



# Coach Dave Love

## Coaches Clinic Notes

### ***Building a Shooting PROGRAM***

*How to use the fact that you have players playing within your program to your advantage to build better shooters.*

***The challenges that you face include players of various skill levels and various bad habits working at the same time. But the advantage you have is that the players are within your program for a longer period of time. Take advantage of this.***

***Only fight the battles you are capable of winning!***

#### **Ages 0-10**

***FOCUS: Having FUN! Plant seeds that will grow later.***

***GOAL: Kids can replicate a good shooting motion without a basketball.***

#### **Ages 10-12**

***FOCUS: Use their lower body well. Balanced and even leg push.***

***GOAL: Understand how balance works, have wide feet, working to keep lower body simple.***

### **Ages 12-14**

***FOCUS: Begin to simplify the use of their hands and start shooting with one hand more.***

***GOAL: Players understand the relationship between the hands and are comfortable getting shooting hand into correction position and Guide Hand coming off ball.***

### **Ages 14-16**

***FOCUS: Simplify the shooting motion and making the path of the ball more repeatable.***

***GOAL: Players start the ball in a position that will keep their shot simple, get into a good set point, and have a simple release.***

### **Ages 16+**

***FOCUS: Making individual refinements to shooting form.***

***GOAL: Identify weaknesses in individual players mechanics and give appropriate instruction to build better habits.***