

Watching workouts...

Contributed by Hernando Planells
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Part of my stay includes watching basketball workouts of players who will have put their name in the NBA draft. A good friend of mine Dan Barto is one of the coaches at IMG Academy and they do a very good job in getting the athletes prepared. The reality is that there is nothing special that goes into an NBA pre-draft workout. The difference is that the workouts are more complete, the players go through basketball skills, conditioning, strength program and speed and agility training.

People ask me all the time - what do you look for when evaluating a player? Personally I look at footwork, body control, shooting and hands. Usually a player is very good at all of those things in a drill setting but when they start playing I watch to see if they are equally as comfortable. I won't divulge information on which players are here but I will say that at least 3 or 4 will be drafted in this years NBA draft.

I will say this - the bottom line in evaluating talent is this - can he/she play or can't they...