

Developing a Strategic Off-season Skill Development Program

1. Break down your film and then watch it
 - Organize the film edit in a manner that allows you to see what you can improve
2. Create a list of all the things that you need/want to improve
3. Prioritize the list by putting what you need to improve the most at the top
 - “If you could only improve **one** thing this off season, what would it be?”
4. Develop a strategic plan to attack the prioritized items
 - Great workout programs are highly customized, efficient and effective
5. Track and monitor your progress
 - Constantly evaluate your progress and tweak your plan to get better results

1. What did you do well this season?
2. What did you do poorly this season?
3. What should you have done differently?
4. What do you need to improve on this off-season?

Use your film and analytics to help you answer these questions.

PLAYER “SWOT” ANALYSIS-

Strengths- (the things you do well in games)-What is your best skill? What gets and keeps you on the floor? You should spend 75% of your time getting your strengths stronger in your workouts.

Weaknesses- (things you do poorly in games)-What are things you can’t do and won’t do in games much? Don’t spend time on these things in your workouts.

Opportunities- (areas you can improve to grow your game)-What are a few things that you can do to expand your game & make you more versatile & more valuable to your team? You should spend 25% of your time working on these things in your workouts.

Threats- (things that keep you off the floor/areas that hurt your ability to help your team)- What are things that keep you off the floor? What are things that your coach won’t play you for? You must address these things first!!

After you analyze yourself and answer these key questions, you should pick no more than 3 areas to really lock in on this off season and then rep and master these things in your workouts. Be purposeful!

Create a plan of attack. Make sure your basketball workouts are specific to your needs. You should commit at least an hour every single day to getting better. That is less than 4% of your day. 60 minutes a

day won't make you a great player, but it will help prepare you to be a much better player and teammate next season. Help yourself/team by committing to improvement.

Make sure that as an athlete you are addressing your athletic foundation, which is your sleep, rest, nutrition, strength, speed, conditioning and flexibility needs. We will find out what you did this off season by what you do next season! Improvement will never just happen. You must work hard, work smart and work consistently to become the player you want to be!

Here is a sample schedule that players can use throughout the off-season to help manage their workload. This is only a sample. You can adjust to fit your needs:

Monday:

- HARD BASKETBALL WORKOUT IN AM
- FULL BODY WORKOUT IN WEIGHT ROOM
- GAME SHOTS IN PM

Tuesday:

- MEDIUM PACED BASKETBALL WORKOUT IN AM
- YOGA/MOBILITY WORK
- SPOT SHOOTING IN PM

Wednesday:

- HARD BASKETBALL WORKOUT IN AM
- FULL BODY WORKOUT IN WEIGHT ROOM

Thursday:

- MEDIUM PACED BASKETBALL WORKOUT IN AM
- YOGA/MOBILITY WORK
- SPOT SHOOTING IN PM

Friday:

- HARD BASKETBALL WORKOUT IN AM
- FULL BODY WORKOUT IN WEIGHT ROOM
- GAME SHOTS IN PM

Saturday:

- PLAY 5v5
- YOGA/MOBILITY WORK

Sunday: OFF

