

## Drill Building for Skill Improvement

Don't just copy – Invent, Innovate, Think it Through!

### Step 1: Identify the Problem

Invention starts with an obvious question; “ \_\_\_\_\_?”

### Step 2: Analyze the 4 possible factors causing the struggle;

1. Is the struggle a \_\_\_\_\_ based?

- If so, then we need to focus more on \_\_\_\_\_

*Drill Structure:* \_\_\_\_\_

Passing Drill Examples: Under Net Reps Progression 1, Stability Pads, Anti Ro Core Holds

Hitting Drill Example: Long Toss, Prisoner Box Jumps, Pull Overs

2. Is the struggle m\_\_\_\_\_ based?

- If so, then we need to drill m\_\_\_\_\_ patterns and balance

*Drill Structure:* \_\_\_\_\_

Passing Drill Example: Under Net Prog 2, Hula Hops, Fire Steps

Hitting Drill Example: Hurdles, Box Rebounds, Weighted Ball Pitching

3. Is the struggle t\_\_\_\_\_ based?

- If so, then we build a drill that \_\_\_\_\_.

*Drill Structure:* \_\_\_\_\_

Passing Drill Example: Box Hip Passing, Beach Ball Hop Digs, Trips Triangles

Hitting Drill Example: Frankenstein, Knee Swings

4. Is the struggle r\_\_\_\_\_ /r\_\_\_\_\_ based?

- If so, then we build a T\_\_\_\_\_ based complete skill drill.

*Drill Structure:* \_\_\_\_\_

Passing Drill Example: Hip Callers, Link Passing, 2 Man Dig 20

Hitting Drill Example: Bacon V's, Pad Blocks

Team Drill Examples: Tips & Rolls, Odd Ball, Don't Drop The Baby, Toss Game Progs

Step 3: Review drill structure to see if it can be R\_\_\_\_\_.

- Research shows that repetitive drilling of the same movement will improve the drill but doesn't lead to much R\_\_\_\_\_ when retested the next day.

- Mixing skills, adding a read component, or making the entry inconsistent are all effective ways to R\_\_\_\_\_

- Be Patient and take the long view. All of the motor learning research shows that while it will make the drills uglier, the learning will be R\_\_\_\_\_ at a much higher rate!

**Resource Note:** [www.trainugly.com](http://www.trainugly.com)

Step 4: Analyze f\_\_\_\_\_ patterns within the drill.

- Constant Vs. Sporadic: \_\_\_\_\_

- Specific Vs. General: \_\_\_\_\_

- Ask Vs. Tell: \_\_\_\_\_

Key Term In Our Gym: G\_\_\_\_\_ D\_\_\_\_\_

- Assign Responsibility: \_\_\_\_\_

- Seek Opportunity to Add Visual, Especially Real Time Visual!

**Resource Note: Bust a Move (BAM) Video Delay I-pad App**