

6 PROBLEMS WITH PLAYER DEVELOPMENT IN BASKETBALL

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1 RELIANCE ON OLD HABITS

A lot of players tend to rely bad habits they developed at the youth level. Focus on eliminating bad habits before adding more to their game.

2 OVER EMPHASIS ON DRILLS

Drills are often necessary and helpful at the youth level. They are good for introducing a new skill or concept. As players get older, however, they should be focusing more on decision-making and live competition.

3 IGNORING THE MENTAL SIDE

All player development is centered around the skill side of the game (shooting, dribbling, finishing) and not on the mental side of the game. Skill is nothing if a player does not have confidence, self-awareness, and mental toughness

4 LACK OF DISCIPLINE WITH FUNDAMENTALS

Understanding the basic principles that are necessary for the success of a basketball player. Knowing what happens most often in a game, and mastering the details.

5 A "WIN NOW" MENTALITY

All coaches want to win right away but player development done the right way requires time and patience. It takes an understanding of knowing what is best for a player right now versus in the future.

6 TRYING TO GET GOOD AT EVERYTHING

As in business, basketball players need a competitive advantage. They need to have one or two skills that they can consistently rely on. Player development is not done all at once. It continues to build on itself year after year.



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Master the Mental Side of the Game.