

PLAYER DEVELOPMENT PYRAMID

RIGHT MIND. RIGHT SKILLS. RIGHT MOTIVATION.

THE (ALL TOO) COMMON PATH

Many players don't archive their goals, not because they lack the ability, the desire or the commitment; rather because their primary focus, time and energy is devoted to the top of the pyramid. This approach neglects the critical ingredients for success found in the fundamentals of Player Development at the base of the pyramid.

GAMES

TEAM SYSTEMS

- Plays • Offensive Sets
- Defensive Sets • Press Breaks

WATTS BASKETBALL

Prepares athletes for the top of the pyramid by focusing on the foundation of success in basketball.

TACTICAL SKILLS

- Getting Open • Spacing
- Offensive Moves • Using the Dribble
- Transition • Cuts • Defensive Rotations

BASKETBALL SKILLS

- Shooting • Dribbling • Passing • Defense
- Footwork • Catching & Receiving • Rebounding

BASKETBALL SPECIFIC ATHLETIC SKILLS

- Balance • Control • Change of Direction • Efficiency of Motion

GENERAL ATHLETIC SKILLS

- Running • Jumping • Agility • Throwing • Catching
- Quickness • Speed • Strength • Coordination

EMOTIONAL, PHYSICAL, AND RATIONAL COMMITMENT

- Focused • Confident • Determined • Resilient