

Player Development

- I. Be Good at things that happen a lot – Pete Carril
 - A. Running
 - B. Passing and Catching
 - C. Rebounding

- II. Block Practice vs. Random Practice
 - A. Technique
 - B. Repetition
 - C. Recall

- III. Little things that matter
 - A. Sticky Language
 - B. Use of Video
 - C. Measure Measure Measure