

# Bruce Weber – Wisconsin Dells Clinic Spring 10

## Individual Skill Development

### Key Thoughts

- Has three routines for every skill they start practice with for individual work to keep it fresh and new
- They are competitive in everything they do in practice
  - Last year they gave kids a break half way through the season with competition in drills and they lost competitive edge
  - Use the clock and have winners and losers for everything
  - Make kids hate losing
- Spends 40 minutes or more each day on individual improvement
  - Footwork at top of the list
  - Ball Handling and passing
  - Shooting- No random shooting
  - 1 on 1
- After individual work at beginning of season and each practice then work on team fundamentals
- Thinks no one can pass the ball anymore because of dribble drive
- Sends assistants to NBA practices every year to find new drills to bring back to team
- Keep drills fresh and interesting
- Most of his drills were working on multiple things
- Uses football blocking pads for just about every drill they do to simulate game contact and playing thru it

### Shooting- Uses a lot of stuff from Shot Dr. Shooting camps from 80's and 90's

- Starts with feet- wants their toes to dig into the ground
- Uses shooting strap everyday in practice
- Wants players to find their shooting pocket
- Follow thru can correct man things- Put your hand in the rim
- Teaches heel toe pivot
- Always has kids pivot on inside foot

### NBA Shooting Drill – Steve Nash

#### Ladder Shooting- Similar to nothing but net shooting drill

- Make two and take a big step back- Any make counts
- Shoot with one hand to start
- Focus on using legs
- Work way back to 3 point line – kids should be able to tell range by using this drill 3 pt shooters wont have to adjust to get ball their
- Uses med or heavy balls to mix it up in practice

- Uses shooting strap with this drill
- Steve Nash Does 75 makes from each spot everyday in practice
- Make sure kids pay attention to alignment of their feet 10 toes to rim

#### Block Pivot Drill- Steve Nash

- Catch pivot shoot- 75 makes from each block

#### Walk Up Shooting

- Start on baseline with coach at elbow, walk up plant heel and pivot while catching pass
- Stress squaring up with ten toes to the rim

#### Run Up Shooting

- Same as walk up shooting but pick up the pace

#### Half Court 2 Dribble Shooting

- Start at half court straddling the line and facing the sideline
- On the catch you get 2 dribbles to attack basket and shoot pull up jumper

#### 3 in 1 Drills

- Shooting drills with 3 different moves
- Use to create game speed on shots
- Can be used anywhere by anyone
- Concentrate on staying low
- Get foot and ball by defender without traveling
- Use chute or goal post like device to force players to stay low
- Add person with blocking pad
- Add a defender

#### 3 in 1 Routine

1. Catch and shoot
2. Catch rip 1 dribble and go baseline
3. Catch shot fake go middle

#### Ballhandling- Emphasised having at least 3 routines to keep it fresh

#### 2 Ball Dribbling- Everything going forward 1 way and backwards the other way

- Alt Dribble, Same time, walking, running, change of direction, fancy, with partner, partner with blocking pad, stay in circle vs. pad, leverage back to back drill while dribbling

### Hurdle

- Small plyo hurdles used for close dribbling
  - R Hand, l hand, 2 and cross, 2 and between legs, 2 and behind back
- Moving over the hurdles and passing at same time
  - Hi knees, sideways jumps, charioca, 2 foot jumps, 1 foot jumps

### Weak hand development

- Dribble LRL and pass to left hand of partner
- 2 dribbles behind and pass with left
- Around the world and pass with left

### Tight Rope Dribble Drive Drill

- Imaginary rope between partners 12-15 feet of rope anchored in lane
- 1 Partner drives and one partner spaces
- Use fade slide and euro cut
- Partner catches and uses 3 in 1 move or drives and kicks out to partner who is keeping space
- Add 3 moves on catch and drive
  - Jab and go
  - Jab and cross
  - Rocker step
- Add another person so there is 3 people keeping space

### Competitive Shooting Drills With Partner

- Start in lane and wrap around chair make 3 in 10 sec
- Start on wing wrap around chair on cross screen make 3 in 10 sec
- Partner on block slide on 3 point line make 3 in 10 sec