.7	3-5	60.0	0-0	-	15
Dec 6	vs. Miami Dade College	L, 81-73	1	34	6-15	40.0	5-13	38.5	0-0	-	17
Dec 7	vs. Salt Lake Community College	L, 84-75	1	32	4-13	30.8	4-11	36.4	0-0	-	12
Dec 14	at College of Central Florida	L, 83-79	1	31	4-7	57.1	4-6	66.7	0-0	-	12
Dec 15	vs. Polk State College	W, 101-99	1	37	6-11	54.5	6-11	54.5	3-3	100.0	21
Dec 28	vs. Gordon State College	W, 65-54	1	29	2-7	28.6	2-7	28.6	0-0	-	6
Dec 29	vs. Monroe College	L, 68-64	1	37	2-10	20.0	2-9	22.2	0-0	-	6
Jan 8	at Gulf Coast State College	W, 93-70	1	35	7-11	63.6	7-9	77.8	4-4	100.0	25
Jan 11	Chipola College	W, 74-73	1	29	3-9	33.3	3-8	37.5	0-0	-	9
Jan 15	at Tallahassee Community College	L, 78-60	1	28	1-6	16.7	1-6	16.7	3-3	100.0	6
Jan 18	Northwest Florida State College	W, 65-60	1	40	3-14	21.4	3-11	27.3	0-0	-	9
Jan 22	Gulf Coast State College	L, 88-87	1	36	5-10	50.0	5-10	50.0	0-0	-	15
Jan 29	at Chipola College	L, 70-56	1	34	3-11	27.3	2-9	22.2	0-0	-	8
Feb 1	Tallahassee Community College	L, 67-66	1	35	3-10	30.0	3-9	33.3	0-0	-	9
Feb 5	at Northwest Florida State College	W, 80-75	1	38	4-11	36.4	4-10	40.0	3-4	75.0	15
Feb 12	at Gulf Coast State College	W, 89-80	1	32	3-8	37.5	2-7	28.6	0-0	-	8
Feb 15	Chipola College	W, 80-69	1	36	2-9	22.2	2-9	22.2	2-2	100.0	8
Feb 19	at Tallahassee Community College	L, 73-65	1	35	4-11	36.4	4-10	40.0	0-2	0.0	12
Feb 22	Northwest Florida State College	W, 83-79	1	40	8-15	53.3	8-14	57.1	2-2	100.0	26

APPROACH BREAKDOWN
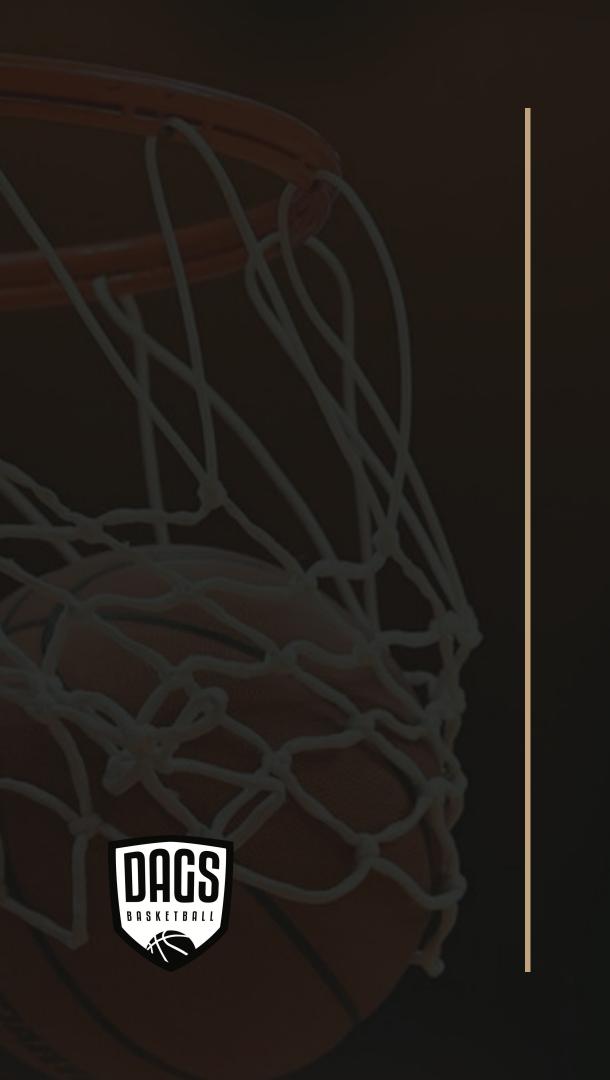
3 PHASES

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PHASE 1
MAKING SHOTS

Can you make shots, stationary, with no one guarding you. UPPER BODY MECHANICS + LOWER BODY MECHANICS + LAST 2 STEPS = SHOOTING FLOW

PHASE 2
MAKING SHOTS ON THE MOVE

Can you make shots on the Move with no one guarding you. This Phase involves your Body Movement, and your Rhythm in to your Shot.

PHASE 3
MAKING SHOTS IN GAMES

6 Keys to Making Shots in Games. This focuses on transitioning the training to game success

PHASE 1: MAKING SHOTS

 UPPER BODY MECHANICS

 LOWER BODY MECHANICS

 LAST 2 STEPS

 SHOOTING FLOW

DAGS BASKETBALL

OVERVIEW

In Phase 1, we focus on a Players ability to step in to **'Spot Shots' from 15 feet or 3 Point Range** with a consistent shooting flow and efficiently make shots.

A Player's Shooting Flow consists of their Upper Body Mechanics, Lower Body Mechanics, and their Last 2 Steps in to their shot.

PHASE 1
MAKING SHOTS

UPPER BODY MECHANICS

Focuses on the movements and technique in our Upper Body from Catch to Release on our Shot. Each of these Checkpoints have 'ranges' that most quality shooters stay within. I believe the most important quality a shooter can have is the ability to shoot the ball straight consistently. Because of this, I reverse Engineer Upper Body Mechanics and **start with the Release of the Players Shot.**

- FINISHING STRAIGHT
- FULL EXTENSION ON SHOT
- HEIGHT OF FINISH
- SNAP WRIST
- GUIDE HAND
- PUSH THROUGH ELBOW
- SET POINT
- LIFTS
- CLOSENESS TO BODY
- HAND POSITION
- LENGTH OF DIP
- ALIGNMENT TO BASKET
- SHOT READY/PREPAREDNESS

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LOWER BODY MECHANICS

Focuses on the players Balance and Fluidity from the moment their second foot hits the ground on the catch to the moment they land after their shot. We often tell our shooters we want Balance and Power from their lower body.

- WIDTH OF FEET
- POSITION OF FEET
- LENGTH OF BEND IN HIPS
- FLUIDITY OF MOTION
- DYNAMIC FEET
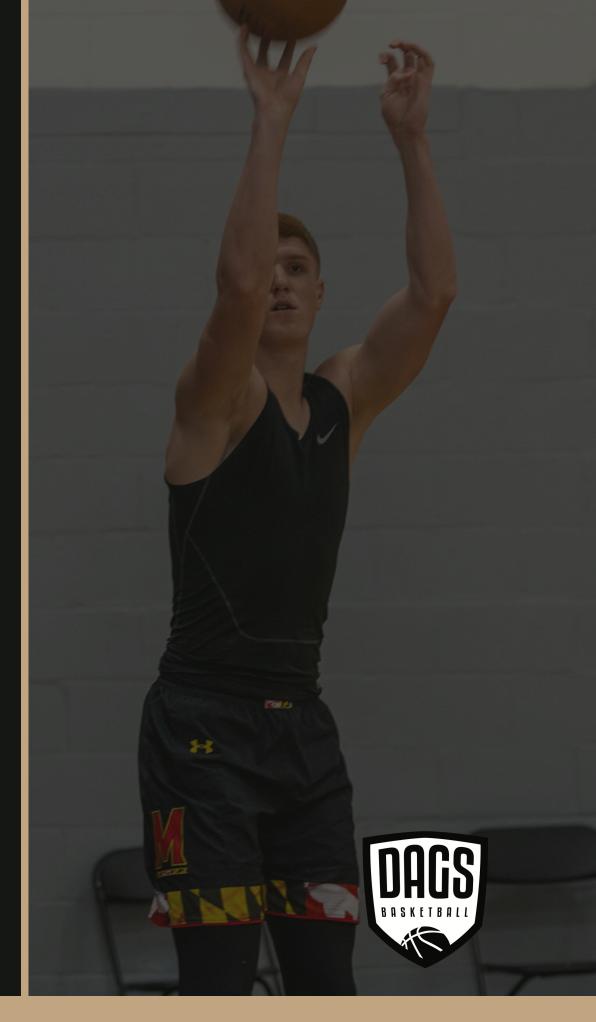- LAND BALANCED

LAST 2 STEPS

Focuses on the last two steps that a player uses to set their feet for their shot. I do not have a preference for these. I believe quality shooters can shoot off of different footwork. I like to watch film of players and what Footwork they shoot better off of in games and then try to get them to maximize their attempts using that footwork.

- 1,2 RHYTHM
- 1,2 HESITATION
- DISTANCE HOP
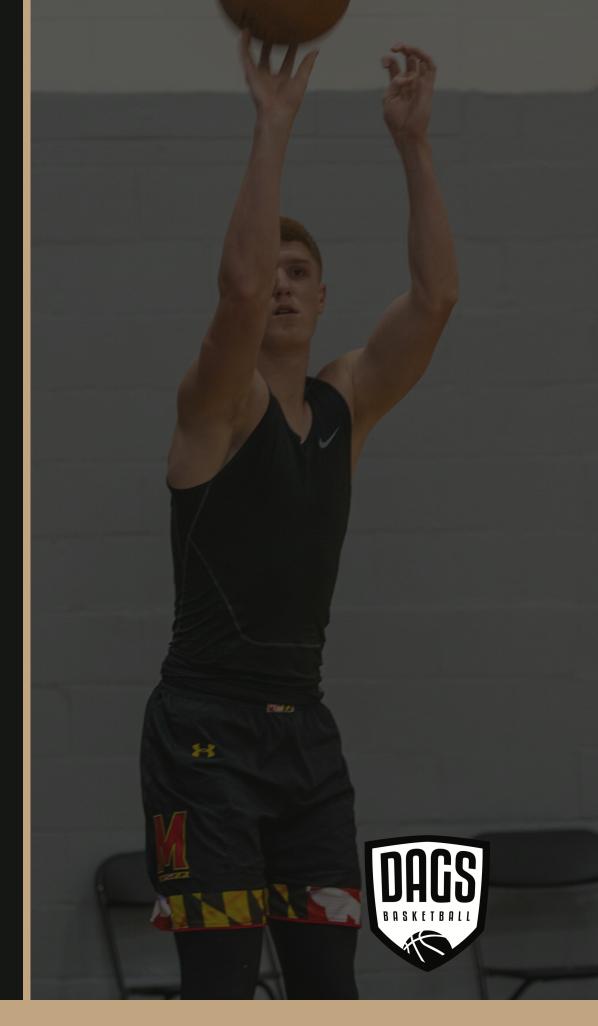- QUICK HOP (FOOT REPLACEMENT)
- 1 STEP OR PLANTED FOOT

LAST 2 STEPS VIDEO

PLANTEDFOOT

DAGS BASKETBALL

SHOOTING FLOW

A players shooting flow is their UPPER BODY MECHANICS, LOWER BODY MECHANICS, AND LAST 2 STEPS all working together. It encompasses your last 2 steps in to your shot, your catch, your raise, your set, your release, and your landing. Below are some of the keywords we use with our players when discussing their shooting flow.
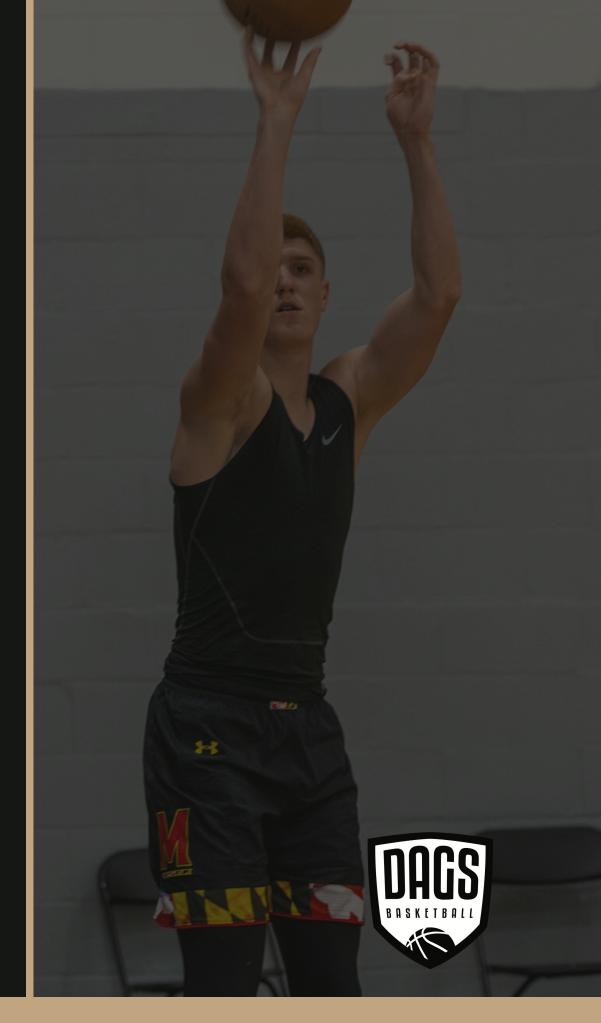
- CATCH BALANCED
- MOMENTUM TO HOOP
- BE COMFORTABLE
- FIND RHYTHM
- ONE MOTION (FLUIDITY)
- BE CONFIDENT
- LAND BALANCED

SHOOTING FORM OBSERVATIONS

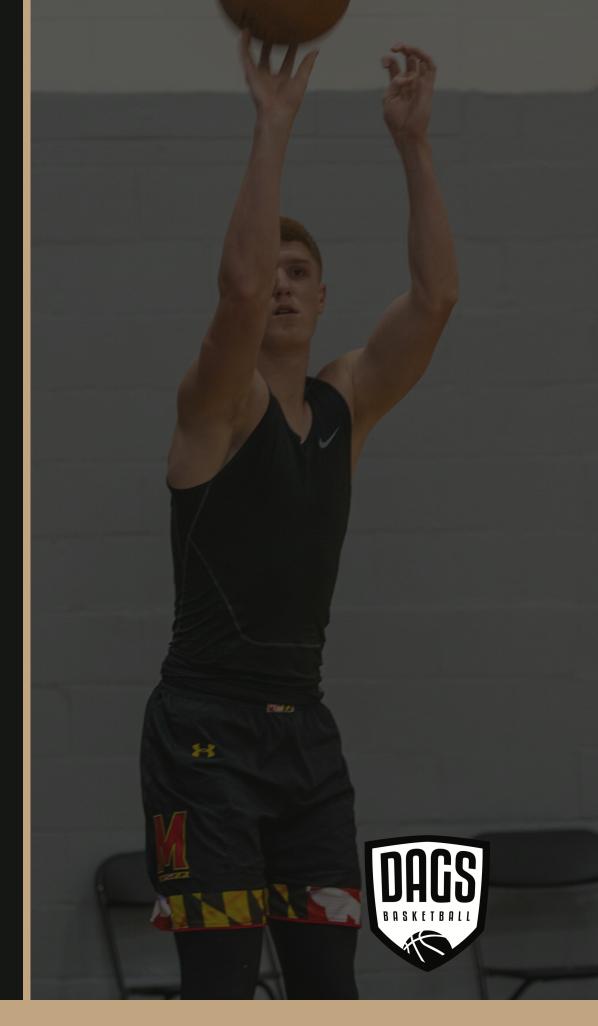Observations from each players shot, these range and vary from player to player.

- LENGTH OF DIP / DIP POINT
- SET POINT
- FEET TURNED OR NOT TURNED
- PALM OR NO PALM
- WHAT FINGER COMES OFF BALL LAST
- PLACEMENT OF OFF-HAND ON BALL
- HOW FAR BALL IS OFF OF BODY
- ELEVATION ON SHOT
- STARE AT BALL OR BASKET
- CUFF BASKETBALL ON LIFT or WRIST LOADED
- 1 MOTION VS 2 MOTION
- LIFT PLANE - STRONG SIDE OR WEAK SIDE

CUES FOR PLAYERS

I am a big believer in simple cues for players so that they can adjust their shot, without overthinking the mechanics. Below are some of those cues.
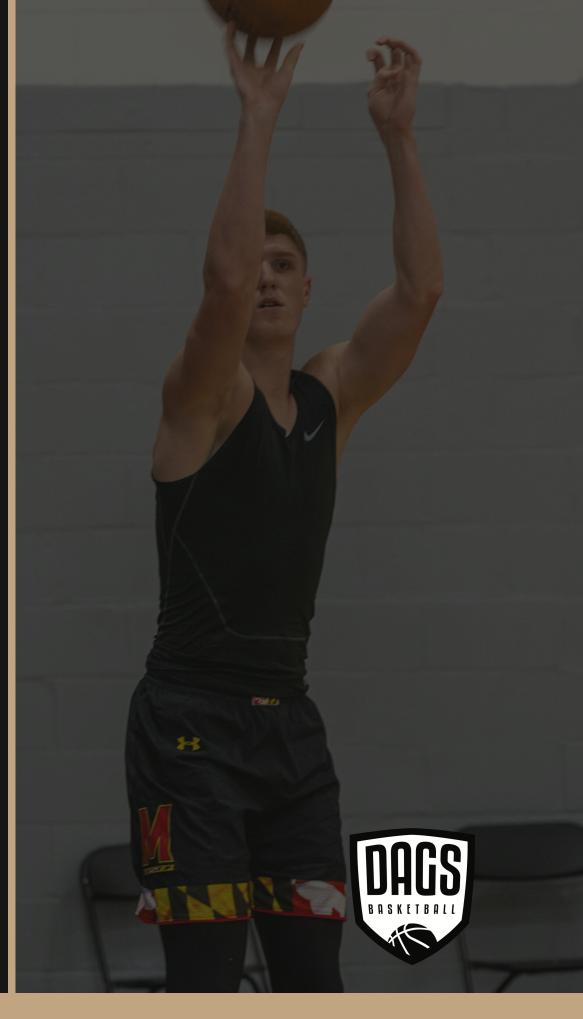
- **DON'T SHOOT THE BALL SHORT / BE LONG**
  - UP OVER THE FRONT OF THE RIM

- **CONFIDENT STROKE ON THE BALL**
  - FULL EXTENSION

- **SPREAD FEET A LITTLE MORE**
  - FEET TOO CLOSE TOGETHER

- **LAND BALANCED**

CUES FOR PLAYERS

I am a big believer in simple cues for players so that they can adjust their shot, without overthinking the mechanics. Below are some of those cues.
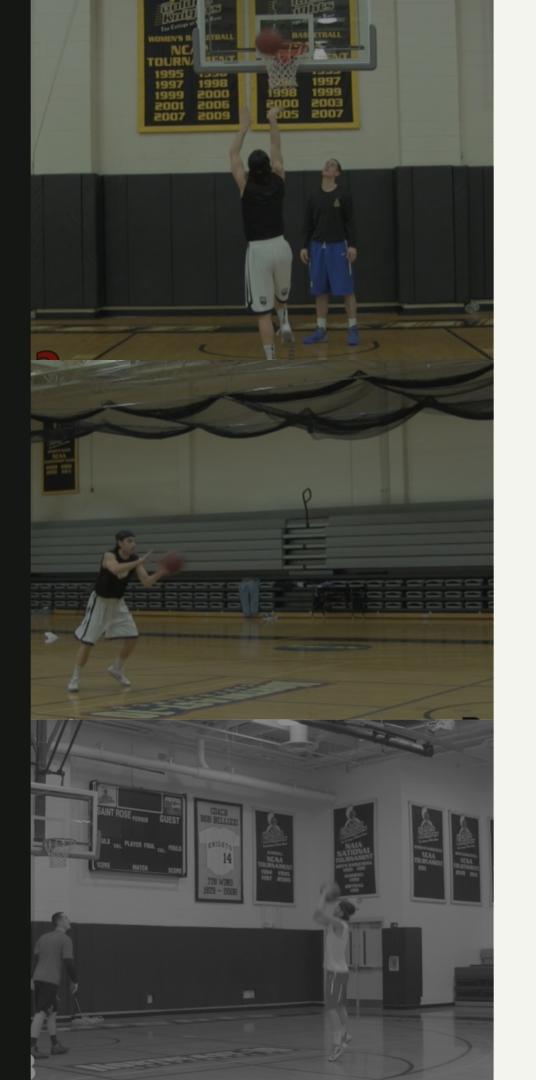
- **FIND YOUR RHYTHM**
  - FOOTWORK AND SHOOTING FLOW

- **FIND THE DISTANCE NOW**
  - WHEN SHOT IS STRAIGHT BUT LONG OR SHORT

- **STRAIGHT FOLLOW THROUGH**
  - WHEN THE FOLLOW THROUGH DRAGS L OR R

- **STAY IN YOUR SHOT**
  - COME OUT OF THEIR SHOT TOO SOON

- **MOMENTUM TO THE BASKET**

- **STOP FADING OR DRIFTING**

DRILL IT

Our Drills in this Phase focus on Form Shooting and Spot Shooting. We want to REP our Form so that playrs feel comfortable and confident in their Mechanics. We want to REP our last 2 steps so that playrs get comfortable and confident in their footwork. Lastly, to test their progress in making shots we can intensify spot shooting to add a certain number of Makes in a Row, Not missing 2 in a row, or adding a timer.

FORM SHOOTING

1 Hand Form Shooting
2 Hand Form Shooting (W/Footwork)
2 Hand 1 Foot Form Shooting
Dirk Series

LAST 2 STEPS

1,2 Rhythm (L/R)
1,2 Hesitation (L/R)
Hop Distance and Quick (L/R)
Toe Tap (L/R)

SPOT SHOOTING

REPS
X Makes in a Row
Can't Miss 2 in a row
Beat a Timer

DRILL IT

FORM SHOOTING

1 Hand Form Shooting

2 Hand Form Shooting (W/Footwork)

2 Hand 1 Foot Form Shooting

Dirk Series

DRILL IT

FORM SHOOTING

1 Hand Form Shooting

2 Hand Form Shooting (W/Footwork)

2 Hand 1 Foot Form Shooting

Dirk Series

TEST IT
200 DRILL

15' STATIONARY   /60

Corner - Wing - Top - Wing - Corner
10 Shots from each spot then 2 Foul Shots

15' MOVING   /36

R Corner - R Wing . R Elbow-L Elbow . L Wing - L Corner
10 Shots total moving between 2 spots then 2 Foul Shots

3 PT STATIONARY   /60

Corner - Wing - Top - Wing - Corner
10 Shots from each spot then 1 and 1 on Foul Shots

3 PT MOVING   /36

R Corner - R Wing . R Elbow-L Elbow . L Wing - L Corner
10 Shots total moving between 2 spots then 1 and 1 on Foul Shots

4TH QUARTER FT'S   /8

4 - 1 and 1 FT's to end the drill

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2

MAKING SHOTS ON THE MOVE

PHASE 2: MAKING
SHOTS ON THE MOVE

+ 4 GAME
MOVEMENTS

+ FINDING
RHYTHM

+ LAYER GAME
SITUATIONS

+ MENTAL TOUGHNESS
+ CONDITIONING

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BASKETBALL

OVERVIEW

In Phase 2, we focus on the players ability move in to the catch with rhythm and then transition to their Shooting Flow (That we spoke about in Phase 1) seamlessly.

In this Phase, we talk about the 4 ways your Body will Move in to your shot, how we can help players find their rhythm, and how to Rep and Layer Game Situations so that they can translate it in to more makes during games.

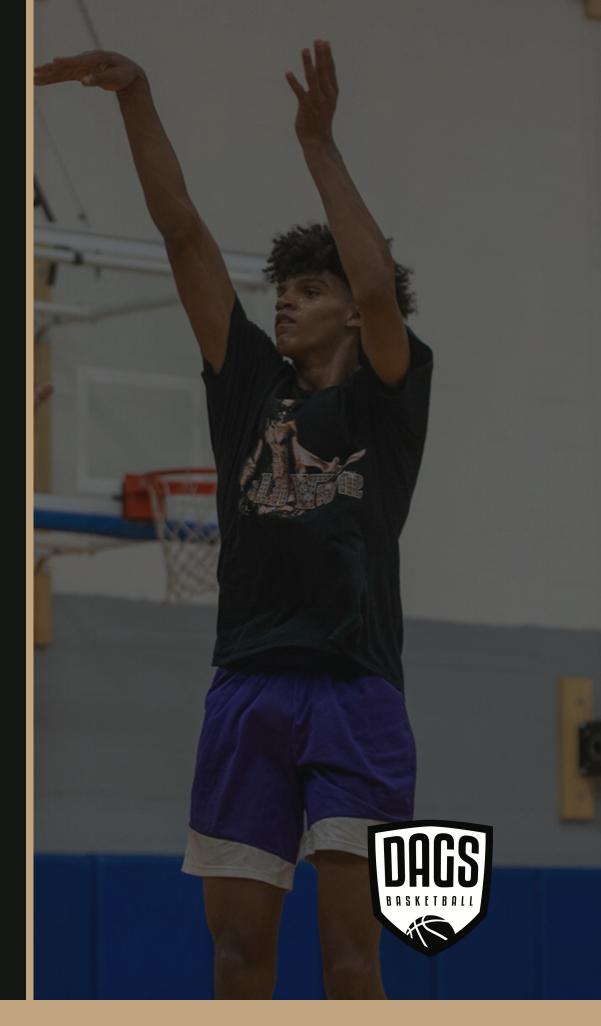# 4 GAME MOVEMENTS

The 4 ways you body will move in to your Last 2 Steps and Your Shot during games

1. STEP INS

Feet / Hips / Shoulders start squared to basket when you move and stay squared to basket as you move toward the rim

2. TURN INS

Hips/ Shoulders squared to passer as you move and Turn to Align to basket as you catch.

*__**OFTEN TIMES, PLAYERS WILL USE A COMBINATION OF THESE MOVEMENTS. I.E BACK PEDAL IN TO SLIDE**__*

DAGS BASKETBALL

4 GAME MOVEMENTS

The 4 ways you body will move in to your Last 2 Steps and Your Shot during games

3. SLIDES

Sliding away from D while hips and shoulders stay aligned to basket

4. BACK PEDALS (Move Away from Basket)

Feet/Hips/Shoulders moving away from the basket while your body stays aligned to hoop

**OFTEN TIMES, PLAYERS WILL USE A COMBINATION OF THESE MOVEMENTS. I.E BACK PEDAL IN TO SLIDE*

4 GAME MOVEMENTS VIDEO

The 4 ways you body will move in to your Last 2 Steps and Your Shot during games

STEP INS

FINDING RHYTHM

All great shooters are able to find their Rhythm on the move and they are able to seamlessly translate from the Body Movement to their Shooting Flow.

WHAT IMPACTS RHYTHM?

- Pace
- Angle Player Takes
- Quality of Pass
- The Catch
- Footwork and Balance
- Fluidity of Shot
- Defensive Pressure
- Ability to Transition to Shooting Flow
- Body Control on Catch and Lift

FINDING RHYTHM

All great shooters are able to find their Rhythm on the move and they are able to seamlessly translate from the Body Movement to their Shooting Flow.

KEY POINT

When moving in to your shot, often times you will be moving away from the rim. We emphasize to our players that we want their momentum going to the basket. So on a catch moving away from the hoop, we would like them to get their last 2 steps/Hips/Shoulders moving back towards the basket as they transition in to their shot.
i.e. NBA 4 PT. Line

DRILL IT

Our Drills in this Phase focus on REPPING the 4 Game Movements. If players can master these movements, they will be able to translate them in to any Game Situations.

Once Players get comfortable with the movements, we rep out game situations. Then we add the mental component of making multiple shots in a row and beating a timer. We also push players to increase the speed of their Set Up and Release as they get more efficient and confident.

GAME MOVEMENT REPS

Step Ins: Change Last 2 Steps
Turn Ins: Change Last 2 Steps
Slides: Change Last 2 Steps
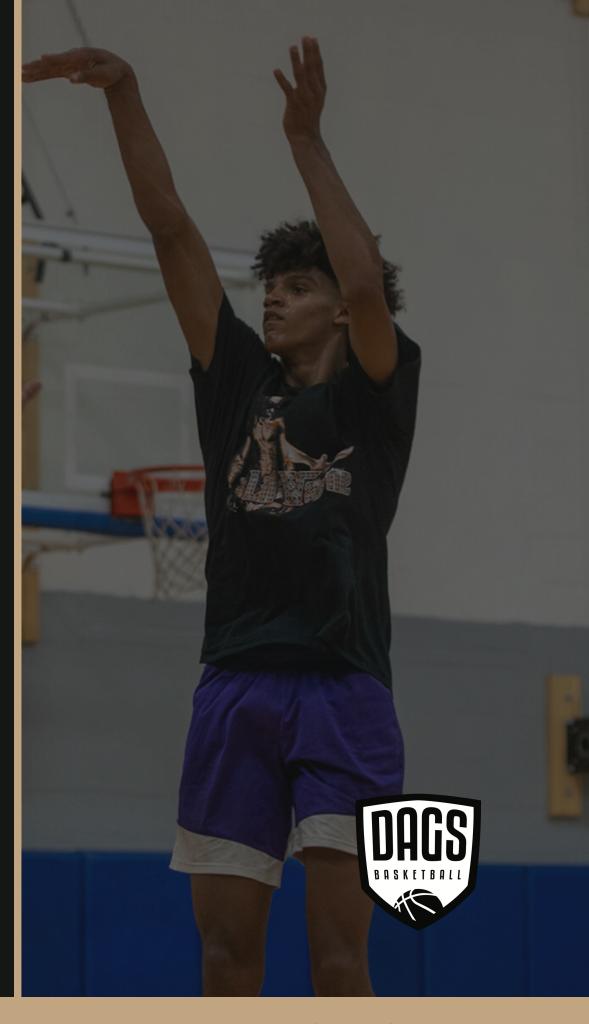Back Pedals: Change Last 2 Steps

GAME SITUATION REPS

Curls / Flashes
Drifts
Transition
Fades/Flares/Relocations
Spot Ups

LAYERED SITUATIONS

Curls and Drifts
Curls, Drifts, Transition
*Combine different situations to change rhythm of players shot

LAYER GAME SITUATIONS

DEVELOP MENTAL SIDE

All of our drills in Phase 1 and Phase 2 can add a layer of mental toughness by making them 'challenges' and adding a layer of conditioning.

HOW TO DO WE BUILD MENTAL TOUGHNESS THROUGH OUR DRILLS?

- Make X in a Row
- Don't Miss 2 in a row
- Make X out of X
- Make different types of shots in a row
- Add pressure with Timed Shooting
- Add 'Shoot Until You Miss' to beat drills
- Add Conditioning to tire the body and mind
- **RANDOM ADD**

DRILL IT
MENTAL

TEST IT
5 MIN GAME SITUATIONS

INSTRUCTIONS

Ideally 1 Rebounder, 1 Passer and 2 Balls.
Can be Done with 1 Rebound/Passer and 1 Ball

Drill Can be done Timing every spot, Shooting a set number at every spot, or having to make a certain number at every spot

RIGHT SIDE

30 Seconds Flashes: Break in NBA Line to Slot
30 Seconds Drifts: Break in NBA to Corner
30 Seconds Fades: Short Corner to Corner 3
30 Seconds Transition: Sideline to Wing

LEFT SIDE

30 Seconds Flashes: Break in NBA Line to Slot
30 Seconds Drifts: Break in NBA to Corner
30 Seconds Fades: Short Corner to Corner 3
30 Seconds Transition: Sideline to Wing

TOP OF KEY

1 Min: Rapid Fire from Top of Key

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PHASE 3: MAKING SHOTS IN GAMES

+ 6 KEYS TO MAKING SHOTS IN GAMES

+ DEVELOPING MENTALLY TOUGH SHOOTERS
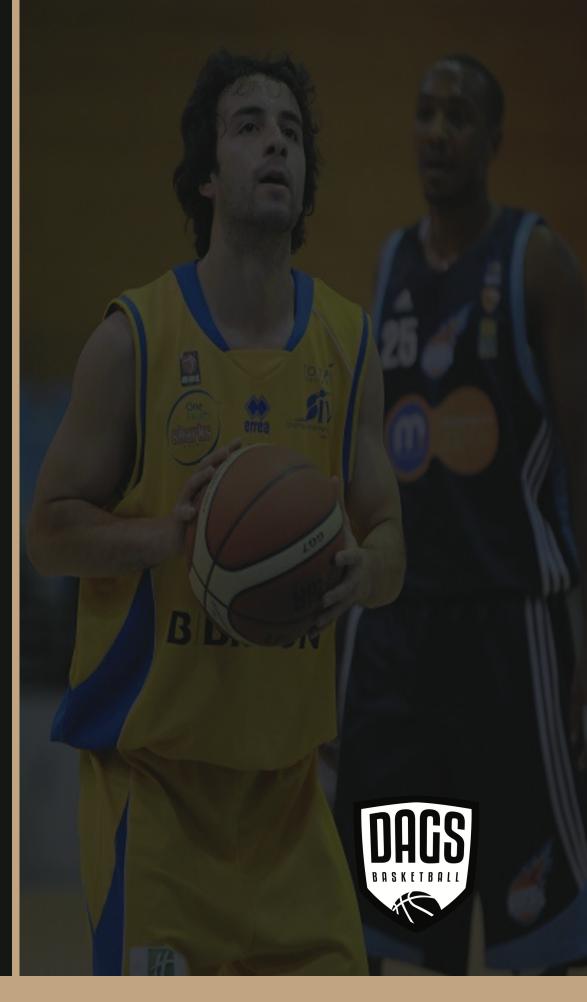
+ DRILL LIVE SITUATIONS

✕ X FACTOR IS PLAYERS ABILITY TO TRANSLATE TO GAME SUCCESS

DAGS BASKETBALL

6 KEYS TO MAKING SHOTS IN GAMES

Great shooters will answer yes to all 5 of these questions below.
TEACH WITH FILM REVIEW and LIVE REPS

- ARE YOU ABLE TO **FIND SPACE** IN GAMES TO GET YOUR SHOT OFF?
- ARE YOU ABLE TO **FIND YOUR RHYTHM** IN GAMES TO GET A GOOD SHOT?
- ARE YOU A **CONFIDENT SHOOTER**, DO YOU THINK EVERY SHOT IS GOING IN?
- ARE YOU **CONDITIONED** WELL ENOUGH TO MAKE SHOTS WHEN TIRED
- **SHOT SELECTION** - DO YOU UNDERSTAND WHAT IS A GOOD SHOT FOR YOU?
- DO YOU **USE YOUR SHOT** TO MAKE PLAYS?

6 KEYS OVERVIEW

FINDING SPACE

- USING SCREENS
- SPACE ON TEAMMATES ACTION
- FINDING SPACE AFTER PASS
- SET A SCREEN TO FIND SPACE
- 4 PT LINE SPACING

FINDING RHYTHM

- SHOT PREPARATION
- TRANSITION FROM MOVEMENT TO SHOOTING FLOW
- MOMENTUM TO BASKET
- GET INVOLVED IN GAME (REB, PASSING, MOVING, GUARDING)
- GET TO FT LINE, GET EASY BASKETS

CONFIDENCE

- CONFIDENT IN YOUR SHOT SELECTION
- CONFIDENT THAT EVERY SHOT IS GOING IN
- CONFIDENT YOU CAN ADJUST AFTER MISSES

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6 KEYS OVERVIEW

CONDITIONING
- SHOOTERS NEED TO BE ACTIVE TO FIND SPACE, NEED TO BE IN SHAPE
- CAN'T GET MENTALLY TIRED BECAUSE YOU ARE PHYSICALLY TIRED

SHOT SELECTION
- WHAT TYPES OF SHOTS GIVE YOU THE BEST CHANCE TO SHOOT A HIGH PERCENTAGE
- TIME / SCORE / SITUATION
- CAN YOU SHOOT OFF OF BAD PASSES, BAD FOOTWORK, CONTESTED SHOTS, ETC.

USING YOUR SHOT
- THINK SHOT ON EVERY CATCH TO FORCE DEFENDERS TO FLY AT YOU
- ARE YOU ABLE TO ATTACK AGGRESSIVE CLOSEOUTS AND GET DOWNHILL — SCORE FOR YOURSELF OR PLAY FOR OTHERS
- THIS WILL SOFTEN DEFENSE ON YOUR SHOT

MENTALLY TOUGH IN GAME SHOOTERS
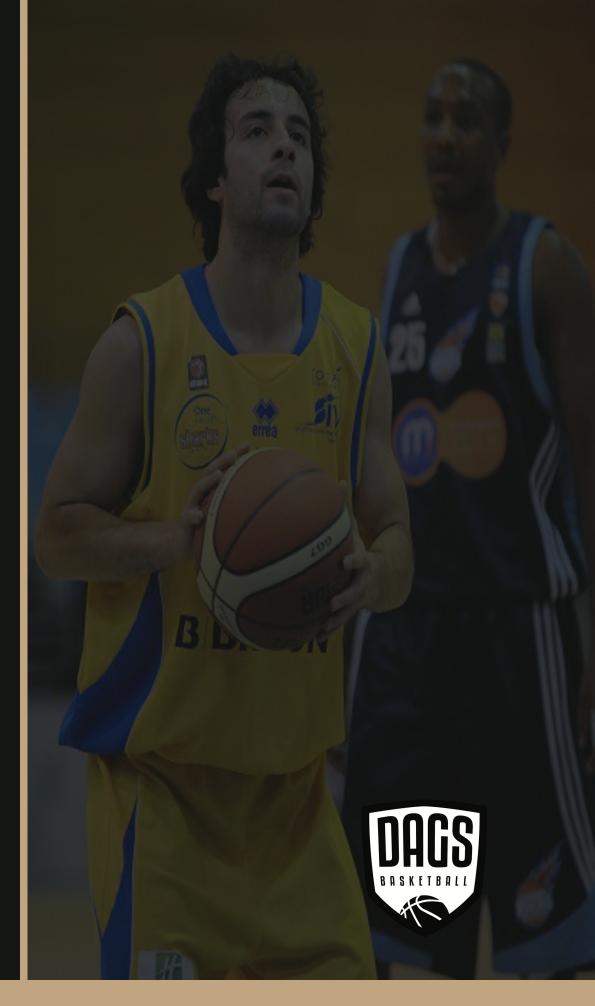
HELP PLAYERS HELP THEMSELVES IN GAMES

SHOT SELECTION
- THE #1 WAY TO INCREASE SHOOTING PERCENTAGE IS SHOT SELECTION
- LIMIT SHOOTING TOUGH, OUT OF RHYTHM SHOTS

GOOD HUNTING SHOTS
- DO YOU AGGRESSIVELY HUNT SHOTS WITHIN YOUR OFFENSE, WHILE DOING THINGS FOR TEAMMATES
- ARE YOU A THREAT TO SHOOT ON EVERY CATCH SO TEAMS HAVE TO FLY AT YOU TO GUARD

BAD HUNTING SHOTS
- DO YOU COME OUT OF YOUR OFFENSIVE SCHEME TO CHASE THE BALL AND HUNT TOUGH SHOTS OR 'HAVEN'T SHOT IN A WHILE SHOTS'
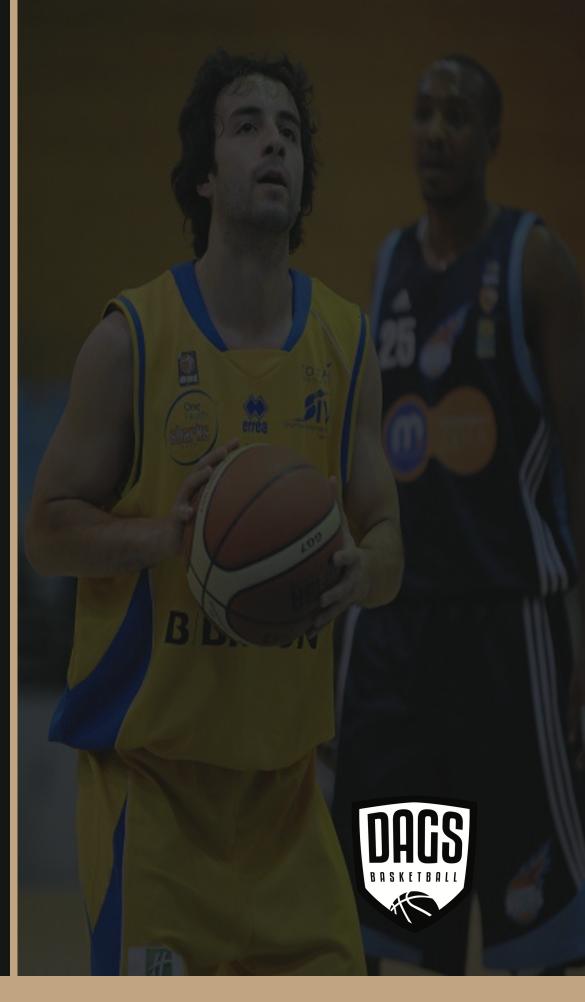
MENTALLY TOUGH IN GAME SHOOTERS

HELP PLAYERS HELP THEMSELVES IN GAMES

SHOOT ON THE CATCH
- RHYTHM CATCH AND SHOOT IS THE HIGHEST PERCENTAGE SHOT. DO YOU TURN OPEN CATCH AND SHOOT OPPORTUNITIES IN TO TOUGH OFF THE DRIBBLE SHOTS
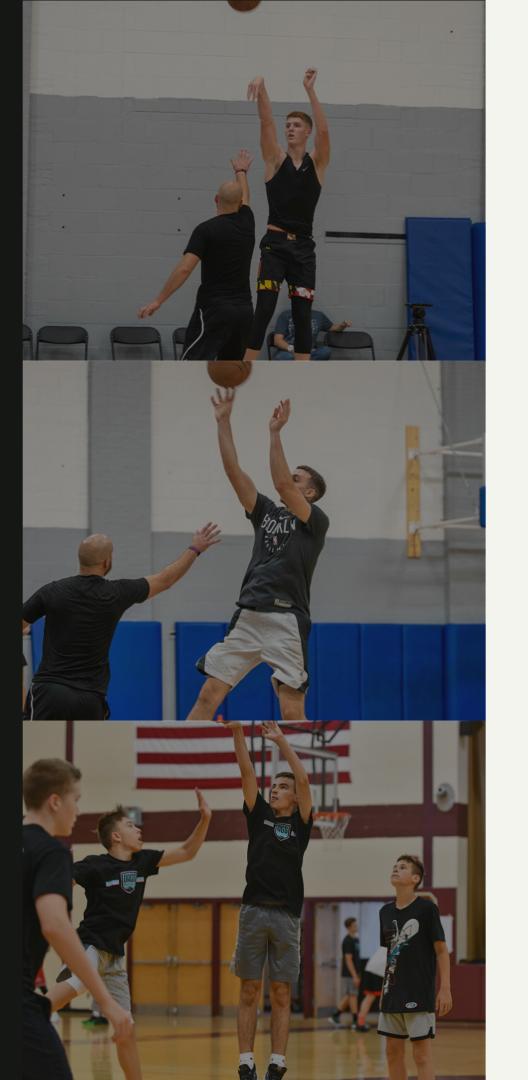
WHAT TO DO WHEN STRUGGLING IN GAME
- ATTACK BASKET AND TRY TO GET TO FT LINE
- DO SOMETHING FOR SOMEONE ELSE
  - SET SCREEN, CREATE A PLAY FOR A TEAMMATE
- CHANGE FOCUS
  - FOCUS ON REBOUNDING AND GUARDING, LET OFFENSE COME NATURALLY
  - RUN THE FLOOR IN TRANSITION

DRILL IT
LIVE

1 ON 1

Live 1 on 1 with built in advantage off of game situations.
Flashes / Drifts / Fades / Transition
*Play everything off shot, if D takes shot away, attack w/ limited dribbles

2 ON 2

Live 2 on 2 with built in advantage off of drive n kick situations
*Play everything off shot, if D takes shot away. Multiple Passes and movements while playing.

FIBA 3X3

Continuous 3x3 is a great way for players to learn how to find space with limited players on the floor. Focus on Catch n Shoot and Attacking advantages

DRILL IT
LIVE
LAYERED

CURRENT CONCEPTS

Below are some concepts that we have been really focusing in on lately with our players
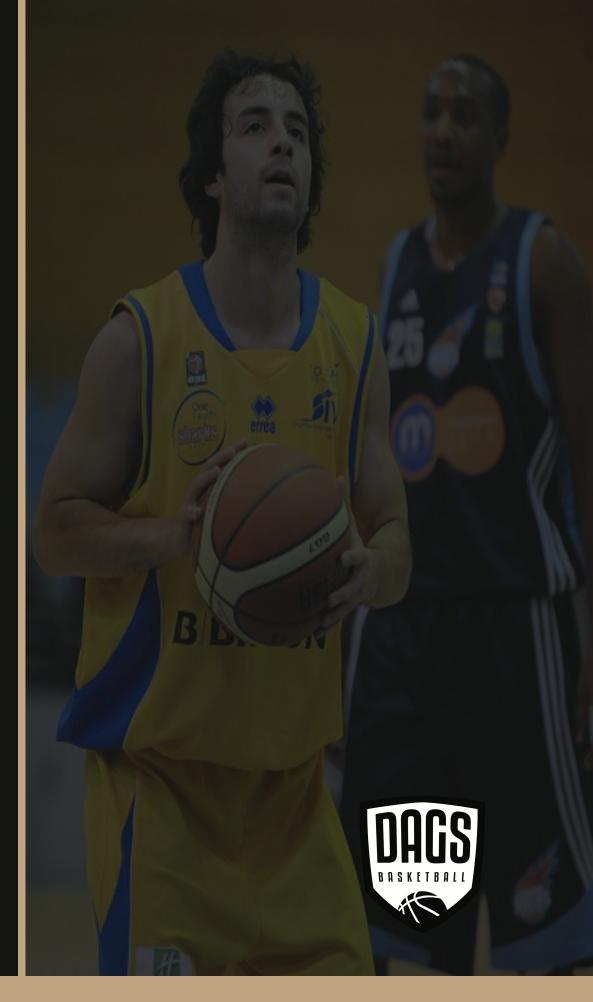
SPEED UP RELEASE
- QUICKNESS IN FEET AND SET UP
- LIMIT DIP AND CHANGE LIFT ANGLES

HESITATION FOOTWORK
- SKIP IN TO CATCH, SAME WAY YOU WOULD OFF DRIBBLE
- ALLOWS PLAYER TO READ, CHANGE HEIGHT, CHANGE PACE

CONTROLLED FADES
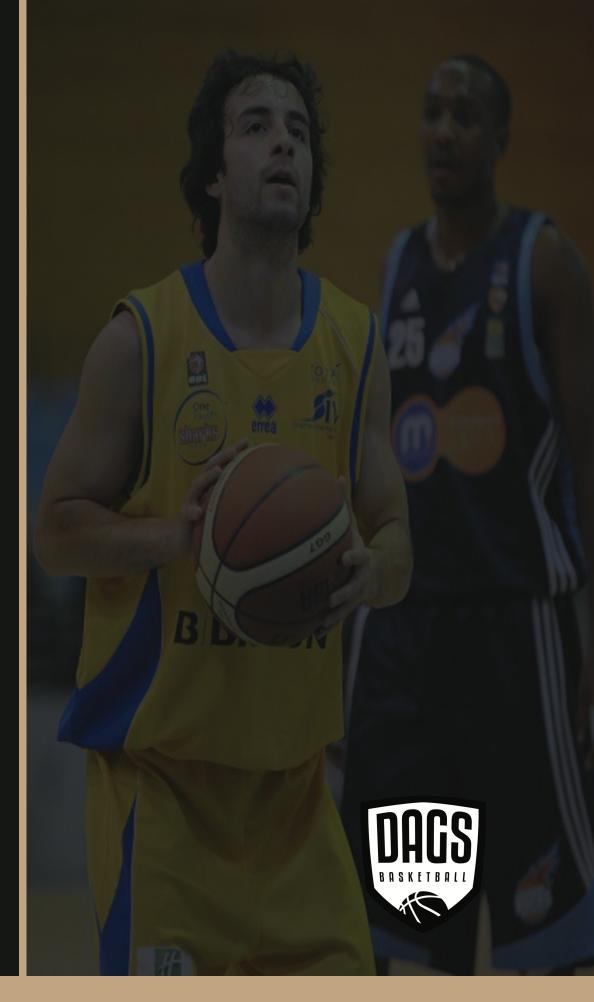- ABILITY TO DRIFT L,R,FORWARD, BACK AWAY FROM D

CURRENT CONCEPTS

Below are some concepts that we have been really focusing in on lately with our players

REPS IN TO LIVE

- PLAYER NEEDS TO MAKE X AMOUNT OF REPS AND THEN NEEDS TO SCORE AGAINST A LIVE DEFENDER
- HELPS PLAYER TO STAY IN ATTACK MODE!

USING YOUR SHOT

- HOW MANY PLAYERS ON YOUR TEAM THAT YOU WANT CATCHING AND SHOOTING AS FAST AS THEY CAN?
- YOU WANT PLAYERS THAT TAKE AND MAKE RHYTHM, UNCONTESTED SHOTS
- THE ABILITY TO USE YOUR SHOT TO MAKE PLAYS > SHOT SPEED

CONSTANTLY LEARNING

I am constantly trying to learn from my experiences, players, and others. So it shouldn't be a surprise that this APPROACH is constantly Updating, Adjusting, and being Tweaked.

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