

TBV Off-season worksheet 1

Have your most productive off-season yet!

As mentioned in my blog article '3 Things Every Player Should Consider this Off-season'. It's worth asking your coach or someone who can give you honest, impartial feedback on your game to analyse you.

Upon talking to your coach, or chosen person, you should be able to work out your role and what to work on and how much effort to dedicate to each attribute.

What are you good at? Rank in order, best first

(Remember things that went well this season can feature here)

Example: Spot up - Shooting: Very reliable when open at the 3, particularly in the corner. Useful when spreading the floor to make the defense work harder.

1.

2.

3.

What could you be better at? Rank in order, worst first

(Remember things that went well this season can feature here)

Example: Decision Making/IQ - Making costly turnovers due to wrong decision making - especially on pick and roll options.

1.

2.

3.

Now you should know (please tick)

What you are good at

What you need to improve on

Your role on your team

I highly recommend working on no more than two skills in any workout, anything more could be spreading yourself too thinly and limiting your improvements.

TBV Off -Season Workout Example

Workout 1	A1	+	B3	33% + 66%
Workout 2	A2	+	B2	50% + 50%
Workout 3	A3	+	B1	66% + 33%

Going Forward - Your Off-Season Workout Plan

My TBV Off -Season Workout Plan

Workout 1	<input type="text"/>	33% + 66%
Workout 2	<input type="text"/>	50% + 50%
Workout 3	<input type="text"/>	66% + 33%

How to complete: Example

Workout 1 33% + 66%

Important to Note

1. The percentages written down serve as the ratios of time that you dedicate to your workout. Eg. 50% means 45min of a 90min workout it can also be in terms of intensity of the workout.
2. You can even use this plan for one specific skill. Example, if you were to dedicate your entire workout to shooting, you could put different type of shots up, such as 3pts and FT's etc.
3. Once you have completed the series mix it up! Be sure to record everything in as much detail as possible, the more specific the better.
4. This is number 1 of the TBV worksheet series, many more to come!
5. Always keep in mind when you think about bailing that somewhere, someone is working harder than you for your spot!

Keep balling!

The Baller's Voice

About The Baller's Voice

The Baller's Voice is the basketball site with the primary focus of empowering today's aspiring players.

Although there are numerous reasons that a player may not achieve their goals, TBV believe that not being guided should be one of them. That being said, TBV has taken the initiative to enhance players' senses of direction in their journey to realising their basketball dreams - via producing posts content that will inform, inspire and motive provoke thought in its valued readers.