

## DAILY SCHEDULE

# SUMMER 2009

10:00am – 12:00pm	Individual Work * Warm Up * Shooting * Offensive moves
12:00pm – 12:45pm	Lunch - responsible for own teams lunch
1:00pm – 3:00pm	Positional Work Individual Positional Work-outs ( Pt. Guards, Perm., Big's) * Man to Man * Zone- ( 2-3, 3-2) * Breaking Pressure * Penetration
3:00pm – 3:15pm	Break
3:15pm- 4:00pm	1 on 1 Transition 2 on 2 cut throat Same add 4 on 4, Open Post Same add Box, Pen down
4:00pm – 4:05pm	Break
4:05pm – 4:20pm	3 on 3 Concepts
4:20pm – 5:00pm	3 on 3 Games/ Short Courts
5:00pm – 6:00pm	Dinner
6:00pm – 8:00pm	Games * Each team plays 2, 20 minute halves

## Do your players seem to look the same season after season?

- Improve your players and your team in the off season
- Proven system/ plan that works and will get the results you need and want.
- All summer to work on skills
- All summer to implement skills in games
- Set the tone early for your players and your team
- Train to play up to your true potential
- Learn how to make the right reads, not just run the plays.
- Develop your players Basketball IQ
- Increase Confidence/ Personal work ethic
- Don't allow your players to peak-out, help them reach their TRUE potential
- Concentrate on the things that are going to make your players better, which therefore will have a folding effect on your teams.
- Players make their Biggest strides in the summer
- This is a Don't/Can't Miss Opportunity

## HIGH SCHOOL CHAMPIONS TRAINED

Berlin Hiland Lady Hawks (Ohio) 2000, 2005&2006 Girls State Champs (28-0)  
Logan Wildcats (WV) 2005 Boys State Champs AA  
Huntington Highlanders (WV)2005, 2006, 2007 Boys State Champs AAA (23-2)  
Charleston Catholic Lady Irish (WV)2005 Girls Runner Up A (22-3)  
Charleston Catholic Irish (WV)2005 Boys Runner Up A  
Summers County Lady Bobcats 2000 & 2005 Girls State Tourney (WV)  
Loudenville Cardinals (OH)2004 Boys State final four (23-3)  
Waterford Lady Wildcats (OH)2005 District runner-up (18-5)  
North Canton Hoover Lady Vikings (OH)2004 District Champs, 2000 State Champs  
Winfield Lady Generals (WV) 2004 State Champs, 2005 State Final Four  
Lakota West High School (Ohio Premier Team)

### 6 P's of Success - Prior, Proper, Planning, Prevents, Poor Performance

Practice without improvement is meaningless

Give your players the personal drive to achieve

Personal Skill Development + Game Application = Personal/Team Improvement

Teach players to step out of their comfort zone

A personal willingness to want to improve is the 1st sign of a true champion

Commitment is a team sport

## HIGH SCHOOL TEAMS TRAINED

*from Tom Jenkins-Ohio Girls Basketball Report*

Athens HS	Bell Brook HS	Berkely Springs HS
Berlin Hiland	Bexley	Bishop Hartley (Columbus)
Buckeye Local	Caldwell HS	Charleston Catholic
Claymont HS	Fort Frye HS	Fort Recovery
Gallia Academy	Greenbriar East	Hamlin
Hathaway Brown	Hiland HS Boys	Jackson HS
John Glenn	Lakota East	Lakota West
Little Miami	Loudenville HS	Malvern HS
Mansfield St. Pete	Marlington	Massillon HS
Matthews HS	Miami Trace HS	Mount Vernon HS
Newcomberstown HS	Nordonia HS	North Canton Hoover
North Royalton	Point Pleasant	Saint Clairsville
Salem HS	Shadyside HS	Sheldon Clark (Kentucky)
Springfield Shawnee	Southeastern	Summer's County
Warren HS	Waterford	Webster County
Wellston	Willard	Willoughby South
Union Local	Hathaway Brown	