

Ettore Messina: Player Development

Hasselt (BEL) 2022 – In memoriam Tony Souveryns

General:

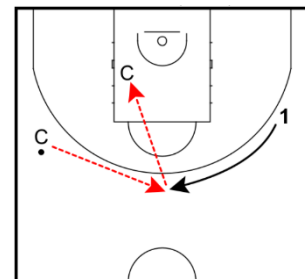
- **BALANCE > SPEED.** Balance always more important. If no balance, don't increase speed.
- New skill / move / ..?
 - o A. Slow
 - o B. Repetitions
 - o C. Add stressfactor (hit x/10, add contact, ..)
- Player development? Work with 1 (or max 2!) players at the time.
Every player is different + build relationship

BIGS:

- Lesson #1: Transition: Once under FT line, always finish in jumpstop. One-two (exterior-interior). Balance in narrow not to fumble ball.
- Lesson #2: Don't be afraid of contact. Absorb contact before shooting. Find balance before doing anything.
Drill 1: Tip ball on board, on land contact from teammate. Idem, but with 1v2 guard ripping ball
Drill 2: C on top. One player on each block, one foot out one foot in paint. On pass of coach step in and score, other defense. Initial position not parallel to baseline (180°), better angle to turn hips
- Lesson #3: Invest time in improving FT's.
- Lesson #4: After screen roll or step-in? Every player different. Let them do with which they have best balance. Vb Tomas VDS: long thin => step-in, good coordination.
- Lesson #5: Legs are not always doing the same as arms.

GUARDS:

- #1 **Perimeter view:** "Average players with ball see 1 player, good see 2, great see 3."
Key to passing = perimeter view when catching. Teach players where to look.
Practice! 1v0 coach giving target. => Defender on ball => Defender on receiver => defender on both/
- #2 **Passing.** Teach players to pass "with 1.5 hands". Start with pocket pass and skip pass out of PNR, most important in modern bball.
- #3 **Dribbling.** After PNR switch a guard needs to dribble E-W till the big opens his hips and than attack N-S



On working with **POPOVICH:**

Same schedule now as in NBA. Players arrive at 9.30, while practice is at 11.30. They can have breakfast on club. But also time for individual sessions, medical treatment, but also individual video. Way more individual video than team video sessions.

Pop extremely efficient in planning sessions:

"Once he did a 2 min team video session"

"Once he had an extremely efficient bball practice of 45'. One drill to retreat jump on first dribble instead of open hips. One defensive transition drill. And one other drill. Shooting and go home. Extremely well in identifying what we need and how to fix it."

"TEACHING is way more difficult than COACHING"