

"Practice Makes Perfect" or "Perfect Practice Makes Perfect"

What's the difference?

Player #1 spends up to two hours outside on the basketball court every day during the summer, and Player #2 spends about one hour every day on the court. The bet would likely be that player #1 is going to develop faster because they spend more time practicing than player #2? Not necessarily a true assumption – Why? Let's say that Player #1 is shooting around the court, practicing NBA moves, playing one on one, etc. with no structure to the practice and not really exerting much effort while practicing. Player #2 has a structured practice plan with running, conditioning, shooting 200 shots and taking 50 free throws daily, and works at game speed on their ball handling drills. Now who would you bet on?

Perfect practice makes perfect! Always working hard at game speed during practice will get faster results. Practicing softly, without any structure - and all that is accomplished is getting good at practicing the skills incorrectly! Work hard and take advantage of the time you spend practicing - Make it mean something!



Visit our website at www.avcss.com for the most “free” youth basketball information on the web!