



162 Developing Relationships Not Just Skills with NBA Shooting Coach Dave Love

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Guest: Dave Love

- 18+ years as a basketball skills coach
- Worked with multiple NBA players and teams
- Featured in NBA.Com, Sports Illustrated, Bleacher Report, ESPN
- Aaron Gordon, *"Coach Love helped me build new habits that helped unlock the potential in my game, grow my confidence and make a significant jump as a player. He laid out a process that helped me **improve 30% from the free throw line in one season.**"*

Website: <https://www.coachdavelove.com/>

Social Media

@coachdavelove

In your experience of personal training, how have you been able to develop relationships?

- Be vulnerable
- Don't be something that you aren't
- Admit what you aren't great at...
- Work to genuinely engage to connect with the person

What do you do or understand about those relationships you wish Head Coaches knew?

- What the player is working on so they can compliment and encourage them as they are working to improve on those things

When you are coaching workouts, how are you intentional about physical proximity and body language?



- Use body language to affirm players when they are doing something well
- Be aware of your physical proximity and send non verbal cues
- Early stand close to players to send the signal “I got you”
- Later on stand behind, to send the signal “you got this”
- More and more reps back away sends the signal “you got this”

163 Skill Development Tips for All Sports with NBA Shooting Coach Dave Love

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Balancing Technical Feedback versus Helping them Find Creative Solutions

- Weaker players shouldn't get the same amount of freedom as stronger players.

Skill Development

- More variability and less block practice.
- Less linear in progressions of skills.

Players in Slumps

- Don't take a guess, don't say something unless you are certain.