

REBUILDING A BASKETBALL PROGRAM

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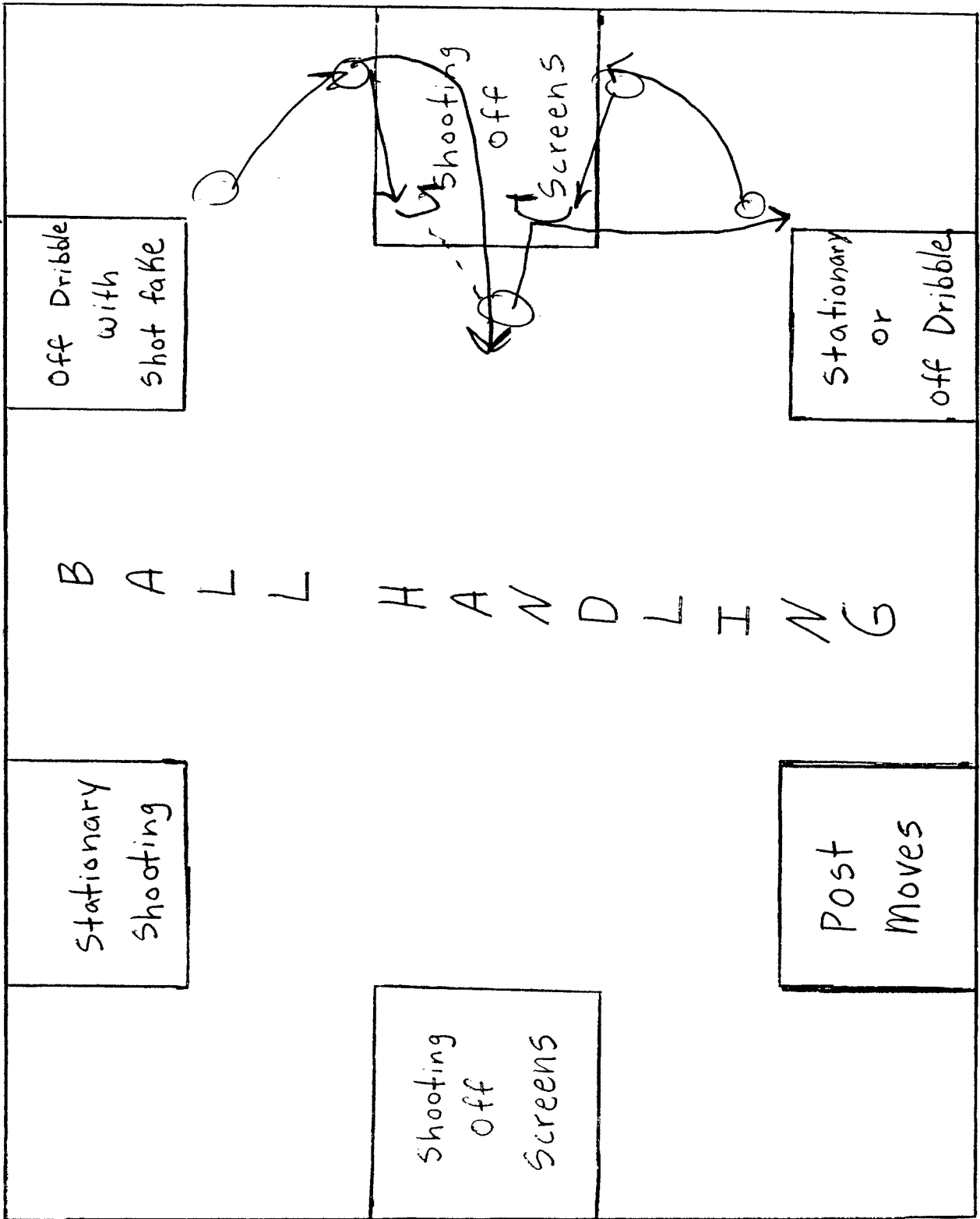
1. IMPROVE BASKETBALL SKILLS OF YOUR PLAYERS
 - A. DRIBBLING
two hands
 - B. PASSING
two hands
 - C. SHOOTING
stationary -- off dribble -- off screens -- shot fake -- post
 2. IMPROVE ATHLETIC ABILITY OF YOUR PLAYERS
 - A. STRENGTH
weights
 - B. QUICKNESS
weights and agility drills
 - C. EXPLOSIVENESS
plyometrics and weights
 - D. AGILITY
 3. INSTILL DISCIPLINE IN YOUR PLAYERS
 - A. DO WHAT YOUR SUPPOSED TO DO WHEN YOUR SUPPOSED TO DO
IT - DO IT EVERY TIME
 - B. WE NOT ME
 - C. EMPHASIZE WHAT IS IMPORTANT TO YOU
--play hard --value the ball
 - D. BE ON TIME
 4. IMPROVE DEFENSIVELY
 - A. INDIVIDUALS
 - B. TEAM
zone or m/m -- play hard -- everyone on same page -- emphasize
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WHEN TO WORK ON THESE ITEMS

- | | | |
|--------------------|---------------------------|---------------|
| 1. SKILLS | 2. ATHLETIC ABILITY | 3. DISCIPLINE |
| summer program | weights - entire year | all year |
| fall - open gym | agility -- off season | |
| spring - open gym | plyometrics -- off season | 4. DEFENSE |
| in season -- early | | all year |

①

Shooting
off
Screens



Shoot-a-way

Shoot-a-way

Shoot-a-way

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⑧

Good

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