



### **BASKETBALL DOCTOR® TRAINING TIPS:**

1. **IF YOU WANT TO PLAY THE GAME, YOU MUST HAVE A GAME PLAN!** Focus on what you want to accomplish, make a game plan to do it, and then do it consistently. You must plan ahead if you want to get ahead.
2. **PRACTICE 3-6 DAYS PER WEEK:** Just going to team practice is not enough, it only helps you to develop at the same pace as everyone else that goes to team practices. Want to be a Player? Practice *Playing the Game* and *Game Drills for Game Skills* regularly!
3. **DEVELOP A PRIMARY and SECONDARY OFFENSIVE WEAPON.** This isn't soccer, in basketball you must be able to shoot and to score consistently. Based on your position(s) you should have an offensive move or skill to make you a more effective and consistent player. Good defenders will take away your primary weapon, skill or move, that's why you also need a Secondary! Consult with your Coach for ideas and drills.
4. **FREE THROWS ARE FREE! MAKE 30 FREE THROWS DAILY.** Not take, but make. It doesn't do any good to take them if you don't make them, just like in games! Make them in sets of 3 in a row or 5 in a row. So the makes don't count unless done in sets of 3 in a row or 5 in a row. This will be more challenging, and more rewarding. It will also improve your skills, dedication and concentration! Free Throws are FREE Points, learn to make them!
5. **PRACTICE DEFENSE IN THE OFF SEASON.** Nobody does, you should. It's 50% of every basketball game. You will get quicker, tougher and better as a complete player.

**TRAINING TIP:** In between practicing Sets of made Free Throws, do a defensive slide beginning with both feet above the foul line and sliding to the base line and back two times. Only takes a few seconds and it will develop your lateral quickness and mental mindset.

**FOR ADDITIONAL TEACHING TIPS, DRILLS, ONE ON ONE TRAINING or SESSIONS**

**CONTACT: The BASKETBALL DOCTOR® Coach John Scott (801) 550-9131**

**[www.BASKETBALLDOCTOR.net](http://www.BASKETBALLDOCTOR.net)**