

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

WHEN TO WORK ON THESE ITEMS

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

