

When the Season Ends, the Real Work begins!

It has been my experience with parents of younger basketball players (especially rec level / middle school players) to complain that their child did not learn anything or increase their basketball skills during their basketball season. It's all the coaches' fault, right? ***Here's my point of view:***

Many kids these days play multiple sports (which is fine at the younger ages) but a parent can't expect their child to excel in every sport unless:

1. You have that rare special athlete that is a natural at any sport they participate in (and don't have to work very hard to excel in the sport).
2. You are one of those parents that spend more time in the off season working with their child on the skills needed to compete in each sport.

I am going to make the assumption that most of us are in the category of having to work with their child in the off season – so take a look at the following information.

As a parent you might have noticed other players dribbling down the court, making shots, have good passing and catching skills, and are generally more coordinated playing the game – it just might be that this child is spending time in the off season working on their basketball skills. As a parent you can't expect your child to play rec or middle school basketball for 2 months, stop playing, move on to another sport, and then come back the following year a better player – it just doesn't work that way!

You must find time to work on your child's basketball skills in the off season, if not, you really can't expect much when you show up the next basketball season. There is only so much time that a coach can spend on basketball skills in the few practices they have before the first game is scheduled. The basketball skills needed to play the game at a higher level will take a lot of time to develop. I have seen players improve, but I've never seen a player become highly skilled during a two month rec or middle school season.

Your expectation from your child's coach should be that they will do everything they can to work on improving basketball skills and knowledge of the game – if not, the coach is not doing their job and you have every right to demand more from the coach.

Practice does not make Perfect, Perfect Practice makes Perfect - Vince Lombardi

Visit our website at www.avcssbasketball.com for the most comprehensive youth basketball drills on the web!