

Practice Planning Thoughts

- 3 types of shooting drills
 - spot shooting – shots you get in your offense
 - rapid fire shooting – 60-80 shots in 10 minutes
 - post shooting drills
- Defensive Drills – 2 different drills at each end of the floor
 - defensive stations?????? – cover more???
- Break practice down into segments for each day
 - offense
 - defense
 - transition
 - block out/rebounding
 - conversion
 - shooting
 - special teams – 3 groups/3 techniques
 - special situations
 - Play hard/Competition
- Make a weekly schedule as well as a daily schedule
 - have the daily schedules follow the weekly schedules
- Do we want to switch screens
- What do we want to chart in practice
- Coaching responsibilities during 5/5 play
- Work on different game situations each day – after first week
- Have to have more 5/5 Full Court Competition drills (score/stop/score mentality)
 - time & score throughout practice – create competition
- Teachable moments during practice – have to balance teaching & reps
- Teachable moments on the sideline – to keep the drill moving
 - keep seeing the same things – address them as a whole
- Disadvantage defensive drills (4/5, 5/6 – scramble/communication drills)
- 5 Laws of Learning
 - tell them
 - show them
 - have them show you (proper demonstration)
 - correct the demonstration
 - proper repetition
- Whole/Part/Whole Teaching
 - 30% greater retention rate with the whole
 - “part” = details of the whole – explain/teach the details of our system

HAVE TO TEACH THE DETAILS OF OUR PROGRAM/SYSTEM

- We are what we emphasize, what do we want to be on offense & defense
- Emphasize the process that leads to the results – “WINS”
- How do we want handle individual film during game schedule – groups/positions/etc...
- Continue each drill into the conversion & transition piece – play 94 feet of basketball