

SEVEN MOST COMMON COACHING MISTAKES

Most coaches think that to win games and championships they need to have the best set plays and strategies.

However, what I've discovered is that teams that win always have one trait in common... they are loaded with great shooters.

And there are 7 major coaching mistakes most coaches make while leading their team...

They are:

Mistake #1 - Not providing players with workouts to use outside of team practices.

Mistake #2 - Not encouraging players to track their shots.

Mistake #3 - Not teaching players to shoot with the correct technique.

Mistake #4 - Not educating your players on what it takes to become a great shooter.

Mistake #5 - Not using the right drills at practice.

Mistake #6 - Thinking great shooters are born that way.

Mistake #7 - Not acknowledging shooting is the most important skill in basketball.

Now comes the fun part...

The EXACT process I use to develop average players into great shooters.

Here is the 5-step process...

Step #1: Make Sure Your Players Are Shooting with Correct Technique

This is important for players of any age and is always the first step in developing a great shooter.

It is the coach's responsibility to ensure that their players are shooting the basketball with the correct technique.

For youth teams, I recommend using the Partner Form Shooting drill to teach this.

Here's how it works...

All players find a partner and stand about 10 feet apart from each other with one basketball between the pair.

The two players then shoot the basketball to each other using perfect shooting form while coaches walk around and help players make adjustments when necessary.

This is a great drill for teaching shooting form because the players can focus 100% of their attention on their form without worrying about whether they make or miss a shot.

If you're coaching younger players, run this drill for 5 minutes at the start of every practice until all of your players are shooting with great technique.

If you're coaching older players, make sure you run this near the beginning of the season to make sure that everyone is shooting the basketball with proper form.

Step #2: Use More Effective Shooting Drills at Practice

As we've discussed this week, shooting is the most important skill in basketball.

Make a commitment to run more shooting drills during your team practices.

But they must be *efficient and effective...*

Too often I see coaches using terrible shooting drills that involve more than half the team standing around for minutes at a time.

Players love shooting drills. And as long as you use a variety of drills and make them competitive, they're super beneficial to the improvement of your team.

So the first thing you must do is find shooting drills that suit the number of players you have at practice, their ability, and their age.

Once you've found them, add the shooting drills to your practice plan so that they're scheduled and you don't miss any of them.

(You do plan your practices, right?)

While your team is performing the shooting drills, take this opportunity to watch their technique and advise them on things they need to correct.

Step #3: Educate Your Players on the Importance of Shooting Outside of Team Practices

It's at step #3 that most coaches usually begin to slack off...

Many coaches assume that they're only responsible for their team's development at practice and during games. Outside of those times, the player's improvement is up to themselves.

Wrong.

There's a lot that a coach can do (and should do) that will assist their players outside of practice.

It is the coach's responsibility to educate their players on what is required to become a great player and a shooter.

One of the biggest problems when it comes to shooting development is that coaches don't let their players know what sacrifices need to be made to become a great shooter.

This includes things like:

- How often they should be practicing...
- How many shots they should be making each week...
- Giving them guidance on how they should be working on their shot...

You must have a conversation with your players early in the season on this topic.

If you don't, you're letting them down.

Step #4: Provide Your Players with Individual Shooting Workouts

When I was younger I never performed planned workouts when I went to the gym to work on my shot.

I'd go to the gym by myself or with a few friends and we would just shoot. From anywhere we felt like it.

We had no plan... We weren't shooting at game-speed...

And while I loved every second of it... I didn't improve much at all.

The problem is that I thought I was doing the right things to improve my game. I was young and naive; just like most young basketball players are.

I didn't know I was meant to plan my workouts depending on my weaknesses, strengths, and the shots I typically shoot during games.

That's the problem...

Players don't know what they should be doing!

And by the time they realize how to really improve, they're often too old to pursue the basketball dreams they once had.

It's our job as coaches to lead them in the right direction and provide them with the right knowledge and resources so that they can improve.

I've found that sharing individual shooting workouts with them is one of the simplest and most effective ways to help a player dramatically improve their shooting ability.

Step #5: Regularly Catch Up with Your Players, Review Their Workouts, and Encourage Them

If you really want to develop a personal connection with your players and assist them to become the best they can be, don't stop helping them once you've given them a workout.

Regularly meet with your players to review their workouts with them and provide encouragement.

If your players know you're going to review their shooting workouts, they'll be much more inclined to complete them.

This will also allow you to make adjustments to their current workout or provide them with others that they can perform.

Summary of the 5-stage process of developing a team of great shooters:

- 1. Make sure your players are shooting with correct technique.*
- 2. Use more (effective) shooting drills at practice.*
- 3. Educate your players on the importance of shooting outside of team practices and how many shots they should be making every week.*
- 4. Provide your players with individual shooting workouts.*
- 5. Regularly catch up with them, review their workouts, and encourage them.*