



Skill Development Coach was founded in 2014 and is widely recognized within the basketball community as “SDC.” SDC incorporates the critical elements of player development and coaching design within the framework of a periodic table.

The Periodic Table of Basketball Skills is recognized as the most forward thinking basketball player development platform for coaches and players. The programming on The Periodic Table of Basketball Skills is color coded, categorized, organized, and customized in order to meet the various needs of youth through college level coaches and players of all ages and skill sets.

Throughout the last decade, coaches, players, and parents all witnessed the explosive growth of AAU basketball and tournament play. As the number of games increased, the amount of deliberate practice time for skill mastery decreased. Players are not spending enough time, nor have enough time, to practice for greater skill development and muscle memory.

Furthermore, the players, coaches, and programs that do emphasize individual skill development often find that there is very limited technical information for players to systematically improve. Skill Development Coach and The Periodic Table of Basketball Skills provides coaches and players with technical precision, muscle memory assessments, position specific programming, and vertically aligned skill development progressions.

Skill Development Coach has spent years perfecting the technical guidelines that would become The Periodic Table of Basketball Skills - a revolutionary breakthrough in basketball player development. There are 9 categories within The Periodic Table of Basketball Skills:

- Ball Handling
- Breakdown Moves
- Finishing
- Shooting
- Back to The Basket
- 2 Ball Skills
- Ball Handling Circuits
- Finishing Circuits
- Team Drills

Each of the 9 categories is broken down into elements and each element contains a subseries of 3-6 progression based video modules. Each element aligns with the next element within the category – allowing coaches and players to have a progression based system for player development. Many of the video modules include a series of timed assessments to track player improvement. Coaches can refer to the skill sets within the video modules for technical clarity and practice organization, while players can receive the skill video assignments directly from their coach on their smartphones.

