

Notes From A Kevin Eastman Clinic

Six Keys To A Quality Skill Development Program

- Practice at a rate equal to or faster than that which will occur in a game
- Understand it is a process to improve
 - a. Conditioning
 - b. Effective practice
 - c. Improvement
- Eliminate workout killers
 - a. Fatigue
 - b. Boredom
- Have a written workout program
- Work on three areas in every workout
 - a. Conditioning
 - b. Dribbling
 - c. Shooting
- The theory of two
 - a. Takes 2 minutes to show a skill
 - b. Takes 2 weeks for player to become comfortable with it
 - c. Takes 2 months to execute it well in a game

4 "Must Haves" In Your Skill Development

- Weak hand development
- Foot work and balance
- Playing thru contact
- Contesting shots

6 Keys To A Quality Shooting Workout

- Catch shoot shots
- Cut catch shoot shots
- Shots off the dribble
- Perfect form on all shooting drills
- Contest all shots
- Game shots from game spots at game speed

9 Important Teaching Points For Your Drills

- Understand it's a game of inches
- "Pound" your dribble to create a quicker ball
- Play the game low to high - be ready on the catch
- It's a "shoulders game"

- "Shoulders - hips" whenever you go by a defender
- Feet first ball second on all offensive moves
- Find your feet on all shots - "perfect feet"
- Use your eyes more when on offense
- Be ready for the next play whenever your are opposite the ball