

How to Set-Up Your Own Drills

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Every coach is always looking for new drills that will help their team to improve and get ready to win the next game. Every coach will find drills and implement them for their own team. Not asking themselves if those drills will work for their team or even if those drills will help their team to improve on the areas of the game where they need the most help.

After a thorough analysis of your own team (during a game or based on a season) you can determine what areas your team needs to work on: technical skills, fitness, tactical or mental issues. All different areas that need a different approach in drill setup, coaching points and applied pressure or intensity.

I consistently do this with my own team. Most of us have our favorite drills and also enhance others we see. Using the formula below keeps me focused on my specific goal as I create or modify my drills. For purposes of illustration I'll present my model for creating drills using World Camp USA, where I create a new technical program every season.

In this scenario, I start with two agenda's which are always at the forefront of my decisions or approach.

1. **Learning by Fun:** kids will learn faster when they are in a fun environment
2. **Learning by Experience:** repetition – making sure players do drills over and over again to get control of the skill and feel comfortable executing a new motor-skill or skill-set.

I follow our pre-set camp goals, which are simple. *Create a fun environment where players enjoy and individually improve as players and get comfortable with using new and improved skills in game situations.* The outline below is based on this premise.

Because we see a lot of different levels during our camps and we need to make the drills exciting and challenging for everybody (this is no different for you and your players at Freshmen, JV and Varsity levels) I believe that all drills should include the following...

1. need to be *fun* (as much as possible)
2. need to have a *learning moment* (improvement or new skill)
3. need to be *intense*
4. keep them *safe*

To accomplish this we train as much as possible in game like situations. And keep it as simple as possible (no easy task).

Your Goals

For every session you should ask yourself what are my goals for this session, what do I want to accomplish? Set up your drills focusing on your goal and evaluate your drills after each session and if it did not work as you wanted, ask yourself why not and how can you change your exercise in a way that it will work.

At World Camp we have a multitude of different types of exercises

- Basic learning of new skills
- Advanced learning of (new) skills
- How to apply skills
- Games

Basic Learning of New Skills

Very simple exercises. Emphasizing just a few key points of how they can execute that specific technical skill-set.

Advanced Learning Of (New) Skills

A step up from the basic version. We put these same skill-sets in more difficult drill situations. For example, accentuating the angle to goal or we add a fake or combination with another technical skill. Receive & shoot instead of dribble and shoot. Focus is on improving the technical execution.

How To Apply Skills

New or improved skills need to be applied in game situations. While focusing on the skill execution we put them in a game situation, often with a choice to see if players are comfortable using the new/ improved skill or fall back on their old habits.

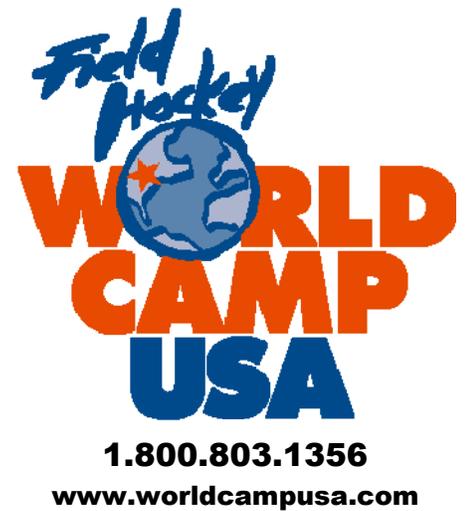
Games

All kinds of different games like small 3v3's or 6v6's with a competitive edge (keep score / winners and losers, etc).

The steps we implement above allow us to transition the drills from easy to difficult. We do see a lot of different levels during our camps and we need to make the drills exciting and challenging for everybody. And our goal is to get all of our players to the next playing level.

To change drills and challenge different players in the same drills we use the following variables: *Pressure, Distance, Time, Pace Of Skills Execution.*





Pressure

There are a lot of different kinds of pressure you can apply in a drill, just think of the verbal presence of the coach (mental, or speed), 7v4 or play a 7v6 (limits time and space) or outside pressure from knowing something is at stake (i.e. if I don't make the next shot we have to run....) each kind of pressure will have your player react differently i.e. skill execution or different decisions in tactical situations, and you will have to ask yourself if the pressure you apply will benefit your plans and goals of the practice session.

Distance

Normally used for technical aspects as it is harder to hit a ball over 40 feet than over 10 feet, however the technical skills remain the same, getting power into a skill normally intends to make it less accurate as the margin for mistakes increases as more power is applied.

Playing a 2v1 situation over 20 yards or over 40 yards is completely different. What do your players do with the space? How does the defender react to the open space? In general I would say more space, easier for attack, more difficult to play defense and vice versa for small space.

Time

Starting a 3v2 situation on the 50 to goal will be completely different with a 10 seconds time limit or with unlimited time. Different decisions will lead to different situations which need different skills and can be the difference of losing the ball or having a shot on goal. If we apply different time limit we focus on the decision making quality of the players. We can only apply this when there are decisions to be made in the exercise.

Pace of Skills Executions

As mentioned above, speed and time will demand different paces of skill execution. The space between a player receiving the ball and her defender can determine the success of the skill execution. With good basic skills players should be able to receive the ball, control it and have a follow-up with a pass or dribble. With a defender applying pressure these good skills need to be *excellent*. The faster the skill execution the higher risk is of making a mistake in the skill execution. Applying pressure (using a defender or verbal pressure from a coach) you can force players to increase their skill execution pace.

Conclusion

With the above outline, you can better create your own training curriculum based on *your* needs. Skill-need goal setting ★ Make it fun ★ Ramp-it-up. Implement variations until the skill-set overcomes a bad habit - and we'll see you in the Winners Circle! Write me with tech. questions at coach@worldcampusa.com