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Basketball blueprint skills academy

PGC Basketball teaches players and coaches to think of the game at a college and professional level and has become leaders both on and off the field. Find a course that's right for you and have fun signing up with a 100% quality guarantee. Mike Lee, avid Dr. Dish user and supporter, is the founder of Thrive3, which uses basketball and mindfulness training to positively impact the lives of high schoolers through NBA players and coaches. Over the past 10 years Thrive3 has trained more than 30,000 players in 32 states and 5 countries. Mike also conducted NBA Pre-Draft Training, served as the assistant director of the Stephen Curry Skills Academy and worked on events for Nike Basketball. As a basketball player development coach and speaker, Mike blogs, shares stories, and encourages people around the world to tap into their own personal power through mindfulness. Dr. Dish was able to sit down with Mike recently to ask how he was able to build Thrive3. Q: What's your background in basketball? ML: I started playing basketball when I saw Michael Jordan and the Bulls against the Lakers in the 1991 finals. That's where I fell in love with him. I also played in high school and a bit in college at the D3 level. Back in 2006 I started at the Wisconsin Playmakers Basketball Club and then switched to basketball skills development full-time in 2009. Q: What is the philosophy of basketball training? ML: 1) Skills in situations before so many coaches, parents and instructors are trying to teach their kids that things like split ball screens in front of you have a big crossover or fade off the screen before they know how to adjust their legs. 2) Simple but not easy 97% of high school players will never play in college – at any level. But, they spend time working on skills like step back and combo moves that you'll never use in the game. Be great at simple things like creating space and finishing with both hands. Most people would be surprised, but a lot of NBA guys need the same thing. 3) Each drill should be able to be extrapolated out of the crime. It's amazing how many drills I see on YouTube and I have no idea how it relates to the game. Q: Who did you work with? ML: We mainly work with high school and college-level players, but spent time with NBA guys like Wes Matthews, Jae Crowder and Joel Embiid. Matt Thomas, Bronson Koenig, Carrington Love, Paul Jesperson and Duane Wilson are some of the other college guys we've been working with for several years. I find it really rewarding to develop a relationship with someone and see them grow as a player and person. Q: Where does your training philosophy come from? ML: I'm very lucky to be spending a lot of time playing with some incredible teachers like Forrest Larson. I think the best thing I really taught me was there were no new exercises or concepts, but how to actually break the game and teach it. Regardless of whether it is created or getting better passer-by - whatever you want, I think he can teach- teach- film demolition and drilling. It's all about isolating skill and then finding a way to get a large number of reps in specific game situations. Q: How does Dr. Dish help you train? ML: The versatility that Dr. Dish's basketball shooting machines provide is unparalleled. As a player development coach, I always emphasize the importance of efficiency during training, and Dr. Dish helps immensely. And beyond the iterations, Dr. Dish delivers detailed analysis and the ability to simulate game-like situations. It also frees me up to focus on teaching proper technique rather than constantly chasing down rebounds. Q: You've been doing this for over 10 years, how can you keep track of all your exercises, teaching points, and concepts? ML: I've got Blueprint: A Coachs Guide to Skill Development that has over 500 drills, 20 positioning workouts and 25 articles I've written. I also go back and read the articles sometimes for motivation. Probably because I usually just write what I need to hear. Q: How can coaches get a copy of Blueprint, or is it something they keep for internal use? ML: We actually used to sell on our website for \$279, but recently decided to give it away for free to reach as many coaches as possible. You can take a copy here. Basketball coaching. Simplified. Skyrocket's team skills streamline the exercises with The Ultimate Basketball Coaching Tool 135+ fun and fresh drills explained step by step video instructions for 41+ proven plays and strategies for all ages. The incoming plays the party court crime buzzer beaters! Easily draw professional-looking diagrams directly from your smartphone or tablet. Plan a killer basketball practice in 60 seconds or less. No more exercise planning stress! The easy way to develop basketball skills doesn't get bogged down in old practice drills week after week. Our drilling library is full of unique, fun and effective exercises that build critical basketball skills - FAST. So grab the team's attention, keep them engaged and help them master the basics of the game. 135+ innovative drills organized in easily accessible categoriesOn-court video presentations, diagrams, and step by step Drills for shooting, footwork, handover, ballhandling, rebounding, team protection and individual protectionTo give new drills right to the gym on your mobile device! Proven plays and strategies for every basketball situation in the playbook Library are full of league-tested plays to help build an unstoppable offense. With no time at all, you can discover simple secrets to better distance, better ball movement, and higher percentage shots. So get more points, win more games and dominate the league! 41+ simple plays for all ages and competitive levelsSimple learn party court crimes including Motion, 1-4, Spread, and ZoneSideline and Baseline playing to score a simple basketFul over court pressure, press breaks, buzzer beaters, and more offense Learn Titans of the Game Step by step video instruction from some of the most famous names basketball 2-time NBA Coach of the Year 27-time New Jersey State Champ 3-Time Wisconsin State Champ California College Coach of the Year Five Star Basketball Hall of Fame Design a Killer Practice In 60 Seconds or Less No more wasted time. No more winging it.. No more exercise planning stress! The exercise building tool lets you easily create personalized exercise plans to just a few taps. Quickly design exercise plans to target your team's skill development needsTake the practice right to the gym on your mobile device Simply drag and drop exercises into your library, or add your own custom activitiesBuilt timers and reminders to keep you on schedule Includes six pre-designed exercise plans for basic, intermediate, and advanced teams with ease Draw Professional Looking plays and drills in our Clipboard Drawing Tool , with just a few taps, you can draw, save, and share high-quality charts from your smartphone or tablet. You can share it with your team via email, text, Facebook or Twitter! This is the cleanest and easiest way to create your own personalized plays and drills! Download Basketball Blueprint Today. It's free! Basketball Blueprint gives you everything you need to eliminate your coaching stress and start having more fun and success with your team today! Simply download the app to your smartphone or tablet and get instant access to a library of coaching resources and devices, all of which are done on a brain-dead simple mobile interface that you can take directly to the gym! Our mission is to be a proven Blueprint for Success to help you become a successful high school basketball coach and build a full program. With this model, The Big 5 and The Blueprint 10, we are fully confident that it will be on its way to create an organized, comprehensive, and successful basketball program.. Boost Display scoring tables are digital scoring tables that come in different sizes & combinations. It all comes with a 50 TV and an iPad that features Hudi software, Game Day Advertising Loop, Starting Lineup features, and animated Play Diagramming. It can adapt to a variety of sports and help you make money from the program. The Gun is the best basketball shooting machine to dramatically improve players' shooting, by creating situations where players can develop shooting skills in games as intensity. In the 2014 NCAA tournament, he can shoot up to 1,800 shots, and the number of counts, total shots and shooting percentages of all 68 teams has the weapon in the 2014 NCAA Tournament. This hands down is the easiest way to make money from the program. Playful families & friends make tax-deductible donations online, so no sales & no purchases. You don't have to pay anything up front & it takes very little time so you can get it back I found a simple, non-careful way to make money from the program, Online Donations. As a coach, you can then to focus on winning, not fundraising. With online donations, you don't have to invest money, there's nothing to sell & it's easy to set up. They're creating a custom 30-day campaign for your team to collect tax-deductible donations online. Each player has their own personal fundraising page, which they can share with friends and family via email, social media and text message. It's basically hands-free. For more information, click . Sign up for online donations from players to share with your friends & family The heretic approach applies to everything! Herets defy the status quo and create change. The Field of Dreams Mentality Barefoot Joe then says to Ray, If you build it, you will come. Building the staff and laws of leadership Capitan Hernando Cortes in 1519 - Burn the Boats The Players and the Laws of Teamwork The Fist and Coach K Duke Building Your Soldiers Show Your War Face! Motivating The Players Coach Tree: Arm around, a little lower & a little harder. The art of practice Who are you and what do you spend your time on? Team builder Sequoia Trees, three Musketeers, and The English Channel Scouting and Preparation for Abe Lincoln – Not Preparing to Fail To Develop Community Followers The Law of Dividends and Big Picture In Our Monthly Newsletter, We Share X&Ox, clinic notes, book rock notes, and more. Here you can view previous articles and subscribe to receive them in your right inbox. Tools & fundraising resources for coaches. 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