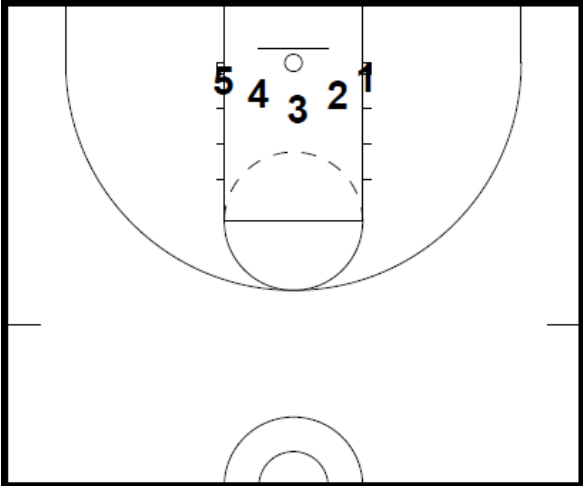


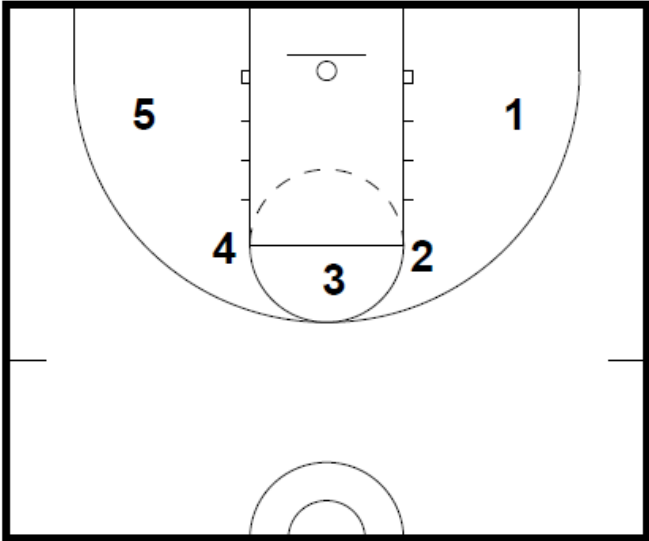
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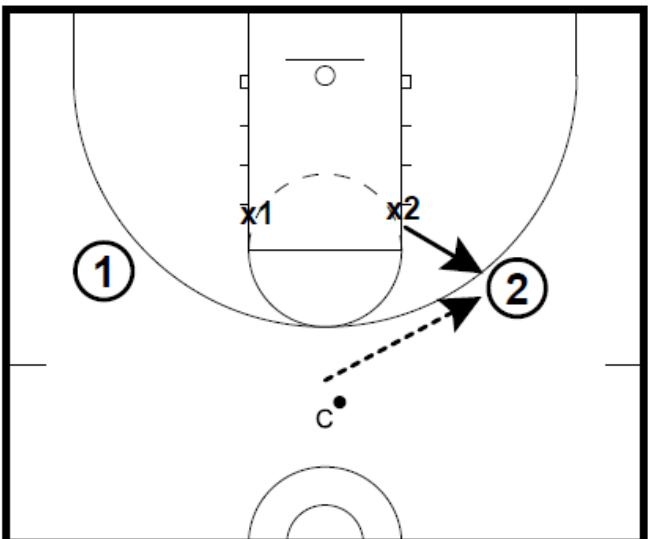
- Have a mission or philosophy for your team
- At Villanova, every player commits to excellence as
 1. A student
 2. A man
 3. An athlete
- Spring and Summer are committed to individual development
- 5 Areas of Development
 1. Shooting
 2. Passing
 3. Dribbling
 4. Footwork
 5. Defense
- It's about who you have, not who you lost.
- Fall and Winter are about team development
 - You have to believe that the work we do with you is going to make you the best player you can be.
 - 45 minutes of technique shooting every morning at 7:00
 - After a Saturday game, the next day
 - The 5 guys who played the most minutes do a technique shooting workout.
 - The other 8 guys do an off-season skills workout.
- Don't change players shot
 1. Try to get technique as close to perfect as possible
 2. Rhythm
 3. Game speed
- Chart the makes and misses in live shooting drills
- The closer you are to the rim, the higher you shoot the ball.

Get 50	
Diagram	Notes
	<p>Do 10 of each</p> <ul style="list-style-type: none"> • Set lifts (form shooting) • Mikan • Reverse Mikan • Bradleys – work around the rim at spots 1 – 5 • 1-2 steps from 3 point line <p>Object is perfect technique</p>

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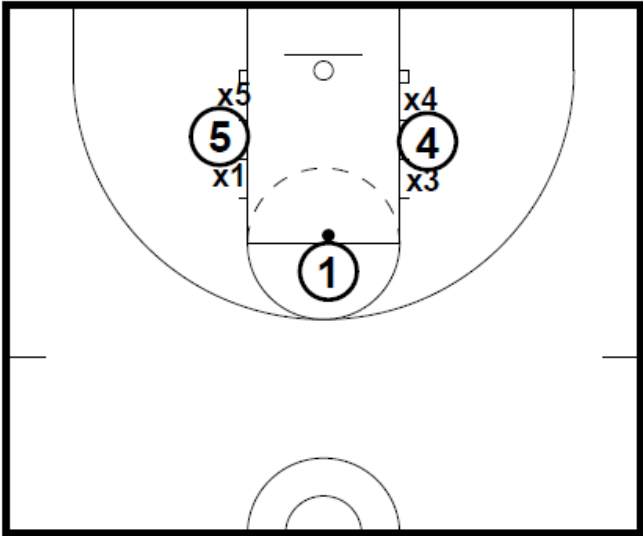
- Bradley's are hop jumpers
 - Ball over head
 - Elbows under ball
 - Lift ball

5 Spot Shooting	
Diagram	Notes
	<ul style="list-style-type: none"> • Technique shooting, not game shooting • Focus on 1-2 step with left and right

Wack Out	
Diagram	Notes
	<ul style="list-style-type: none"> • Coach passes to wing • Defender closes out • Offense is low, ready to catch, and shoot • If the offense cannot get a shot off in rhythm, they <ul style="list-style-type: none"> ◦ fake ◦ dribble ◦ shoot • Weak side offense and defense go for rebound

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- Word Press
 - Software that lets coaches send the players questions
 - The players write back
 - Coaches use this to see if what they are teaching is getting through to the players
 - ex. “What are the 3 points for pivoting?”
- Free-Throw Shooting
 1. Technique
 2. Every possibility
 - 5, 4, 3, 2, 1-and-1, And 1
 - Each basket has one of the above situations
 - Rotate baskets after each series so there is a break in between – this makes the shooting more game like

Win the Game	
Diagram	Notes
	<ul style="list-style-type: none"> • Run at the end of practice • Puts Villanova 70 Syracuse 70 on the scoreboard • Syracuse gets 2 points on a miss • Villanova gets 1 point for a make • Coach gives instructions to team like he would in a game <ul style="list-style-type: none"> ◦ ex. “We're in 50 on a miss and Blitz on a make.”

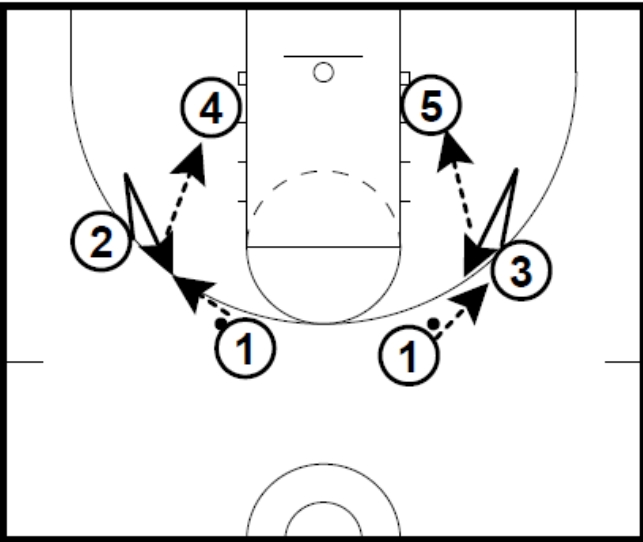
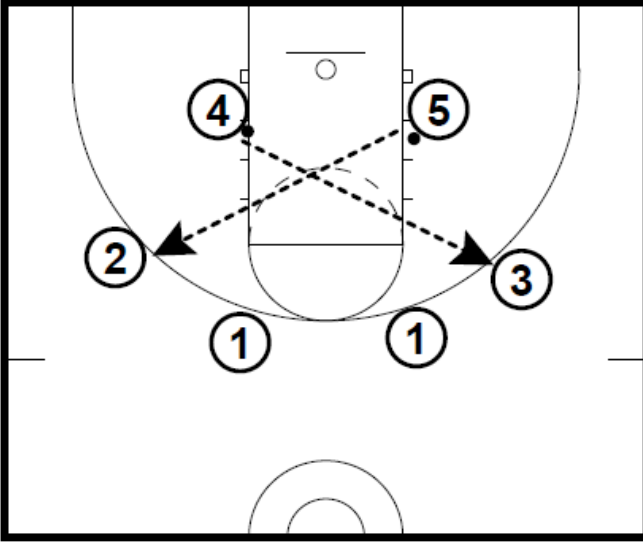
- Have to emphasize every little detail in practice to create good habits. This allows you to give players freedom in games because you can trust their habits.
- Malik Allen is in the gym at 8:00 am everyday in the summer

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Malik Allen Drill	
Diagram	Notes
	<ul style="list-style-type: none"> • 4 spots – 2 elbows, 2 blocks • Flip the ball out • Jump stop on the catch • Pivot on left foot • Shoot

- 4 Ways to Feed the post
 1. Quick feed
 2. Fake a pass to make a pass
 3. Baseline bounce pass
 4. 2nd look – fake away and come back

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Feed the Post Drill	
Diagram	Notes
	<ul style="list-style-type: none"> • Wings v-cut to get open • Slot passes to wing • Wings feeds the post • Post chins the ball
	<ul style="list-style-type: none"> • Post pivots on top foot and passes to opposite wing • Every pass has a name

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Olympic Shooting	
Diagram	Notes
	<ul style="list-style-type: none"> • This drill works on shooting, passing, and footwork. • Shoot • Follow your shot • Pass to perimeter • Get to perimeter for your shot • Points of Precision <ol style="list-style-type: none"> 1. Chin every rebound 2. Pivot to pass 3. Get good spacing 4. Footwork (ex. Pivot on inside foot) 5. Chin every loose ball 6. Different shots (ex. Shot fake, 1 dribble, shot)

- “Spacing is offense and offense is spacing.” - Chuck Daly

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V-Cut Drill	
Diagrams	Notes
	<ul style="list-style-type: none"> • All players v-cut back to ball and jump stop on catch • Every pass has a name • Follow the pass to the next spot • Last guy shoots a layup
	<ul style="list-style-type: none"> • Shooter gets rebound and speed dribbles up the floor to fill the spot

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Pete Carill Layup Drill	
Diagram	Notes
	<ul style="list-style-type: none"> • Left hand layup • Rebounder <ol style="list-style-type: none"> 1. Chins the ball 2. Dribbles to corner 3. Crossover in corner to other hand 4. Dribble up sideline 5. Repeat • Can add reverse layup

- Make sure you connect every drill to a game situation
- When watching game film, be sure to point out things that are done in drills.
 - ex. "That's a Bradley."
- Everything you do speaks, whether it is positive or negative
 - If you walk to the spot
 - If you run to the spot
 - If you shave
 - If you don't shave