



# LADY WOLF PLAYER IMPROVEMENT PLAN

## 3 Parts to Becoming a **COMPLETE** Player

1. Preparation of the Body
  - Weight Training
  - Speed and Agility Training
  - Conditioning of the Body
  - Running Program
  - Jump Rope Training
  
2. Skill Development
  - Shooting Program
  - Increase Ball Handling Skills
  - Perimeter Skills
  - Post Skills
  - Individual Weakness Skills
  
3. Play the Game
  - Open Gym
  - Pick Up Games
  - AAU
  - One on One vs Teammates

What it takes for Buford to compete in our region and in the state (We can control these)

1. Out work our opponents (Be tougher both physically and mentally)  
**Talent does not prepare for TOUGHNESS!**
2. Out fundamental our opponents (Become better players, not athletes)  
Skill is the equalizer for Athleticism – Be a Skill Player, Not a Drill Player

Individual Players are made in the off season and teams are made during the season.

Spring, Summer and Fall are when you become a better individual player. Set goals for yourself to accomplish great things for the future of yourself and your team!