Mike Shaughnessy Basketball

Virtual Training Academy | Film Study

Film Study Notes:

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WHY | WHEN

Understand why to use the skill + when to use it.

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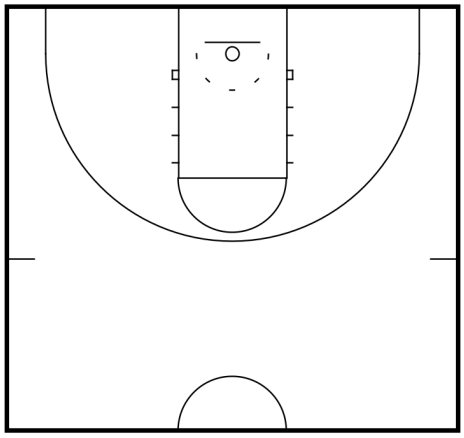
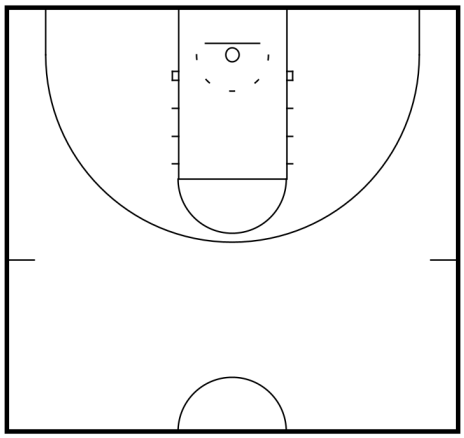
Use diagram(s) to draw up where you saw the skill being used & spots on the floor you can practice this skill from!





Things you control every day:

ENERGY | EFFORT | ENTHUSIASM