



# 4 PILLARS OF PLAYER DEVELOPMENT

## OUTLINE

I. Philosophy of Player Development

II. Our Year-Round Player Development System

III. Our 4 Pillars

Technical

Tactical

Physiological

Psychological

IV. Resources



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## TECHNICAL DEVELOPMENT

**Definition:** The "technique" or mechanics of a movement. The "fundamentals".

**Looks Like:** Learning phase, slow and precise. Coach directed. Can be simple or advanced. The "what and how" of performing a movement

**Examples:** Block drills; Volume Shooting; Evasion Moves; Shell Drill; Scripted Offense

**Why?** Learning, Repetition/Muscle Memory, "Back to the Basics"



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## TACTICAL DEVELOPMENT

**Definition:** The application of the technique to a live, competitive setting.

**Looks Like:** Transfer phase; Reading and Decision Making. Player directed. Can be simple or advanced. The "when and why" of performing a movement; Basketball IQ

**Examples:** Anything with O/D: SSG, Advantage/Disadvantage drills; read or trigger based; Film

**Why?** Optimizes transfer from practice to games

**Progression:** Technical  
Heavy Advantage----->Advantage  
Neutral  
Disadvantage----->Heavy Disadvantage



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## PHYSIOLOGICAL DEVELOPMENT

**Definition:** The player's physical ability to perform at maximal level.

**Looks Like:** Strength, Conditioning, Athleticism, Agility, Sleep, Nutrition

**Examples:** Practice format that reflects game environment; S&C programming; encouraging multi-sport athletes; Yoga

**Why?** We want to be the best we can when the best is required of us.

**What We Do:** Evaluate our players  
Strength for Athletes Class (All year)  
4 weeks of conditioning (Preseason)  
Tactical agility (Preseason and In Season)  
Weekly Yoga (In Season)  
Summer Gym (All athletes, Summer)  
Communicate with supplemental coaches



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## PSYCHOLOGICAL DEVELOPMENT

**Definition:** The mental and emotional state of a player.

**Looks Like:** Confidence, Grit, Emotion without  
Emotional, Leadership, Competitiveness, Buy  
In

**Examples:** Volume shooting; Creating adversity in  
practice; Identifying indicators (body  
language, communication)

**Why?** Physiological sets your ceiling--  
Psychological determines whether or not  
you'll get there

**What We Do:** Evaluate our players  
Communication System  
Leadership Class  
Talk informally and formally  
Identify dysregulation as opportunity to  
learn and grow  
Communicate with supplemental coaches



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## RESOURCES

### Presentation

Sample Player Development Plan

Skills Curriculum

### Player Development

Phil Beckner

Drew Hanlen

Dags Basketball

### Coach Development

Feel for the Game

Mark Bennett & Alan Keane

Chris Oliver

Brian McCormick

Atomic Habits

It Takes What it Takes