

# OVERALL IMPROVEMENT PLAN

Chase Perfection – Catch Excellence

WILSON CHANDLER  
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## Wilson Chandler – Overall Improvement

It is important to have an open mind when reading through this and watching the video. Not every clip will be clear and obvious. I understand there are other factors involved that I may not be aware of. This is why I try to find patterns of repeated instances. I look for perfection and we should try to get as close to that as possible. Always believe you can improve and always believe you can do it.

There are three main categories that represent 63% of all your statistics. However, there are four main areas I would like you to commit to improving on: isolation, spot up, transition, central zone.

I would like you to compare yourself to these four players listed on the next page that I believe have similar characteristics to you. As you can see, I outlined their statistics and highlighted in green shows the categories that they are ahead of you.

These are listed in percentiles and I changed possessions to at least 100. For example, you are listed as 35% (percentile) for isolation in the NBA based on 100 possessions. That means you are better than 35% of the league in iso, and also the inverse that 65% of the league is better than you in iso, with at least 100 possessions.

I would like you to mentally prepare yourself to improve your stats in these respected categories, understanding it will not happen overnight. But the goal is to move past all four of these players in all categories.

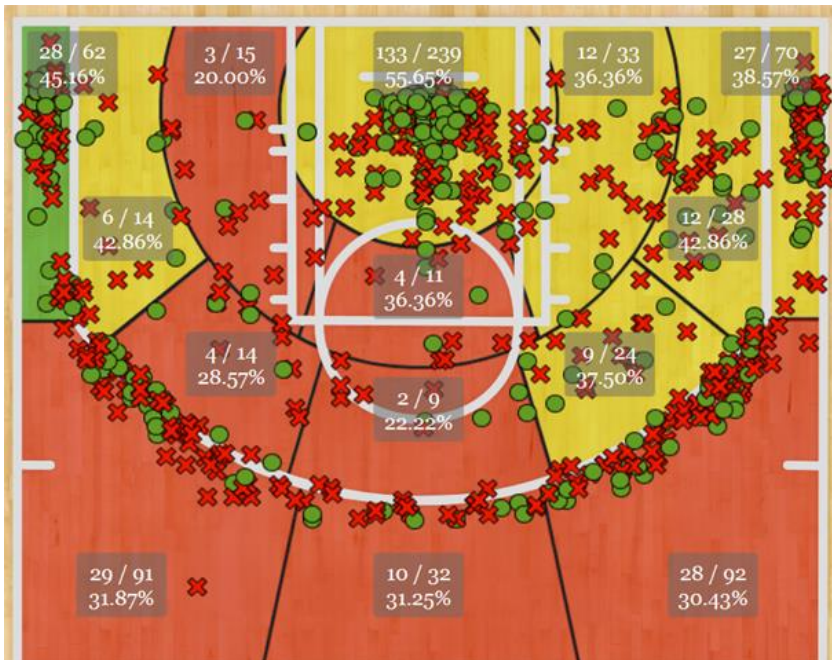
4 Central Zones: is a concept that I created based on the number of shots you are taking from various locations on the court. It needs to be a major emphasis to improve the percentage of shots that you take in these 4 zones. You must get to these zones more often because there is a much higher percentage that you will score in these zones. Once we improve on the other 3 areas, this will be huge that you get to these areas and master the finishes.

From watching the video, I truly believe you have the potential to surpass them by improving in these categories. I can help you do this, you will do this, and this is the first step.

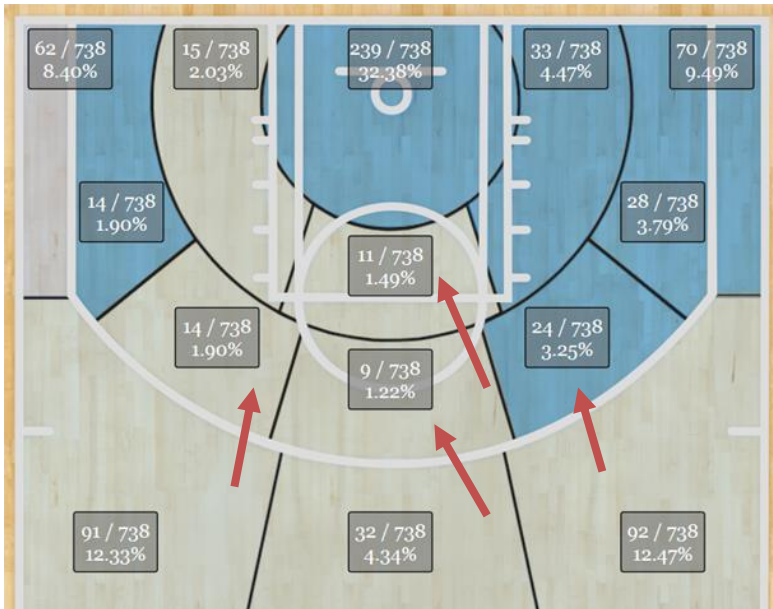
Play Type	Wilson	Gerald Green	Nick Young	Kawhi Leonard	Paul George
Minutes per game	31.1	28.4	28.3	32	36.2
Points per game	13.6	15.8	17.9	14.3	21.8
Isolation	35%	71%	62%	95	79
Spot Up	60%	86%	96%	55	94
Transition	71%	64%	77%	84	69
4 Central Zones	7.86%	15.13%	25.42%	13.81%	17.93%

Your shooting percentage in zones

Green = above league average, Yellow = at league average, Red =below league average



Shot Distribution – 4 zones are shown with Red Arrows



4 Central zones : 7.86%

# IMPROVEMENT PLAN

## Central Zones

### Use Your Athletic Ability to Create a Wide Open Shot, Not to out Jump a Defender

Overall emphasis to get into the central zones in transition and iso

1. Do not force a shot at the rim – look to use your shoulder more, step back, and other finishes that can become 2<sup>nd</sup> nature. Again, use that athletic ability to get the open shot (space), not to out jump a defender at the rim.
2. Do not settle for 3s, as noted in transition, look to get into those central zones to increase your overall efficiency.

### #1. Shot – Spot up: Each shot needs to be the same and more consistent

- a. Hold shot / follow through
- b. Keep elbow in – possibly it slips out – I would need to watch you shoot to verify
- c. Control legs – do not allow your legs to add extra movement to your body during your shot

\* Watch “Wilson Chandler Shot” Video

### #2. Transition on the Catch

- a. When there is no 2<sup>nd</sup> level defense – meaning defenders protecting the rim or past the man in front of you. You must get to the rim, you must attack.
  1. Look to go baseline: catch and go or rip
  2. If you see a long or over closeout in front of you, look to ball fake and pull up
  3. Catch and go across momentum of defender and attack middle
- b. Don't settle for the 3 – create a better shot
- c. Look to get to mid-range / central zones

### Transition on the dribble

- a. Do not just cross over, have to set it up: look to use skip or hesi more on the dribble

\* Watch “Wilson Chandler Transition” Video

### #3. Isolation on the Dribble

- a. Master the hesi with off hand and skip – find the angle on the skip and attack, can also use skip between the legs. During workouts emphasize getting your head lower than defender's head. This concept will pull everything lower than your defender and make it impossible for them to close the angle you have.

### Isolation on the Catch

- a. It is much more difficult to defend someone off the jab or on the catch, then a player who starts dribbling and then makes his move. Must stop dribbling before you make your one-on-one move
- b. Eliminate catch and dribble out, keep your position and improve your mid-range post game.
- c. Must add Jab game – see James Harden video: jab then jab with ball (harden) - Jab spin back
- d. Must add mid-post game on the catch– can create more video – see Paul Pierce

\* Watch "Wilson Chandler ISO " Video

\* Watch "ISO Kawhi Leonard & Paul George " Video

\* Watch "ISO Green & Young " Video

\* Watch James Harden & Paul Pierce Videos

\*\* I could create an overall outline of what you should be doing for development – you can see the example I used with Will one summer

\*\* I could create more edits for you or send you some breakdowns and thoughts throughout the season

\*\* I could also spend some time with you to work on mastering these four categories