



Coach Dave Love

Coaches Clinic Notes

ASSESSING A SHOT AND LAYERING DRILLS TO IMPROVE

POSITIVE AND NEGATIVE POWER – THE BASICS OF SHOOTING

ASSESSMENT:

START WITH THE FLIGHT OF THE BALL AND WORK YOUR WAY BACKWARD

Does it spin purely? Why does that matter?

Do they get decent arc?

Which side do they tend to miss to?

Is the motion of their body simple and repeatable?

ISOLATE THE BAD HABIT:

FIND THE POINT IN THEIR SHOT WHERE THEY ARE OUT OF POSITION, ISOLATE THAT POINT, AND LEARN A NEW HABIT.

Connection to the floor

Connection to the ball

Set point.

BEGIN TO ADD LAYERS AS THEIR ABILITY IN THE MICRO-SKILL IMPROVES:

DISTANCE

SPEED

SIMPLE MOVEMENTS

GAME MOVEMENTS

CATCHES AND DRIBBLE PICKUPS

DEFENDERS

DECISIONS

FIND THE SWEET SPOT WHERE A PLAYER CAN BE CHALLENGED TO BUILD A NEW HABIT

NOT SO EASY THAT THEY AREN'T CHALLENGED.

NOT SO DIFFICULT THAT THEY CAN'T EXECUTE THE NEW HABIT.

WHERE THEY MAKE THE OCCASIONAL MISTAKES BUT ARE MINDFUL OF THEM.

BE WILLING TO ADD A LAYER, BUT SUBTRACT ANOTHER

AT TIMES YOU MAY NEED TO SIMPLIFY ONE AREA WHEN CHALLENGING ANOTHER.

HOLD YOURSELF AND THE PLAYER ACCOUNTABLE

DON'T BITE OFF MORE THAN YOU CAN CHEW.

MAKING HONEST, TANGIBLE IMPROVEMENT IN ONE AREA IS BETTER THAN TRYING TO TACKLE EVERYTHING.

IN MY "SHOOTING REFINEMENT CLINICS" I TAKE YOUTH PLAYERS THROUGH THE SERIES OF DRILLS THAT I USE WITH MY NBA CLIENTS TO HELP THEM UNLOCK THEIR POTENTIAL. PLAYERS LEARN WHAT THEY SHOULD BE DOING, WHY THEY SHOULD BE DOING IT, AND HOW TO DO IT, ALL WHILE BUILDING UP SIMPLE DRILLS THAT REFINE THEIR SHOOTING HABITS. THIS IS AS CLOSE AS I CAN GET TO MY NBA TRAINING IN A GROUP SETTING.

IF YOU WOULD LIKE TO HOST A DAY OR WEEKEND LONG CLINIC IN YOUR AREA, FILL OUT THE FORM AT WWW.THELOVEOFTHEGAME.COM/HOST