



FLORIDA STATE UNIVERSITY

WOMEN'S BASKETBALL

Integrated Skill Development

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“Integrated Skill Development” combines primary movements within your offense (where your players get their shots) with normal tenants of individual workouts (tempo, talk, application) to create continuity between “skill” work and “team” work.

Why?

- It is a *functional* and *practical* workout, giving your players maximum repetitions that simulate in-game movements/activity.
- You can quickly customize or adjust workouts to suit a certain player's skill set, while reinforcing how they contribute within your program's offensive principles.
- It is an efficient method that combines physical and mental repetitions within your offense, conditioning, and skill development.

The Culture:

- These are the areas that you must hold your players accountable to in order to maximize (game-like) productivity. Your “non-negotiables” might differ, but the main idea is that your voice must be consistent throughout each workout.

Think AND Play at a High Tempo:

- Development drills must force your player to do more than one thing at a time (read and react) otherwise they are too controlled and stagnant, and carryover is minimal. It also must be done at a *high (uncomfortable) speed, or the impact will be minimal* (change of pace is also crucial).

Emphasize Performance Goals:

- Women tend to want to settle for the right process even if they miss the basket (product). *Reinforce a competitive/“find a way” attitude* in the midst of whatever you're doing. Encourage Process that *enables* production. This helps the players understand why they are going what they are doing.

Dribble, Pass, Shoot, Footwork in every workout:

- Integrate within your system at high speeds. Too many people neglect *fundamentals* at this stage (or within season), but GREAT players never get comfortable with their current skill set. They are always pushing to get better.

Reinforce Your Head Coach's Priority Skills:

- i.e. “stance” for a post player, or beating an on-ball-defender for a perimeter player.

Reinforce GREAT Habits:

- If you film practice or in games, pull clips to reinforce the skills and also to teach the “big picture”. Help them realize how their commitment to that skill helps the greater goals, and encourage them every time they do it right.

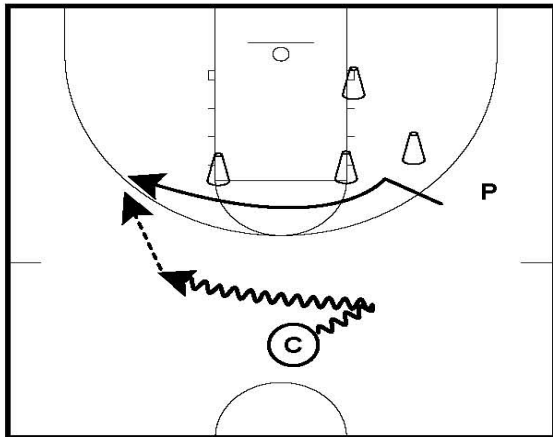


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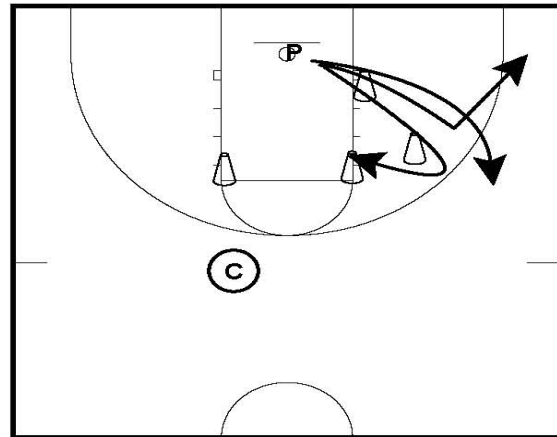
FastPrint (77 plays) Tue Feb 15 16:57:01 EST 2011 - pg. 62

CC Shooting Drills



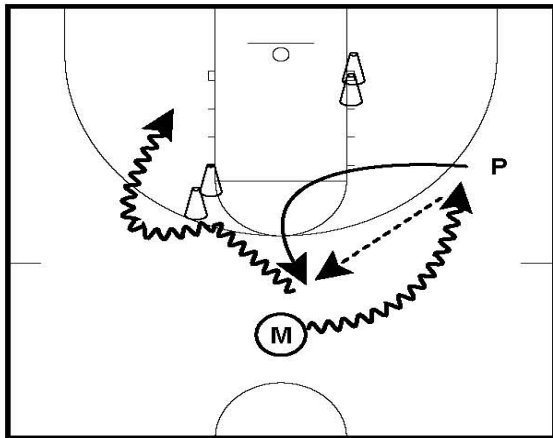
First shot comes out of our "Iverson" set. The perimeter player comes off two screens at the elbows, receives the pass and has a cleared out side to "go to work". I encourage them to mix-up their shot selection (jumpers, one dribble pull-ups, step-backs, etc.)

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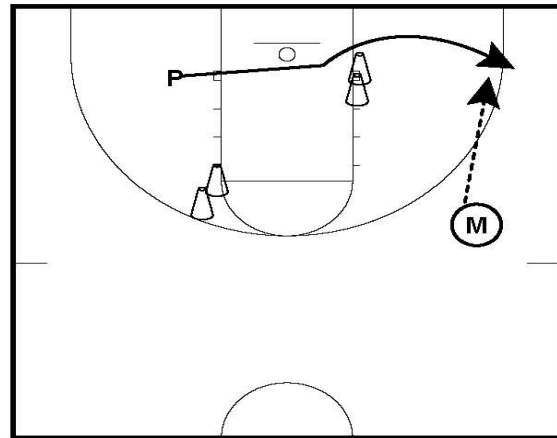
The player will get their second shot off of a stagger. This is a "read and react" shot. I will call out the ways a defender would play a stagger screen (chase, shoot the gap) and they must curl or fade accordingly.

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The first shot comes out of our loop-cut/ballscreen continuity.

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The 2nd shot is coming out of a baseline stagger.

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