

SUMMER IMPROVEMENT PLAN

Chase Perfection – Catch Excellence

WILL BYNUM – DETROIT PISTONS



Designed By Player Development
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GENERAL THOUGHTS ON DAILY WORKOUTS

1. Transition - midrange and 3, don't over work transition – pick 2/3 categories per workout
2. Shooting – always spots and off 1 dribble
3. Pick and Rolls – always pull ups, put defender on back – reject etc... mix in staying low and turning corner off the hedging leg – work on defender under hesi or inside out as he comes back up to defend.
4. 1-on-1 moves to hoop - If doing 12 moves choose 2 moves and do 4 of each – other 4 just mix up.
5. Step ups – work on attacking big with cross or inside out mixing up finishes.

WEEK JULY 25 - TIMING

Form Shooting Daily

Transition all midrange

- pull up
- hesi pull
- between legs gather pull-up

Shooting

- continue to fine tune shot
- off dribble – mix in catch on wing in transition and come back to above elbow 2 dribble pull-ups
- floppy as point guard shots

Pick and Rolls

- Get a good feel for pick and rolls – timing – start jumping more on turn corner pull-up

1-on-1 Moves to Hoop

- Start with combo drills make move then pop up top reverse pivot shooting

WEEK AUGUST 1 – INCREASE RESPECT

Form Shooting Daily

Transition

- add in shooting 3s
- even some drag screen pull up 3s
- drag midrange pull-ups mixed with multiple finishes: floaters, to rim, lean backs

Shooting

- more movement shooting
- will show you ex/ (around cone – touch cone 3 spot – movement on 5 spots)

Pick and Rolls

- Heavy concentration of setting up pick and rolls
- slowly mix in reps come off post leg

1-on-1 Moves to Hoop

- Continue mixture of one on one moves
- Mix in use of 2nd defenders

WEEK AUGUST 8 – PEFECTING

Form Shooting Daily

Transition

- 3 categories per transition drill

Shooting

- mix up movement shooting
- add warrior shooting to half court
- situations of going off the back foot
- shooting on a downed screen
- Relocation work – sprint to space – shots off that – and catch and go's

Pick and Rolls

- Mix up all situations – multiple pick setups and finishes – include drags

1-on-1 Moves to Hoop

- start working on leaning back on hesi from top
- Secondary transition has stopped you but secondary defense non-existent make move to rim or to draw help
- Finishes – why limit your finishes practice all types of finishes within a few feet of rim – rondos - spin backs – floaters – multiple pivots

WEEK AUGUST 15 – SUPPLEMENTAL

Form Shooting Daily

Transition

- 3 categories per transition drill

Shooting - mix in randomly some 2 guard shooting movements, think about alignment

- ucla but screen across on big pop up shot
- some floppy as the 2 guard
- shooting off of handoffs from bigs

Pick and Rolls

- Mix up all situations – multiple pick setups and finishes- skip side – include drags

1-on-1 Moves to Hoop - releasing pressure 1-on-1 moves or go get on shot clock

- coming up from corner to wing on catch
- one on one moves coming from wing to top
- Secondary transition has stopped you but secondary defense non-existent make move to rim or to draw help
- Finishes – continue to be able to finish all over the paint area – multiple fakes-spin backs like nash with fade

WEEK AUGUST 22 – CONFIDENCE & ATTITUDE

Base it off of upcoming offenses – and how you feel from prior weeks